

# Hogtown HomeGrown

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## Who grew your dinner?

Sitting on the porch for brunch early one Sunday afternoon—cool breeze, birds at the feeder, a bee buzzing some early blossoms in the back yard—I was in the mood to count my blessings. I looked at the food on our table, at my husband and our youngest son, and, instead of a traditional grace, I told them who grew the food we were eating—the shitakes in the frittata are from TSOMA, the pineapple from Eric (who we affectionately call “my basil guy”), the elephant garlic from Joe, the blood oranges from Erika—we knew who had worked hard to nurture and grow our meal—and we were truly thankful.

Sometimes people tell me, “I meant to go to the farmers market, but I was too busy to get there.” Eating local does mean taking a little time, trying a new routine, breaking the habit of stopping at the store to grab something on your way home. Spend an hour at a farmers market one day a week instead of 30 minutes at the grocery store every day—the rewards are so worth it.

Fresh food, eaten in season, is an unbelievable taste treat. You savor each season for its bounty, moving through the farm year on a wave of taste. Beyond the food, is the knowledge that your family is helping to directly provide a living to others. Slow Food’s motto “Good, Clean, Fair” says it all—tasty, seasonal food, grown in ways that keep both the food and environment clean, sold to provide fair compensation for both growers and harvesters. Get to know who grows your dinner—you will travel far beyond the border of your plate.

## Shrimp and Broccoli Alfredo

### INSTRUCTIONS

12-16 ounces whole wheat pasta fusilli	1 pound shrimp, peeled and deveined
4-6 cups broccoli florets, broken into bite-sized pieces (save the stems to stir-fry or steam)	
4-6 green onions, sliced lengthwise, then cut into 1 inch pieces, white and green	
2 tablespoons unsalted butter, divided	15 ounces part-skim ricotta
1/2 cup milk	1/2 cup flat-leaf parsley, chopped
1-2 cups parmesan, grated (the amount depends on the type and age of the cheese)	

### DIRECTIONS

Boil 4-5 quarts of water, add salt, then pasta. Set timer for cooking time, but when two minutes remain, add broccoli and onions, wait one minute, then stir in shrimp. Cook until shrimp are opaque, remove pot from heat, save two cups of pasta water, then drain entire mixture into large colander. Cover colander to keep contents warm.

Using the same big pot, melt 1 tablespoon butter, stir in ricotta, milk and 1/2 cup parmesan. Cook over low heat until parmesan begins to melt, stirring often. Add pasta, shrimp mixture, remaining butter, 1/2 cup cheese and 1 cup pasta water (or a little more to make it stir easily.) Stir until butter and cheese melt. Add parsley and freshly ground black pepper to taste. Taste for cheese and add more as needed, either melted into pasta mixture or sprinkled on top. Serve hot. Refrigerate covered leftovers.



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 Haile Plantation  
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**Alachua County**  
**Farmers Market**  
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 5920 NW 13th Street  
 www.441market.com

## What's Fresh Right Now?

- Bananas
- Bok Choy (Pak Choi)
- Broccoli—traditional
- Brussel sprouts
- Cabbage—head, savoy, chinese
- Carrots
- Cauliflower
- Citrus—many varieties of grapefruit, tangerines, oranges, limes, lemons
- Cucumbers—mini seedless
- Edible flowers—rappini
- Fennel
- Garlic—chives, elephant
- Greens—spinach, mustard, turnip, sorrel, collards, kale, dandelion, asian mix, rappini, chard, arugula
- Herbs—basil, mint, parsley, chives, dill, lemongrass, oregano, cilantro, rosemary, cress, lime leaf
- Honey—gallberry, palmetto, orange blossom
- Kale—too many varieties to list
- Kohlrabi
- Lettuce—spring mix, green leaf, head, escarole, red/green romaine
- Onions—large green, scallions
- Peas—English, snow
- Peppers—green/red sweet bell
- Pineapple
- Potatoes—red new, white
- Radish—globe, icicle, daikon
- Roots—rutabaga, turnips
- Starfruit
- Strawberries
- Sweet Potatoes
- Tomatoes—beefsteak, grape, cluster, heirloom, San Marzano, Roma

Spring has arrived accompanied by lots of fresh milk and yogurt. You can also buy grass-fed beef, as well as shrimp, fish and shellfish at some markets.

## Local and Fresh— Shitake Mushrooms

Rich taste, meaty texture, low in calories, high in antioxidants and available year-round—what's not to like about shitake mushrooms? Locally grown shitakes are occasionally available at farmers markets and will stay fresh for a week if refrigerated in a paper bag. Dried shitakes can be found at most grocers, as well as Asian markets. Although some people have a love-hate relationship with the mushroom species because they are a fungus—that just means they are a special type of organism with no roots, leaves, flowers or seeds.

## Herbed Shitake Salad

### INGREDIENTS

- 1 cup shitake mushrooms, sliced very thinly
- 1/4 cup herb of your choice, minced
- 1/4 cup olive oil
- 2 tablespoons plain rice wine vinegar
- 1 tablespoon white wine or lemon juice
- 1/4 teaspoon salt
- 1/8 teaspoon white pepper or cayenne
- 4-6 cups fresh, mixed lettuces, dried well
- 4 **Crispy 'Shrooms** (recipe below)

### DIRECTIONS

Mix mushrooms with minced herbs. In a separate bowl, whisk together oil, vinegar, wine or juice, salt and pepper. Pour over mushrooms and herb mixture and stir carefully. Marinate 1-2 hours. Spoon mushrooms over greens and top with 1 Crispy 'Shroom per person.

### **Crispy 'Shrooms**

- 4 mushrooms, button or shitake, sliced thinly
  - 2 tablespoons olive oil
- Heat pan, add oil, fry mushrooms in one layer over medium high heat until browned and crispy. Serve hot or cold on salads or soups. Try a few slices in a grilled Swiss sandwich.

## Shitake Shallot Frittata

### INGREDIENTS

1 tablespoon olive oil

1 large shallot, thinly sliced lengthwise

8 eggs, beaten well

4-6 shitake mushrooms, thinly sliced

1 teaspoon unsalted butter

4 ounces cheese, shredded

### DIRECTIONS

Preheat oven to 400 degrees. Heat a large, oven-proof skillet over medium-high heat, then add oil. Place mushrooms and shallots in pan in one layer and cook until lightly browned on both sides. Move mushrooms and shallots to the sides of the pan and place butter in center. Swirl to coat pan with butter and add eggs when butter begins to foam. Using a fork, move both the eggs and veggies toward the center of the pan as the eggs begin to set on the edges. Continue to cook until eggs are set on bottom only. Place pan in the top half of preheated oven. Cook until completely set, add cheese, and return to oven until cheese is just melted. Remove from oven and let cool 3 minutes before slicing into wedges. Serve hot or at room temperature.

### **Tricks and Tips**

To prepare the shitakes for this dish, cut off the stem, then lay the mushroom cap on a cutting board. Cut long thin slices with a sharp knife. Each mushroom will yield 8-10 slices.

## Baked Garlic Home Fries

### INGREDIENTS

3-4 large potatoes

1-2 garlic cloves, peeled

1/4 cup olive oil

salt and pepper

### DIRECTIONS

Preheat oven to 400 degrees. Line two cookie sheets with parchment paper. Precook potatoes by poking with a knife and microwaving until cooked through, but still firm. Cut potatoes into 1 inch cubes while hot. Place olive oil into large bowl, grate garlic into it and mix well. Place potatoes in oil and stir quickly to coat completely—speed is required since the hot potatoes tend to absorb the oil. Add salt and pepper and stir again. Place potatoes on cookie sheets in one layer, allowing plenty of space between pieces. Place cookie sheets in bottom half of hot oven and cook 10 minutes. Turn potatoes over for even browning and cook another 10-15 minutes until brown and crunchy. Best served hot, but still tasty at room temperature.

### **Tricks and Tips**

I like elephant garlic for its mild flavor and creamy texture, but regular garlic will work just as well in this recipe. One clove creates a subtle garlic flavor—add more if desired.

## Spring Fruit Salad

### INGREDIENTS

2 blood oranges

1 pint strawberries

1 small pineapple

2 small starfruit, optional

### DIRECTIONS

Peel oranges, slice into thin rounds, remove seeds and cut slices into quarters. Cut top and bottom off pineapple, peel and cut lengthwise into quarters. Cut off center core and slice into thin wedges. Stem strawberries and slice thinly. The starfruit is also prepared by slicing thinly. Serve chilled—it needs no dressings or embellishments.

### **Tricks and Tips**

Can you find fresh, local pineapple in Gainesville in March? Yes, but it takes a farmer with a greenhouse!

# Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More  
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**MARCH 7TH**

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## Tricks and Tips

A hot water bath is essential for a slow-cooked, tender custard. Whether using individual-serving-sized cups or a large casserole dish, place filled dishes in a larger, deeper pan. Add hot water to the deeper pan about the depth of halfway up the custard. Bake as directed. Check the water level during the baking time and add more hot water, if necessary.

## Sweet Potato Honey Custard

### INGREDIENTS

2 cups sweet potatoes, cooked and mashed

1/2 cup tupelo honey

8 eggs, beaten until light

2 cups milk

### DIRECTIONS

Preheat oven to 350 degrees. Boil water for hot water bath. Lightly butter custard cups or casserole.

Stir honey into mashed sweet potatoes until completely combined. Place eggs and 1 cup milk into blender and blend until completely incorporated. Add potato mixture to milk mixture, a little at a time, blending until liquefied. Strain liquid (to remove any potato strings or egg clumps) into remaining milk and whisk together until completely smooth.

Pour custard mixture into prepared dishes and place in a deeper, larger pan for hot water bath. Pour hot water into larger pan, being careful not to splash water into the custards.

Carefully slide pan into oven on a middle rack and bake until custard jiggles only in the very center—about 30-40 minutes for custard cups. Remove from oven and cool 10 minutes. Remove dishes from water bath and either serve warm or refrigerate immediately. Wait until custards have cooled to cover them, to prevent a puddle of condensation on top of the custard.

Add a little extra honey if you have a sweet tooth or pile some sweetened whipped cream on top if you are in a decadent mood!

These custards can be made from completely local ingredients and are a perfect breakfast or dessert during the upcoming 2009 Eat Local Challenge, May 1st-31st.