

Hogtown HomeGrown

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Delicious ideas and sound advice

At the recent Georgia Organics Conference “Reclaiming Agriculture” in Athens Georgia, I had the privilege of hearing a keynote address by Carlo Petrini, the President and founder of Slow Food International, from Italy. While I have read some of his writing and heard him on panels, it was wonderful to hear him expound at length about good, clean and fair food. Part philosopher, part social engineer, and always a foodie, Petrini’s speech came at the end of an object lesson in good, clean and fair food.

Dinner was indeed an object lesson. All the food was regional, prepared by more than two dozen area chefs—some prepared with traditional Southern recipes, some with innovative international flavors—but all good food, cleanly grown by farmers who were fairly compensated. Dishes were served family style, with many vegetarian choices.

Even the desserts were thoughtfully made. (A loving video of the dessert table can be found on my blog Kitchen Crumbs, along with more about the conference and the food.) As a proud chef presented our table with a huge chocolate fudge cake topped with local pecans, he smiled and proclaimed it a Coca-Cola Cake, made with Mexican Coca-Cola—no high-fructose corn syrup, just pure cane sugar!

On a sugar high, we listened as Carlo Petrini began by praising Georgia Organics for their progress on many fronts over the past years, notably including the ten-fold increase in conference attendance. As he settled into his excited Italian rhythm, he strolled the room, while his interpreter translated at the podium. Extolling the virtues of a new discovery, he was nearly poetic in his praise for the collard greens and and cornbread he had just eaten for the first time—regional cooking of local foods at its best!

The importance of regional foods and cooking is always one of Petrini’s themes, but he moved into a more activist talk as he tackled a frequent criticism of the slow and organic food movements—they are elitist since the food costs more. Petrini spoke about the value of food—of good food—and the price we pay in environmental and health costs for cheap, processed “food”. Here are Carlo Petrini’s guidelines for eating good, clean and fair food that can nourish our body, without hurting our planet or our budget—

Eat seasonally—food is better and cheaper in season

Eat local food—less fuel costs to ship food—produce can be grown for taste, not shipping ability—money spent on local food stays in the community

Eat moderately—better for your pocketbook—better for your health—better to enjoy a few bites of something special than to stuff yourself with cheap “junk”

Eat leftovers—save money by using everything you buy and cook—don’t let your refrigerator become a tomb of dead food or growing science experiments

Delicious ideas and sound advice from the founder of the worldwide food movement—important changes that will help us all get ready for 2010 Eat Local Challenge in May.



Tioga

Monday Market

Mondays 4-7pm

Tioga Town Center
West Newberry Road



Union Street

Farmers Market

Wednesdays 4-7pm

Community Plaza
Downtown Gainesville



High Springs

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Thursday 2-7pm

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farmersmarket.highsprings.com



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What's Fresh Right Now?

- Broccoli
- Bok Choy
- Brussel Sprouts
- Cabbage—head, savoy, italian
- Carrots—various colors, large traditional
- Cauliflower
- Citrus
- Cucumbers—mini seedless, slicers
- Garlic—elephant
- Greens—curly endive, collards, mustard, baby mustard, sorrel, rutabaga, turnip
- Herbs—italian basil, cilantro, marjoram, dill, sage, lime leaf, parsley, chives, chervil, peppermint, oregano, rosemary, lemongrass
- Honey—tupelo, gallberry, orange blossom
- Kale
- Kohlrabi
- Lettuce—bibb, red leaf, green leaf, spring mix, romaine, red romaine, radicchio
- Mushrooms—shitake
- Onions—yellow, green/red scallions, large sweet onion scallions
- Pecans
- Peppers—green/red sweet bell
- Potatoes—sweet
- Radish
- Rutabaga
- Spinach
- Squash—pumpkin
- Sprouts—sunflower, mung, lentil
- Sweet Potatoes
- Tomatoes—beefsteak, grape, cluster, green, cherokee purple
- Turnips

Have you seen tomatoes at a winter farmers market? Some local farmers have green-houses making a few formerly “out-of-season” produce items available year round!

Local and Fresh— Grapefruit

The 13 day freeze hit the trees hard, but there are still local grapefruit available. Even though the outer skin is yellow or yellow with some pink streaks, the color of the grapefruit is determined by its flesh—white, pink or red. Grapefruit varieties also fall into seeded and seedless categories.

When shopping for grapefruit, pick fruit that is heavy for its size. Look for smooth skin with few wrinkles or dimples.

I was lucky enough to have a lot of grapefruit before the freeze. We had so many, I juiced them and created this tart jam from all that dark pink juice. To make it chunkier, remove the seeds from the juice with a spoon instead of a strainer, leaving lots of pulp.

Grapefruit Cranberry Jam

INGREDIENTS

- 4 1/2 cups freshly squeezed grapefruit juice
- 3 1/2 cups granulated sugar, divided
- 3 cups cranberries (frozen is fine)
- 1 box powdered low-sugar pectin

DIRECTIONS

In a large deep pot, bring grapefruit juice to a boil, stir in sugar and cook until sugar is completely dissolved. Add cranberries, bring to a boil, reduce heat and simmer until all cranberries have burst—about 15 minutes.

Raise heat and bring to a boil again, whisk in pectin and continue to stir until a full, rolling boil is reached. Add remaining 1/2 cup sugar, boil exactly one minute, remove from heat and ladle into hot prepared jars. Seal and process for 10 minutes. Allow to cool for 24 hours, then use or store. Makes 6-7 cups.

Save the World—One Dinner at a Time!

St. Patrick's Day Mash

INGREDIENTS

1 Tablespoon olive oil
6 cups chopped green head cabbage
1 cup milk
Salt and pepper to taste
2 leeks or gar-leeks, cleaned and sliced
1 Tablespoon butter
4 large potatoes, peeled, chopped, boiled
Melted butter to taste

DIRECTIONS

Heat olive oil in a large covered pot, stir in leeks, reduce heat to low and sauté for 5 minutes, stirring occasionally. Add cabbage and butter to leeks and stir to combine. Cook cabbage until wilted but not completely soft. Add salt and pepper to taste, stir well and cook an additional 5 minutes. Pour milk over cabbage, bring to a boil, then lower heat to simmer, cover and cook 15 minutes. Add potatoes and mash with cabbage until as smooth as desired. Taste for seasonings. Serve hot with melted butter available to drizzle over the top. Refrigerate leftovers.

NOTE: This is a version of an Irish dish called colcannon when made with leeks, but known as champ when it is made with scallions or green onions. Traditionally served on each plate as a mound with a well of melted butter in the center for dipping each bite.

Leftover Mash Pie

Place leftovers in a buttered pie plate. Mix together 1/2 cup sour cream, 2 sliced scallions, 1 egg and 1/4 cup shredded cheese. "Frost" mash pie with topping and bake at 350 degrees for 30-45 minutes, until hot. Top with additional shredded cheese and bake until bubbly. Serve hot.

Savory Carrots with Caramelized Onions

INGREDIENTS

1 Tablespoon olive oil
3 large carrots cut into thin 2" long sticks
1-2 Tablespoons balsamic vinegar
1 onion, sliced into thin half-circles
2 Tablespoons water

DIRECTIONS

Heat oil in a heavy sauté pan. Add onions, stir to coat with oil, reduce heat to medium-low and sauté until golden, stirring occasionally.

Add carrots to onions, stir well to completely mix. Sauté for 5 minutes or until carrots become partially cooked. Add 2 tablespoons water to pan and cover. Steam without stirring for 5 minutes. Uncover, stir well and check carrots—they should be crisp-tender.

Remove pan from heat when carrots are cooked. Splash with vinegar and stir to coat. Taste for seasonings and add salt and pepper if necessary.

Serve hot or at room temperature. Store leftovers covered in refrigerator.

St. Patrick's Day Menu

Baked Salmon

St. Patrick's Day Mash

Carrots

Asparagus

Irish Soda Bread

Strawberries

Whipped Cream

Irish Coffee

Tricks or Tips

Have you seen the bunches of multi-colored carrots with greens at the farmers market?

These are the coolest carrots—one has a purple ring around the outside and orange in the middle.

The flavor is the same and they cook just like orange carrots.

Just for fun, try cutting the carrots at an angle to emphasize the color differences.



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Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More
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Farmers Market Pickup Locations:
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Tricks and Tips

While not a traditional Irish Soda Bread, it isn't a traditional muffin either. Combining the best parts of both recipes results in an egg-free but stable muffin that rises well, with a hearty texture.

While you can substitute raisins, currants are a small dried fruit available during the holidays. After the holidays, look for discounted boxes. Stock up—dried fruit lasts a long time in a sealed package.

Irish Soda Bread Muffins

INGREDIENTS

- 4 Tablespoons butter, melted, divided
- 2 cups whole wheat flour
- 2 Tablespoons raw, demerara or brown sugar
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup currants or raisins
- 2 cups drinkable yogurt or buttermilk

DIRECTIONS

- Preheat oven to 350 degrees. Prepare muffin tins by brushing with melted butter.
- Combine flour, sugar, baking soda, baking powder and salt. Stir lightly before adding currants or raisins. Stir well to completely coat currants with flour mixture.
- Mix yogurt or buttermilk with remaining butter. Pour wet ingredients over dry ingredients and mix quickly using a light touch. Be sure to scrape the bottom of the bowl in order to incorporate all the flour.
- Using a large spoon or a 1/3 cup measuring cup, fill each muffin tin with batter. Immediately place in preheated oven. Bake 20 minutes before checking—muffin tops should be firm to touch. Baking may take up to 30 minutes depending on oven.
- When baked, remove from oven, cool 5 minutes in pan, then use a butter knife or small spatula to help remove each muffin. Store in an airtight container when completely cooled.