

Hogtown HomeGrown

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Save the date and a call for vendors

**EAT LOCAL
CHALLENGE**

Hogtown HomeGrown

2016 Eat Local Challenge Kickoff and Local Food Fair

Sunday May 1, 2016 1:00pm – 4:00pm

Matheson History Museum, 513 East University Avenue

Enjoy a fun afternoon outdoors

with farmers, foodies and entrepreneurs
to celebrate the local food movement and
the 9th annual Eat Local Challenge.

*What is the Eat Local Challenge? Try to eat locally grown and produced food
either at home or in locally-owned restaurants every day for the entire month of May.*

FREE TO EVERYONE—Vendors and Visitors—NO CHARGE FOR ANYONE!

CALL FOR VENDORS

*Looking for farmers, local food entrepreneurs and foodies
of all types to table, vend and demonstrate
your part of the local food movement.*

Email HogtownHomeGrown@gmail.com

with the following information by April 1, 2016:

Name of business – Type of business – Contact person

Email address – Phone number – Phone for the day of the event

What do you plan to demonstrate, talk about or sell?

How does it relate to the local food movement?

Would you like to have a time assigned for your demo or talk?

Do you want to demo or talk in a common area or at your booth?

How much space does your booth/display need?

Do you plan to set up a tent?

What's Fresh Right Now?

- Bananas
- Beets—red, striped, golden, pink
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage—green, napa, savoy
- Carrots—orange, red, yellow, purple
- Cauliflower—white, purple, green, romanescu
- Citrus—orange, grapefruit, lemon, kumquat, calamondin
- Cucumbers—mini seedless
- Fennel
- Greens—dandelion, sorrel, escarole, chard, kale, mustard, arugula, wild arugula, mizuna, collards, sorrel, moringa
- Greens with roots—turnips, rutabaga, beets, carrots, radish
- Herbs—dill, cilantro, flat/curly parsley, lime leaf
- Honey
- Leeks and Gar-leeks
- Lettuce—red/green leaf, romaine, buttercrunch, spring mix
- Mushrooms—shiitake
- Onions—red/white scallions
- Papaya
- Peppers—red/green/yellow/orange sweet bell, variety hot
- Pineapple
- Potatoes—sweet
- Radish—daikon, globe, french breakfast, easter egg, red/white icicle
- Shoots, Sprouts and Microgreens
- Strawberries
- Tomatoes—grape, cluster, heirloom, cherry, green
- Turnips

Local and Fresh— Savoy Cabbage

Easily recognizable with a round green head and beautifully crinkled leaves, savoy cabbage would be the pride of the cabbage family even if it didn't taste good. Luckily though, it does, with a sweet mild flavor that is equally tasty raw or cooked. As with all cruciferous veggies take care not to overcook it or you might get that distinct sulphur smell.

Look for healthy outer leaves and a head that is heavy relative to its size. No matter how dark the outer leaves, the interior will be pale in comparison, with creamy inner leaves. Be sure to wash well, since sand tends to stick in all the nooks and crannies of the outer leaves.

Cabbage and Onions

INGREDIENTS

- 4 Tablespoons unsalted butter
- 2 onions (white, yellow or sweet)
- 1 large or 2 small heads cabbage (green or Savoy)
- Salt and freshly ground pepper

DIRECTIONS

- In a large pot, melt butter over low heat.
- Chop onions and cabbage into pieces of similar size and shape.
- Stir onions into melted butter. Cover pot and cook until onions are sweet and translucent, stirring occasionally.
- Increase heat to medium and add cabbage to cooked onions. Stir until cabbage is coated with butter and begins to wilt.
- Reduce heat to low, cover pot and cook until cabbage is desired consistency. Taste and season with salt and pepper as desired.
- Serve hot.
- Cover and refrigerate leftovers.

 <p>HAILE FARMERS MARKET</p> <p>Saturdays 830am - 12pm</p> <p>Haile Village Center www.hailefarmersmarket.com</p>	<p>Glades Ridge Goat Dairy Raw Milk and Cheese Hormone/Antibiotic Free Available Fresh or Frozen <u>ACFM/441 Farmers Market</u> Saturdays 8:30am - 1:00pm <u>Union Street Farmers Market</u> Wednesdays 4:00pm - 7:00pm <i>Wholesome Food—Animal Consumption Only</i> Lake Butler 386 266 7041 gladesridge.com</p>	<p>Henderson & Daughter Plants and Produce Booth #4 - 441 Farmers Market Oranges: navel, hamlin, parson brown Grapefruit: white (Marsh seedless, Duncan), pink (Thompson) Specialty: meiwa kumquats Acid: calamondins, bears lemons, sour oranges <i>*all grown without the use of pesticides or herbicides</i> Sweet Potatoes and Boiled Peanuts Follow us - www.facebook.com/henderson.and.daughter</p>	 <p>Alachua County Farmers Market Saturdays 830am—1pm 5920 NW 13th Street www.441market.com</p>
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Cabbage and Beet Borscht

INGREDIENTS

1/2 head each red and green cabbage
4-6 medium beets
2 carrots
1 leek
2 cups broth of your choice (our preference is low sodium, no-chicken)
6-8 cups water (enough to cover vegetables by about an inch)
1 Tablespoon apple cider vinegar
1 Tablespoon honey or sorghum syrup
salt and freshly ground pepper to taste

DIRECTIONS

Shred all vegetables into small pieces using a food processor or grater. Place in deep soup pot, add broth and enough water to cover vegetables by about an inch. Bring to a boil, reduce heat, cover and simmer until vegetables are completely softened and liquid has thickened.

Add vinegar and honey, plus a little salt and pepper. Let simmer about 15 minutes. The goal is to balance the sweetness of the vegetables with a hint of sourness for accent. Add more vinegar and honey if a more pronounced sweet and sour flavor is desired.

Serve hot or chilled. Cover and refrigerate leftovers.

SERVING SUGGESTIONS

Traditional garnish is a small peeled boiled potato and a dollop of sour cream.
Buttered slices of dark rye or pumpernickel may be served as an accompaniment.

Carrots in Citrus Juice

INGREDIENTS

2 cups sliced carrots
1/2 cup water
1/2 cup sour orange juice, tangerine juice or orange juice mixed with juice of 1/2 lemon
2-3 Tablespoons honey

DIRECTIONS

In a large skillet, bring carrots and water to a boil. Reduce heat to medium and cook without a lid (watch carefully) until carrots are tender and water has almost evaporated. Add citrus juice and honey to carrots. Bring to a simmer and cook until liquid is thickened and carrots are coated.

Serve hot or at room temperature. Cover and refrigerate leftovers.

Tricks and Tips
Borscht is a great way to eat root and cruciferous vegetables. The cabbage and beets may be any combination of colors and provide deep flavor while the carrots add sweetness. Onion or shallot may substitute for the leek. Borscht can be made ahead. Reheat or served chilled. Can't watch a soup pot all day? Place veggies, broth and water in a crock pot. Cook on low for 6-8 hours. Finish as directed. Our crock pot makes food juicy, so I use less water, but still cover the veggies.

Tricks and Tips
Boiling the carrots for this recipe may seem to be a throw-back to the soggy veggies of the past. Cooking them without a lid allows the water to evaporate without overcooking the finished product. Try it with other veggies too, but remember to watch carefully so they don't burn.



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Apple Cranberry Sauce

INGREDIENTS

- 3 pounds apples
- 1 lemon
- 1 bag cranberries
- 2 cups water

DIRECTIONS

Quarter apples and lemon. Place in large pot with cranberries and water. Bring to a boil, cover, lower heat and simmer until apples are soft. Cool. Press through sieve and return to pot. Sweeten if desired and cook until thick. Cover and refrigerate leftovers.

Apple Cranberry Crumb Cake

INGREDIENTS

- 2 1/2 cups organic whole wheat flour, divided
- 1 Tablespoon baking powder
- pinch salt
- 2 eggs
- 1/2 cup milk
- 4 Tablespoons unsalted butter, melted, divided
- 1 1/2 cups Apple Cranberry Sauce, divided
- 1/2 cup dried cranberries
- 1/2 cup each chopped pecans, rolled oats and brown sugar (NOT packed)

DIRECTIONS

Preheat oven to 350 degrees. Lightly butter an 8x8 pan.
Mix together 1/2 cup whole wheat flour, pecans, oats and brown sugar. Stir in 2 Tablespoons melted butter to form crumb topping and set aside.
In a small bowl, mix together 2 cups whole wheat flour, baking powder and salt.
In large bowl, mix together eggs, milk, 2 Tablespoons melted butter and 1 cup Apple Cranberry Sauce. Stir in dry ingredients and dried cranberries. Mix well and pour into pan.
Top unbaked mixture with dollops of remaining sauce and cover with crumb topping.
Bake 35-45 minutes until risen and firm. Cool before cutting. Cover leftovers.

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