

Hogtown HomeGrown

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What did your fork vote for today?

Eating is a political act—with every meal you can either vote for a healthy planet or a dying planet—and if you think about that seriously, you know I am not exaggerating.

I want to help you vote for a healthy planet and a healthy body with every bite of food you put into your mouth. And I promise you, it will taste good! For just one meal—your next meal—really think about your choices.

- IS THE "FOOD" ON YOUR PLATE REAL FOOD?
- IS IT SOMETHING YOUR GRANDMOTHER WOULD RECOGNIZE?
- WHERE DID IT COME FROM?
- WAS IT GROWN LOCALLY BY A FARMER WHO IS PAID FAIRLY?
- WAS IT PICKED BY WORKERS WHO ARE TREATED FAIRLY?
- WAS IT GROWN CLEANLY TO PROTECT SOIL, WATER AND AIR?
- WILL IT REALLY TASTE GOOD?
- HOW WILL YOU FEEL *AFTER* YOU EAT?
- WILL IT HELP YOUR BODY BE ITS BEST?

We often blind ourselves with excuses—there's no fresh food in the house—I don't have time to shop—there's no time to cook—it's just one meal, it doesn't matter.

But it does matter—to your body, your family, your community and your planet! So just for today, eat real food, grown locally. Vote with your fork for a healthy body and planet—it might be the most satisfying vote you've ever cast, and definitely the tastiest!

THANK YOU—THANK YOU—THANK YOU

The 2011 Eat Local Challenge Kickoff was a lovely event filled with fun, food and friends—old and new. Thanks to Hemchan and Kumarie Barran for providing the beautiful setting, Kumarie's Organic Garden. Gratitude for the volunteers, including Mom, who lent both a hand and a car big enough for tents borrowed from The Jones and friends. Our "children's activities" leaders Derek Jarvis, Rachel Kohl, Melissa Desa with Grow Gainesville, and Julie Garrett and Karli Bailey with the SFC Organic Gardening Club, made magic with my crazy ideas and a box of supplies. Appreciation to Trish Ward for providing supplies from Ward's Supermarket. Many thanks to demo cooks Kathleen Saren and Alle Karpf with VA Honor Center participants, James Steele and Andi Houston. I'm grateful for Carrie Hunsucker who coordinated our cooks and got farmers to donate food for the demos. Thanks to Erica Henderson from Henderson and Daughter Citrus for the Valencia oranges used at our juice-your-own-orange table. Thanks to the guys from Glades Ridge for showing off their goats, their milking skills and providing a yummy snack as well. Finally, and most importantly, thanks and love to my wonderful husband who works so hard both at events and on the web-site for no pay and little recognition—I couldn't do this without you Jeff!



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What's Fresh Right Now?

Beans—green, flat roma
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Cabbage—green, savoy, red
Callaloo
Carrots—red, orange, yellow, purple
Citrus—juices, oranges, grapefruit
Cucumbers—mini seedless, slicers
Eggplant—small/large italian
Garlic—garleeks, bulb, green garlic
Greens—collards, mustards, kale, chard
Herbs—rosemary, thyme, cilantro, basil,
parsley, oregano, sage, lime leaf
Honey—orange blossom, wildflower,
gallberry, tupelo
Kale—russian, tuscan, curly
Kohlrabi
Leeks
Lettuce—leafy green/red, spring mix,
romaine, bibb
Microgreens—arugula, fenugreek, radish
Mushrooms—shiitake, oyster
Onions—red/green scallions, dry yellow
Peas—sugar snap, black-eye (shelled)
Peppers—green/red/orange/purple
sweet bell, poblano, jalapeno
Potatoes—red, sweet
Radish—microgreens, red/white globe,
white (daikon)
Rutabaga
Shoots—pea, sunflower
Spinach—green
Sprouts—alfalfa, clover, quinoa, wheat,
sunflower, garbanzo, mung bean,
french lentil, green lentil, radish
Squash—yellow/green zucchini, crook-
neck, marrow, boston marrow,
delicata, acorn, butternut
Tomatoes—red beefsteak, grape, cherry,
purple cherokee
Turnips
Wheatgrass

Local and Fresh—

Tomatoes

Red, yellow, orange, purple and green, tomatoes come in all colors, shapes and sizes. Meaty plum tomatoes make great sauces and sweet grape tomatoes are best for lunch boxes and salads. Juicy beefsteaks are perfect for that summertime favorite—the tomato sandwich.

Use all your senses, especially smell and touch, to pick tomatoes. Be sure to always store them at room temperature.

James Steele's

Gazpacho

INGREDIENTS

1 1/2 pounds vine-ripened tomatoes
2 cups V8 juice (preferably homemade)
1 large cucumber, peeled, seeded and chopped
1 red bell pepper, cored and seeded
1 red onion, chopped
1 Tablespoon paprika
2 garlic cloves, smashed and chopped
1/4 cup garlic-infused olive oil
1 lime, juiced
1/4 cup purple basil-flavored red wine vinegar
2 teaspoons worcestershire sauce
1 Tablespoon cilantro, chopped
1/2 teaspoon toasted, ground cumin
1 teaspoon kosher salt
1/4 teaspoon freshly-ground black pepper
A few splashes of Crystal Hot Sauce

DIRECTIONS

Peel, seed, core and chop tomatoes. Place the tomatoes and all remaining ingredients in a large mixing bowl. Stir to combine.

Puree 1 1/2 cups of the mixture in a blender for 20 seconds on high speed. Return the mixture to the bowl. Stir to combine.

Cover and chill for at least 2 hours and up to overnight. Check for seasoning and garnish with basil.

Serve chilled. Cover and refrigerate leftovers.

Cedar Key Clams in Fresh Tomato Sauce

INGREDIENTS

4 Tablespoons olive oil
6 cloves garlic, smashed and chopped finely
2 cups diced plum tomatoes, preferably San Marzano variety
1 cup clam juice (if shucked clams don't have enough juice, use bottled clam juice)
2 cups chopped clam meat
1/2 cup parsley, chopped finely
2 Tablespoons fresh thyme
salt and freshly-ground black pepper to taste
8 ounces linguine, cooked al dente

DIRECTIONS

Heat olive oil in a large heavy skillet on medium-high. Add garlic when oil begins to look wavy or shimmery. Stir until garlic just starts to color and carefully add diced tomatoes. Cook, stirring occasionally, until tomatoes start to break down. Add clam juice, bring to a boil, reduce heat to simmer and cook until liquid is reduced by half.

Stir in clams and cook approximately 5 minutes, until clams are cooked but still tender. Add parsley and thyme. Taste for seasoning—we like lots of freshly-ground black pepper.

Serve immediately over hot linguine. Cover and store leftovers in refrigerator.

Master Sauce: Tomato with Ginger

INGREDIENTS

2 Tablespoons olive oil
3 cloves garlic, smashed and chopped
3 inch piece of ginger, peeled and sliced
pinch of red pepper flakes
2 large cans diced tomatoes, preferably organic

DIRECTIONS

Heat olive oil in a lidded saucepan. Add garlic and stir over medium heat until soft. Stir in ginger slices and cook until fragrant. Pour in tomatoes with juice. Stir well and cover. Allow sauce to simmer for a minimum of 30 minutes.

Use immediately as is, or as a base for other ingredients. Refrigerate leftovers.

Tricks and Tips

Fresh clams from Cedar Key are part of our local circle of eating. Some restaurants serve pasta topped with clams still in the shell, but we don't do that in our house—too much mess, not enough clams! This recipe may be made into a brothy soup perfect for dipping crusty bread—add 4 cups of clam juice or seafood stock instead of 1 and do not boil to reduce.

Tricks and Tips

The recipe that inspired this sauce was passed from a Kenyan to a Gainesville resident doing work for the Peace Corps in Vanuatu. It is the base for Anna's African Greens, but I have used it to simmer everything from zucchini to shrimp. The combination of garlic, ginger and tomato creates a powerful blend of vitamins, minerals and antioxidants that are readily accessible. The cooked tomatoes are full of lycopene. But most important? It tastes great!



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Tricks and Tips

The idea of tomato jam always fascinated me, but when I finally made a batch, I wasn't sure how to serve it—breakfast toast didn't seem like the best use. It was great right off a spoon, but even better when paired with strong cheese in an omelet. Try it as a sandwich spread on dense bread topped with cheese and veggies. Heat on a grill, skillet or panini press.

Tomato Jam

INGREDIENTS

- 20 medium-sized vine-ripened tomatoes
- 2 Tablespoons olive oil
- 1/4 cup raw sugar, divided
- 1/4 teaspoon each salt and freshly-ground pepper
- 2-4 Tablespoons red wine vinegar

DIRECTIONS

Preheat oven to 350 degrees. Line two cookie sheets with foil. Prepare jars and lids.

Halve and seed tomatoes. Place cut side up on cookie sheets. When all tomatoes are in place, drizzle with oil. Sprinkle with 1 Tablespoon sugar, salt and pepper. Place in oven and bake until softened and caramelized—approximately 1-2 hours.

Place roasted tomatoes in a heavy saucepan and mash with a fork or potato masher. Add remaining 3 Tablespoons of sugar, bring to a simmer and cook until thick.

Taste mixture and add vinegar until it reaches the sweet-sour balance desired.

Place hot mixture in prepared jars and process according to guidelines. Store any unsealed jars in refrigerator and use first.