

Hogtown HomeGrown

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It's "Eat Local Month" - are you ready?

You know why it matters. You know you want to do it.

You know your neighbors, friends, family and co-workers are trying it.

Are you ready for the Challenge? Here's what you need to do:

1. Register online— just send an email to hogtownhomegrown@gmail.com
2. Eat something local at every meal or everything local at every meal
3. Eat at locally owned restaurants and ask what's local—look for this sign—



4. Print out and fill in the Keep Track Chart—it may even earn you a prize
5. Shop at farmers markets—plan your menus after you see what's fresh
6. Ask for local food everywhere from grocery stores to restaurants to schools
7. Take local food everywhere from work to potlucks to parties
8. Come to the kickoff party at Swallowtail Farm CSA, Saturday, May 1st
9. Be a part of the Community Celebration on Sunday, May 30th

Community Celebration

Sunday May 30th

4:00pm—6:00pm

Family Kickball Game—Prizes—Local Food Roadshow

Bring the family and a local snack to share!

4225 NW 34 Street, Gainesville (Unitarian Universalist Fellowship)



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 2-7pm
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?

- Beets—red, golden, striped
- Broccoli
- Bok Choy/Pak Choi—white, green, baby
- Cabbage—chinese/napa
- Carrots—various colors, large traditional
- Cauliflower
- Chard
- Citrus—valencia oranges, grapefruit
- Cucumbers—mini seedless, slicers, kirby
- Garlic—gar-leeks, chives
- Greens—curly endive, mustard, sorrel, rutabaga, turnip, swiss chard, dandelion
- Herbs—basil, cilantro, marjoram, dill, sage, lime leaf, parsley, chives, rosemary, lemongrass, spearmint
- Honey
- Kale
- Kohlrabi
- Leeks
- Lettuce—bibb, red/green leaf, red/green boston, spring mix, red/green romaine, arugula
- Mushrooms—shitake
- Onions—yellow, green/red scallions
- Peas—sugar snap, snow
- Peppers—green/red sweet bell
- Potatoes—sweet, red creamers
- Radish—globe, daikon, breakfast, microgreens
- Rutabaga
- Shoots—pea, corn, sunflower
- Spinach—green, red stem, tatsoi
- Squash—summer yellow, zucchini, round zucchini, koosa, bi-color summer
- Sprouts—sunflower, mung, lentil, alfalfa
- Strawberries
- Sweet Potatoes
- Tomatoes—beefsteak, grape, cluster, green
- Turnips

Local and Fresh— Bok Choy (Pak Choi)

Familiar in soups and stir fries from your favorite asian restaurants, bok choy provides the experience of two veggies in one. The crunch of the ribs or stems yields a mild fresh sweetness and the leafy green leaves add a little pepper to a mild “greens” taste.

Look for fresh, green leaves and healthy stems. Most varieties have either green or white stems with green leaves, but there are hybrids with frilly, yellow or red leaves.

Store fresh bok choy wrapped in clean towels inside a plastic bag, in the refrigerator, for up to a week. Clean bok choy with care—dirt and grit can gather on both leaves and stems.

Bok choy can be eaten raw, especially if young and tender. It adds both crunch and greens to salads, with a peppery attitude!

Braised Baby Bok Choy with Ginger

INGREDIENTS

- 1 Tablespoon olive oil
- 1 clove garlic, smashed and chopped
- 1 small piece ginger, peeled and chopped
- 1-2 small heads of baby bok choy per person
- 2 Tablespoons liquid—water, wine or juice
- salt to taste

DIRECTIONS

Heat olive oil in heavy skillet over medium heat. Add garlic and ginger and sauté for two minutes. Arrange bok choy in pan so that one layer is formed.

Sauté one minute on each side—a total of four minutes—then add water and cover for 3 minutes or until greens are wilted and stems are tender. Serve immediately with a light sprinkling of salt.

NOTE: Use only small heads of baby bok choy consisting of 6-8 young, tender leaves.

Save the World—One Dinner at a Time!

Bok Choy Sauté

INGREDIENTS

2 Tablespoons olive oil
2 heads bok choy, washed and chopped, with stems and leaves separated
6 green onions, split lengthwise and chopped into 1 inch pieces, with white and green separated
1/2 cup walnuts, chopped
1/2 cup sundried tomatoes, oil-packed or re-hydrated, chopped
3 Tablespoons balsamic vinegar
salt to taste

DIRECTIONS

Heat large heavy skillet, add oil and heat until it shimmers. Add bok choy stems and stir to coat with oil, then stir in the white portion of the green onions. Sauté, stirring occasionally, for 3-5 minutes—the bok choy will soften slightly, yet maintain its crunch.

Add the chopped leaves and stir to completely incorporate. When greens are wilted, add green onion tops and walnuts. Sauté another 3 minutes.

Remove from heat and stir in vinegar. Taste for salt—the salt seems to bring out the sweetness of the stems and the peppery flavor of the leaves.

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

Bok Choy Sauté with Chevre

INGREDIENTS

2 Tablespoons olive oil
2 heads bok choy, washed and chopped, with stems and leaves separated
6 green onions, split lengthwise and chopped into 1 inch pieces, with white and green separated
1/2 cup walnuts, chopped
4 ounces chevre, crumbled
salt to taste

DIRECTIONS

Heat large heavy skillet, add oil and heat until it shimmers. Add bok choy stems and stir to coat with oil, then stir in the white portion of the green onions. Sauté, stirring occasionally for 3-5 minutes—the bok choy will soften slightly, yet maintain its crunch.

Add the chopped leaves and stir to completely incorporate. When greens are wilted, add green onion tops and walnuts. Sauté another 3 minutes.

Remove from heat and spoon into serving dish. Toss with chevre and a little salt. Serve immediately. Cover and refrigerate leftovers.

NOTE: Want some spice? Try adding red pepper flakes to the oil with the bok choy stems.

Tricks and Tips

Ever stare into your refrigerator and wonder what to do with all those seemingly unrelated ingredients? Or better yet, how to turn the same ingredients into two dishes with two completely different tastes? First—start with the basics—vegan, vegetarian or carnivore? Second—examine all the potential flavor combinations in the pantry and refrigerator.

Third—just cook—see what you can create! For these recipes, I started with big bunches of bok choy and green onions. Walnuts and goat cheese were suggested.

The tomato-balsamic mixture was a successful experiment.

Try new flavors in your kitchen—you might be pleasantly surprised how creative and empowered it makes you feel.



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Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More
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Tricks and Tips

Our youngest son joined the Navy and I get to do that age-old “Mom” thing—mail packages of home-made goodies. I’ve done this before (although I was never consistent) and I’ve even mailed a birthday party in a box complete with cake, candles and a lighter! Bar cookies are easy to make and ship. Pack several small packages of foil wrapped cookies in a plastic zipper bag. Pack in a box with padding material.

Bar Cookies for Andrew

INGREDIENTS

2 sticks unsalted butter, 1 melted and cooled, 1 room temperature
1 1/2 cups demerrara OR 1 cup brown sugar mixed with 1/2 cup granulated sugar
2 eggs
1 Tablespoon vanilla
1 1/2 cups whole wheat flour
1 Tablespoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
2 cups rolled oats
2 cups dried cranberries
2 cups white chocolate chips
1 cup macadamia nuts, chopped

DIRECTIONS

Preheat oven to 350 degrees. Line a large rimmed cookie sheet with parchment paper. In a large bowl, mix together the melted butter with the room temperature butter. Cream butter and sugar until light. Add eggs and vanilla and beat well. Stir together flour, baking powder, soda, salt and oats. Beat flour mixture into butter mixture until completely incorporated. Stir in remaining ingredients until evenly distributed. Place entire batch of batter on the parchment covered cookie sheet. Wet your hands with cold water and lightly press the dough evenly into the pan. Bake 25-40 minutes, until the center feels firm when pressed. Cool completely before cutting. Makes 24 or more bar cookies.