

Hogtown HomeGrown

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Get fresh with your food!

The local, sustainable food movement has come to North Central Florida, especially Gainesville and Alachua County.

- ◆ The number of farmers markets has doubled in the past two years.
- ◆ The Eastside Culinary Arts program has added local foods to their curriculum. Eric Flagg (his film *Gimme Green* airs on the Sundance Channel) is shooting a documentary of their efforts.
- ◆ Slow Food, an international organization advocating good food, cleanly grown and fairly traded, now has a Gainesville convivium (group) which has held several events, including farm tours, and incredibly yummy potlucks.
- ◆ The University of Florida has two restaurants that purchase local foods and many locally owned restaurants pride themselves on serving local foods.
- ◆ An online farmers market, a food cooperative and a local food coalition are in the works for Gainesville within the next few months.

How can you be part of this movement?

Participate in the 2008 Eat Local Challenge!

Register April 1, 2008 - April 30, 2008

Eat Local May 1, 2008—May 31, 2008

www.hogtownhomegrown.com

Broccoli Frittata

INGREDIENTS

1 teaspoon olive oil

2 cloves garlic, chopped

2 teaspoons butter

1 cup broccoli, broken into small pieces

6 eggs, well beaten with 1/4 cup water

1/3 cup Parmesan or cheddar, grated

DIRECTIONS

Preheat oven to broil. In an 8-10" skillet on medium, heat oil, add broccoli and garlic, and stir about three minutes, until broccoli is bright green. Add butter to skillet, spreading it to the edges as it melts. Pour in eggs and, using a fork, pull cooked edges into the center, until most of the raw egg is cooked. Top with cheese and broil until puffy and brown.

How to get children to eat broccoli!

Serve it before dinner. Steam lightly and chill.

Serve with a dip—yogurt, dressing, salsa or peanut butter.

Some kids like just the stems, some just the florets and some like it all and call them trees!

Did you see all the plants at the market?

Bedding plants—

herbs
tomatoes
onions
lettuces

Larger Plants—

Camellia
Azalea
Columbine
Native species
Citrus trees
Strawberry

Flowers—

Dianthus
Dusty Miller
Petunia
Shasta Daisy
Diascia
Nemisia
Snapdragons
Pansies
Paper whites
Amaryllis
Flowering Violet

Local and Fresh—Broccoli

A relative of cauliflower, broccoli has been recorded in recipes as far back as the Roman Empire, but has only been in this country for about a century. Despite its famous naysayers, it is grown in a large number of home gardens and has become a staple on raw veggie platters. Look for firm stems and tight florets. The stems can be tender and flavorful, but might need to be peeled if they are woody. A relative of broccoli, cauli-broc is lime green with cauliflower-type florets. It can be cooked in the same ways as broccoli, but has a milder, creamier flavor. Finally, if you haven't tried broccoli on a pizza, it's yummy and you should get to Satchel's or Leonardo's immediately!

What's Fresh Right Now?

Beans—green
Beets—roots and greens
Broccoli
Cabbage—green, bok choy, savoy
Carrots
Citrus—oranges, grapefruit, tangerines
Cucumbers—mini European
Fennel
Garlic—chives
Greens—dinosaur kale, spinach, Tuscan kale, white Russian kale, collards, turnip, dandelion, escarole, rutabaga, rappini, sorrel, spinach, frisee, cress, asian mix, swiss chard
Herbs—basil, sage, rosemary, cilantro, parsley, dill, chervil
Kohlrabi
Lettuce—red leaf, green leaf, salad mix, Arugula, spicy mix, hydroponic Romaine and Bibb, Boston leaf
Onions—green and red scallions, yellow
Pecans
Peppers—green, red sweet Bell
Pineapple
Potatoes—sweet potatoes
Radishes—globe, Daikon, black
Strawberries
Tomatoes—cluster, cherry, beefsteak, green

Elise's Linguine with Broccoli and Garlic

INGREDIENTS

1 large head broccoli, cut into bite-size pieces
1/4 cup olive oil
4 cloves garlic, finely chopped
1 cup parsley, chopped
1 pound linguine, cooked al dente and drained
1 cup parmesan or romano cheese, grated

DIRECTIONS

Heat large skillet, add olive oil and garlic, stirring one minute over medium heat, then add broccoli and stir until bright green and tender. Stir in parsley and turn off heat. Pour hot, cooked linguine over the mixture and let sit for 3-5 minutes before mixing together. Add a little extra oil—about 1 Tablespoon, and toss pasta and broccoli mixture until combined. Serve topped with grated cheese and optional ground black pepper or red pepper flakes. Note—The original recipe called for blanching the broccoli, a step that makes the broccoli green and tender, but may destroy some vitamins. If you chose to blanch, drop cut broccoli pieces in boiling water for one minute. Remove from boiling water and immediately either rinse broccoli with ice cold water or drop into ice water, to stop the cooking process. Pat dry and use in recipe—it will take just a minute to cook.

Broccoli Bowtie Salad with Shrimp

INGREDIENTS

1 box bowtie pasta (farfalle)	1 head broccoli, cut into bite-size pieces
1 pound shrimp, peeled	1 cup low fat sour cream
3/4 cup low fat yogurt	1/4 cup mayonnaise
2 lemons, zested and juiced	2 limes, zested and juiced
1 bunch scallions, chopped	salt and pepper to taste

DIRECTIONS

In a large pot, bring at least 6 quarts of water to boil, add pasta and boil for 5 minutes. Stir in shrimp and continue boiling for 3 minutes—the shrimp will turn pink. Stir in broccoli and continue cooking for another 2 minutes. Drain everything in a colander, stirring lightly to cool. Rinsing the mixture would wash some nutritional value down the drain.

Mix together sour cream, yogurt and mayonnaise. Whisk in juices until thoroughly combined. Stir in scallions and zest. Taste for seasoning. Place pasta mixture in a large bowl and stir in half the dressing, mixing lightly until everything is coated. Refrigerate until serving. Just before serving, mix in the rest of the dressing. May be served over salad greens or baby spinach.

Dressing variation—instead of scallions, mix in 1/4—1/2 cup chopped fresh herbs—dill, tarragon or basil are all tasty options. Vegan option—omit shrimp, sour cream, yogurt and mayonnaise. Add 1/3 cup olive oil and some toasted pine nuts or walnuts.

Meyer Lemon Pound Cake

INGREDIENTS

2 sticks unsalted butter, room temperature	1 1/2 cups white granulated sugar
4 eggs, room temperature	2 Meyer lemons, zested
3 cups unbleached all purpose flour	1 teaspoon salt
1/2 teaspoon vanilla extract	1/2 cup milk

DIRECTIONS

Preheat oven to 300 degrees if using a glass pan or 325 if using metal. Prepare loaf pan by coating lightly with butter and dusting with 2-3 Tablespoons of granulated sugar until lightly coated. Using a mixer, cream butter until light. Add sugar and lemon peel, then beat until completely incorporated. Add eggs one at a time and beat on high speed at least one minute after each egg. Mix salt with flour. Stir vanilla into milk. Add half the flour to the butter mixture and beat until partially combined, then add half the milk. Beat until smooth, then repeat with remaining flour and milk. The batter should be smooth—scrape the bowl well before you finish mixing. Pour into prepared loaf pan and bake 90 minutes before checking. The cake rises and bakes slowly, so it may take up to two hours before it is completely cooked, depending on your oven. It will be golden, firm to the touch and a toothpick will test clean. It will probably have a small crack on the top. Immediately remove from pan and cool thoroughly before slicing.

Tricks and Tips

We prefer the whole wheat bowties, since they have more fiber, nutrition and texture than the regular semolina pasta. As for the low fat options, I no longer recommend using low fat mayonnaise, due to the use of high fructose corn syrup in most brands. We now use the real thing in smaller quantities.

Tricks and Tips

Since there are no leavening agents in the recipe, this cake relies on the air beaten into the batter during the creaming process and during the addition of the eggs. As the cake slowly rises, it grabs the sugar on the sides of the pan to work its way to a complete rise without sinking when it cools.

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Local and Seasonal Recipes, Menus and More
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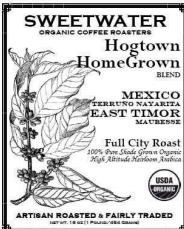
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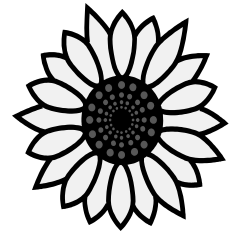
**Tioga
Monday Market**
Mondays 4-7pm
Tioga Town Center
West Newberry Road



**Union Street
Farmers' Market**
Wednesdays 4-7pm
Community Plaza
Downtown Gainesville



**High Springs
Farmers Market**
Thursdays 2-6pm
James Paul Park
Downtown High Springs



**Haile Plantation
Farmers' Market**
Saturdays 830am-12noon
Haile Village Center
off Tower Road

Tricks and Tips

This isn't exactly the recipe Mom gave me, but the whole wheat flour, flax seed meal and oat bran gives it extra fiber. Framboise was just an inspired touch to make the berries juicier. Making this with frozen berries? Just thaw the berries and mash lightly, instead of slicing.

Mom's Strawberry Bread

INGREDIENTS

1 1/2 pounds fresh strawberries, sliced	1/4 cup each oat bran and flax seed meal
2 tablespoons Framboise or orange juice	1 teaspoon each baking soda, salt, cinnamon
1 1/2 cups sugar, divided	4 eggs, lightly beaten
1 1/2 cups all purpose flour	3/4 cup oil
1 cup whole wheat flour	1 cup pecans, chopped

DIRECTIONS

Preheat oven to 350 degrees and prepare two loaf pans with butter and flour or Baker's Joy. Mix strawberries and Framboise with 1/2 cup sugar. Set aside for one hour, until juicy. Combine all dry ingredients—remaining sugar, flours, flax seed meal, bran, soda, salt and cinnamon—together in a large bowl. Make a well in the center and pour in oil, eggs and strawberries. Mix gently, until flour is almost incorporated, then add pecans and finish mixing. The dough will be wet and sticky. Push into two prepared loaf pans and bake in a preheated 350 degree oven for 40-60 minutes, until a toothpick tests clean. Turn out to cool. Since it makes two large loaves, store one loaf, wrapped in heavy duty foil in the freezer. Thaw at room temperature overnight before serving.