

Hogtown HomeGrown

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The ABCs of eating local

Follow the ABCs of eating local through the 2009 Eat Local Challenge and you'll find it easy to be a locavore for months and years to come.

Always plan menus based on food that is in season. **B**uy local fresh food, then shop at a local store to complete your menus. **C**an or freeze the fresh foods you crave while they're in season. **D**o keep a complete pantry—oils, spices, grains, beans and more. **E**at what you like, but try new foods and recipes too. **F**ind restaurants that are locally-owned—ask about local food specials. **G**o to a different farmers market, in addition to your favorite. **H**ave local food at your holiday parties, picnics or barbecues. **I**ntest in a new appliance or kitchen gadget to make cooking easier. **J**oin Slow Food. **K**now your farmers. **L**earn when fruits and veggies are in season locally. **M**ake a lot of food on weekends, so you can brown-bag all week. **N**eed a recipe idea?—check out Hogtown HomeGrown online. **O**ffer to take someone to the farmers market with you. **P**rep and clean your produce before you put it in the fridge. **Q**uietly turn your family into locavores—serve at least one local food at every meal. **R**est occasionally—eat local food at a locally-owned restaurant. **S**peak up about local foods every chance you get. **T**ake local foods to potlucks. **U**se evenings and weekends to roast veggies or make a slow-cooking meal while you're at home. **V**ote with your fork—eat local! **W**alk around the whole farmers market before buying anything. **X**-rate processed foods—not suitable for children. **Y**ou can save the world—one dinner at a time. **Z**ealous locavores eat seasonal food all year long—are you ready for that challenge?????



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**
Thursday 2-6pm
Downtown High Springs
Corner Main St and 1st Ave
farmersmarket.highsprings.com



**Haile Village
Farmers Market**
Saturdays 830-12pm
Haile Plantation
off Tower Road



**Alachua County
Farmers Market**
Saturdays 830-1pm
5920 NW 13th Street
www.441market.com

What's Fresh Right Now?

- Bok Choy (Pak Choi)
- Bananas
- Beans—green, roma, yellow
- Beets—red
- Blueberries
- Broccoli—traditional
- Cabbage—head, savoy, Chinese/napa
- Citrus—grapefruit, tangerines, oranges
- Cucumbers—mini seedless, slicers
- Garlic—chives, garleeks, Elephant
- Greens—asian mix, mustard, turnip, collards, kale, chard, escarole
- Herbs—basil, spearmint, peppermint, parsley, dill, lemongrass, oregano, cilantro, rosemary, lime leaf
- Honey—gallberry, palmetto, orange blossom, wildflower
- Kale—too many varieties to list
- Lettuce—spring mix, red/green leaf, arugula, escarole, green romaine, frisee
- Onions—red/green spring onions, scallions, sweet, red
- Peas—sugar snap, snow
- Pecans—in-shell, shelled
- Peppers—green/red sweet bell
- Radish—globe, daikon
- Roots—rutabaga, turnips
- Sprouts—sunflower
- Squash—summer, pattypan, zucchini, round zucchini
- Strawberries
- Sweet Potatoes
- Tomatoes—beefsteak, grape, cluster, heirloom

It's Almost Melon Time

The hot weather brings those sweet Southern favorites—watermelon and cantaloupe. Look for them soon at your farmers market and blast the heat away with a juicy treat!

Local and Fresh— Garlic

Yes, I love cooking with garlic. The taste can range from mild to pungent, the texture from creamy to crunchy, the aroma from light to knock-your-socks-off! Locally, the easiest garlic to grow is Elephant Garlic. A cousin of regular garlic, Elephant Garlic can handle our heat and humidity with fewer problems. Immature Elephant Garlic is a gar-leek—looks and cooks like a leek, but tastes like garlic!

Be sure to chop garlic right before cooking—it tends to get stronger tasting when exposed to air. Cook garlic slowly only until soft—browned garlic can taste bitter and ruin an entire meal!

Garlic Cheese Grits

INGREDIENTS

- 4 cups water
- 1 cup grits (don't use quick-cooking or instant)
- 1/4 cup cold milk
- 1 Tablespoon butter
- 2 cloves garlic, chopped finely
- 1/2 teaspoon salt
- 1/8 teaspoon ground cayenne pepper
- 10 drops Tabasco (optional)
- 8 ounces sharp cheddar, cubed
- freshly ground black pepper

DIRECTIONS

In a large covered pot, bring the water to boil over high heat. Whisk in grits, return to boil, lower heat to simmer, cover and cook 15 minutes, stirring occasionally. Stir in milk—be sure to scrape the sides and bottom—cover and cook 5 more minutes. Add butter and garlic, stir, cover and cook another 5 minutes. Mix in seasonings and cheese, cover and cook 5 minutes more until cheese is melted. Serve immediately. Serve with a fried egg on top for breakfast or as a side dish with a fish dinner.

Shrimp or Tofu San Marzano

INGREDIENTS

2 Tablespoons olive oil	1 sweet onion, sliced thinly
2 cloves garlic, smashed and chopped	16 San Marzano or plum tomatoes
1 Tablespoon dried oregano	1 Tablespoon dried basil
2 teaspoons dried thyme	1/2 teaspoon salt
1 pound shrimp, peeled OR tofu, pressed and cubed	pasta or rice

DIRECTIONS

Heat large covered saucepan or skillet over medium heat, add oil and onion. Stir to coat onion with oil and cook until lightly caramelized. Add garlic and cook until soft, but not browned. Slice tomatoes in half lengthwise, then crosswise into 1/2 inch pieces. Mix tomatoes into onion mixture and cook covered over low heat until tomatoes have broken down into a thick, chunky sauce. Stir in herbs and salt, cover, and cook over low heat until 15 minutes before you are ready to serve dinner. Just before dinner, raise heat to medium-high, stir in shrimp, cover pan and cook until shrimp are pink and opaque. Serve over pasta or rice. Cover and refrigerate leftovers.

Tricks and Tips

San Marzano tomatoes are a variety of plum tomatoes that are especially meaty and rich, with a small amount of seeds or liquid. Regular plum tomatoes are juicier, so you may want to cook them uncovered for part of the time.

Greens with Garlic

INGREDIENTS

1 Tablespoon olive oil	4 cloves garlic, sliced thinly
1 large bunch or bag of greens	1 Tablespoon red wine vinegar

DIRECTIONS

Before you do anything else, wash the greens really well. Fill a large bowl with cold water, dump in all your greens and swish vigorously. Remove greens by grabbing handfuls out of the water. Pour out water, rinse bowl to remove grit and repeat twice more. After the third wash, run your fingers over individual leaves to be sure no grit remains. Remove stems and trim the unsavory bits from the cleaned leaves. Lightly pat dry with a towel, but leave some water droplets on the leaves. Heat oil over medium heat in large pan and stir in garlic to coat with oil. Cook for 2 minutes, add greens to pan and stir to distribute garlic and oil over all the leaves. Cook until greens reach desired doneness. It takes just a few minutes uncovered for spinach to cook, but other greens may take a little longer and will require a cover to keep some moisture in the pan. Just before serving, toss with the vinegar. Pass the salt and pepper.

Tricks and Tips

Choosing greens for this recipe depends on your taste preference. If you like a mild tasting green, try spinach, kale or chard. Bolder choices include mustard, collards or, my favorite, escarole.

Garlic Bread—Vegan Style

INGREDIENTS

1 loaf French bread, sliced into 1 inch pieces	1/2 cup olive oil
2-6 cloves garlic, grated	2 Tablespoons parsley, chopped

DIRECTIONS

Grate garlic into oil and heat mixture until just warm. Dip one side of each slice in the oil and place on baking sheet. Sprinkle with parsley. Bake or broil until crispy around the edges.

Tricks and Tips

For softer garlic bread, put the dipped slices back together as a loaf, tightly wrap in foil and bake or grill the loaf until the bread is hot.

Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More
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Tricks and Tips

Before cooking, rinse the clams with cool running water—rub them with your hands to remove as much sand and grit as possible.

When the clams are cooked, discard any that do not open.

When serving the broth, leave the bottom of the pan as undisturbed as possible—sand or grit may be released during the cooking process.

Roasted Cedar Key Clams—Two Ways

Garlic, Tomato and Parsley

INGREDIENTS

50 clams, washed and drained
3 cloves garlic, chopped
1 cup white wine

2 Tablespoons olive oil
1 cup grape tomatoes
1/4 cup parsley, chopped

DIRECTIONS

Preheat oven to 400 degrees. Heat large roasting pan in oven for 5 minutes. Add olive oil to pan and heat for additional 5 minutes. Scatter garlic and tomatoes over bottom of pan and cover with clams, arranged in one layer. Bake for 8 minutes—the clams will open and spill juices into the pan. Mix parsley into wine and pour over hot clams. Bake 5 minutes. Serve immediately with crusty bread to soak up the juices.

Citrus Medley with Pecans

INGREDIENTS

50 clams, washed and drained
1/4 cup onion, finely chopped
1/2 cup white wine

2 Tablespoons olive oil
1/2 cup citrus juices—lemon, lime, orange
1/2 cup pecan halves

DIRECTIONS

Preheat oven to 400 degrees. Heat large roasting pan in oven for 5 minutes. Add olive oil to pan and heat for additional 5 minutes. Scatter onion over bottom of pan and cover with clams, arranged in one layer. Bake for 8 minutes—the clams will open and spill juices in the pan. Mix citrus juices with wine and pour over hot clams. Top with pecan halves and bake for 5 minutes. Serve immediately—the citrus juices and pecans are good with wild rice.