

Hogtown HomeGrown

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Inside this issue:

Whole Wheat Irish Soda Bread	1
Farmer's Market Update	2
It's Time for Cabbage	2
Not Quite Traditional Boiled Dinner	2
Creamy Fruit Slaw	3
Sweet and Sour Red Cabbage and Apples	3
Veggie Coleslaw	3
Cabbage, Noodles and Cottage Cheese	4

Coming Attractions

This is the fifth issue of Hogtown HomeGrown and we're ready to expand beyond newsletters and t-shirts—are you ready? Starting with the April issue, we will have a website up and running. You will be able to access past issues, ask questions and purchase products. What products? Well, you already know about our fabulous logo t-shirts, made of 100% heavyweight cotton and printed by Dragonfly Graphics. In April we will also be introducing two Hogtown HomeGrown coffee blends, from Sweetwater Organic Roasters. Chris and Nora from Sweetwater worked with us to develop a sublime coffee experience. Just wait 'til you taste the decaf—it is an amazing blend of chocolate and caramel tones that seduces your taste buds. Keep up to date as we progress through this expansion—sign up for our email list at HogtownHomeGrown@gmail.com.

Every year on St. Patrick's Day I make Irish Soda Bread to go with whatever else we are having for dinner. This year I am making a double recipe—four small round loaves—one plain, one with walnuts, one with black walnuts and one with currants, and serve them with Lemon Curd. Have a Happy St. Patrick's Day and a wonderful First Day of Spring!

Whole Wheat Irish Soda Bread

INGREDIENTS

3 cups whole wheat flour
2 teaspoons baking soda
1 teaspoon baking powder
1/2 teaspoon salt
2 Tablespoons brown sugar
4 Tablespoons cold butter
2 cups buttermilk
2 Tablespoons corn meal

Mix-ins

2/3 cup chopped nuts
OR
2/3 cup dried fruit (raisins, currants, dried cranberries or cut-up dates or apricots)
OR
zest of 2 lemons

Preheat oven to 350 degrees. Line two cookie sheets with parchment paper and sprinkle with cornmeal. Mix dry ingredients together with a whisk or fork. Cut in butter using a pastry blender or two knives, until butter bits are the size of peas. Add 1 1/2 cups of buttermilk and stir until all dry ingredients are moistened. If the mixture does not hold together, stir in remaining buttermilk. If using mix-ins, add them now. Lightly knead the dough. Divide dough in half and pat lightly into a round flat disk, about 6 inches across. Place on prepared cookie sheet and cut an "X" into the top. Bake about 30-35 minutes until top is golden and the bottom sounds hollow when tapped.

It's Local, It's Fresh, It's Cabbage

Swamp Cabbage

Swamp Cabbage isn't cabbage at all—it is the core of a cabbage palm, better known as the Florida State Tree, the Sabal Palm. An 8' tree yields 5-10 pounds of what is also called Hearts of Palm. Good in cold salads, they are found with canned vegetables.

In Granny's kitchen, there's a drawer of silverware to the right of the deep sink. Tucked away in the front is a black-handled knife with a long blade. Near the tang, where the blade fits into the handle, a crescent is worn into the thin metal. This crescent exists in exactly the position that Granny's thumb reaches on the blade as she uses the knife. I can picture her sitting with a washtub in her lap, shredding cabbage into impossibly thin shreds for coleslaw. Usually there was a band-aid on her thumb, as protection from the sharp knife.

Granny used only green cabbage because it was readily available, grown by friends in her rural Georgia town, but in Hogtown we have several varieties to choose from, in addition to the traditional red and green round heads. Savoy is a round green cabbage with a crinkly leaf, Napa has a longer stem and a more tender leaf, and although bok choy is sometimes lumped in with cabbages, it has more in common with leafy greens. Brussel sprouts look and sometimes taste like mini cabbages, but they are wonderful if they are small, young, very fresh, and cooked lightly. Try a mixture of honey and lemon juice on your sprouts after they are cooked—just delightful!

What's fresh right now at the Farmer's Market?

Cabbage—green and others

Broccoli, cauliflower and kohlrabi

Spinach

Potatoes—red and white skins

Greens—turnips, rutabagas, kale

Red globe radish and Daikon Radish

Red and White Scallions

Tomatoes—red, yellow orange and cherry

Small hydroponic cucumbers

Peppers—mild varieties

Sweet Potatoes

Carrots—with green tops

Strawberries

Strawberry plants and hanging baskets, pansies, petunias, black-eyed susans, rosemary bushes, native plants, including indigo and columbine

Not Quite Traditional Boiled Dinner (no meat!)

INGREDIENTS

1 head green cabbage, quartered

1 pound full-size carrots, cut into chunks

4 parsnips, cut into chunks

2 sweet onions, quartered

3 pounds small red potatoes, whole

3 ribs of celery, cut into chunks

4 bay leaves

12 black peppercorns

1 teaspoon sea salt

4 whole cloves

In a large pot place potatoes, bay leaves, peppercorns, salt and cloves—just cover with water. Cover and bring to a boil, place steamer basket on top of potatoes, put in all the other veggies, placing the cabbage wedges on top. Cover and cook until potatoes and parsnips test done. Remove to a warm platter, arranging vegetables together in piles. Serve immediately with horseradish-laced sour cream, Irish Soda Bread and a good dark beer. Serves 4-6.

Have you ever tried an orange or yellow tomato? The ones I ate last summer and, more recently, last week, were sweet and juicy. They look so pretty when presented together as a salad. Just drizzle a little olive oil over the sliced tomatoes and sprinkle with fresh basil or oregano leaves.

Creamy Fruit Slaw

INGREDIENTS

4 cups finely sliced cabbage
1 grated carrot
1 can pineapple tidbits, reserve juice
1 can mandarin oranges, drained
2 cups strawberries, quartered
1/2 teaspoon celery seed
1/2 cup pineapple juice
1/4 cup mayonnaise (I use Hellman's Light)
1/4 cup sour cream (light is fine)
1/4 cup fresh lime juice
2 Tablespoons brown sugar
a dash of salt

Mix all the veggies, fruit and celery seed in a large bowl. In a small bowl, whisk together the remaining ingredients to make the dressing. Taste and adjust the sweet/sour flavor to your liking by using more sugar or lime juice. For crisp slaw, serve immediately. For a softer slaw, refrigerate covered for 2-3 hours or overnight. Serve well-chilled.

Here's a variation—try chopped apples, raisins and walnuts in place of the fruit, and make a dressing using orange and lemon juices in place of pineapple and lime juices.

Sweet and Sour Red Cabbage and Apples

INGREDIENTS

1 Tablespoon olive oil
1 head red cabbage, sliced into thin strips
3 apples, cut into thin slices
1 teaspoon celery seed
1/2 cup orange juice
1/4 cup rice wine vinegar
1/4 cup honey
1/2 teaspoon salt

Sauté cabbage in oil until cabbage begins to wilt. Add apples and celery seed. Cook uncovered over medium heat, stirring occasionally, until apples soften and cabbage is tender. Over high heat, stir in juice, vinegar, honey and salt. Let cabbage simmer a few minutes, then taste. Too tart—add a teaspoon of sugar! Too sweet—add a splash of vinegar! Serve at room temperature for best flavor.

Tricks and Tips

An onion, sliced and cooked until limp and translucent, is a great addition to this dish. The onion's sweetness adds extra depth to the flavors of the cabbage and apples.

Veggie Coleslaw

INGREDIENTS

1/2 head each green and red cabbage, chopped
2 carrots, shredded
2 ribs celery, chopped
1 bunch green onions, chopped
1 bunch flat-leaf parsley, chopped
1 red bell pepper, chopped
1/2 cup each mayonnaise and sour cream
1/2 teaspoon each salt and pepper
1 teaspoon each celery seed and sugar
1 lemon and 1 lime, zest and juice

Mix veggies in a large bowl. In another container, beat together mayonnaise, sour cream, spices, lemon and lime zests and juices. Stir into veggie mixture—be sure to completely coat the cabbage with the dressing. Serve immediately or cover and refrigerate for up to 3 hours. If you are making the slaw more than 2-3 hours ahead, eliminate the parsley or add it just before serving. You can substitute non-fat yogurt for the mayonnaise and sour cream—adjust spices to taste.

Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More
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4048 NW 30 Place
Gainesville FL
32606-6633-48

E-mail
HogtownHomeGrown@gmail.com

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onfly Graphics, Sunflower Health Foods, Wild Iris Bookstore,
BodyTech, Sweet Dreams Homemade Ice Cream, Books Inc.
and more to come this month!*

Thank you for making Hogtown HomeGrown a success!

Stefanie Samara Hamblen

Cabbage, Noodles and Cottage Cheese

INGREDIENTS

- 1 Tablespoon olive oil
- 1 sweet onion, sliced
- 2 cloves garlic, smashed and chopped
- 1 teaspoon caraway seeds
- 1 head green or Savoy cabbage, sliced into strips (try for the same size as your egg noodles)
- 12 ounces whole wheat egg noodles, cooked al dente
- 24 ounces cottage cheese *or* 16 ounces cottage cheese and 8 ounces sour cream
- Salt and Pepper to taste
- 1 bunch of green onions, flat-leaf parsley or garlic chives, chopped

In a large pot, sauté onion and garlic in oil over low heat, until onions are soft and translucent. Add caraway seeds, stir until seeds become really fragrant, then add cabbage. Stir well to coat the cabbage with the onion mixture. Cook uncovered over medium heat until cabbage starts to wilt—be sure to stir it often so the cabbage cooks evenly. At this point the cabbage is a little crispy, but if you like a softer texture, just cook it a little longer. Carefully stir in egg noodles (a wooden spoon will help keep the noodles intact) and add cottage cheese. Over low heat, cover and cook, stirring often to prevent sticking, until hot. Taste for seasoning, stir in chopped herbs, cover and heat for 2-3 minutes. Stir well and serve.

Serve this ultimate, yet good-for-you comfort food with a fresh fruit salad and a crunchy, crusty bread. Leftovers are good cold or reheated in the microwave!

Tricks and Tips

Heating herbs and seeds is a wonderful way to really bring out their flavors and infuse the foods as they cook. Warm herbs and seeds in a dry pan or use a little oil. Either way, your nose is the best indicator of when they are ready—just when they begin to be fragrant, but before they begin to give off smoke.