

# Hogtown HomeGrown

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Inside this issue:

2012 Eat Local Challenge 1

What's Fresh Right Now? 2

Local and Fresh—Garlic Chives 2

Vegan Garlic Chive Pesto 2

Marinated Mushroom Burgers 3

Strawberry Sorbet 3

Peanut Butter and "Jelly" Cookies 4



*ARE YOU READY FOR THIS YEAR'S CHALLENGE?*

## 2012 Eat Local Challenge

May 1-31, 2012

*What is the Challenge?*

For the fifth year in a row, everyone in North Central Florida is challenged to eat local, seasonal food, at home or in locally-owned restaurants, every day, for the entire month of May!

### KICKOFF

Sunday, April 29<sup>th</sup> 2-5pm Citizen's Co-op

### COMMUNITY CELEBRATION

Sunday, May 27<sup>th</sup> 3-5pm Sweet Dreams Ice Cream

*Special Local Flavors by Sweet Dreams just for our Celebration!  
Prize Drawings every half hour—you must be present to win.*

### REGISTER TODAY

We want to know how many people have attempted this year's Eat Local Challenge, so please go to our website and register! Print and complete a Keep Track Chart to be eligible for more prizes.

[www.hogtownhomegrown.com](http://www.hogtownhomegrown.com)

Challenge yourself. Challenge your family. Challenge your friends.



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



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**Alachua County  
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www.441market.com



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

**What's Fresh Right Now?**

- Beans—green, yellow
- Beets
- Blueberries
- Bok Choy—pak choy, toy choi
- Broccoli
- Cabbage—head, chinese
- Carrots
- Cauliflower
- Chard—rainbow
- Citrus—juices, grapefruit, oranges
- Cucumbers—mini seedless, kirby
- Fennel
- Garlic—chives, gar-leeks
- Greens—rappini, sorrel, frisee, dandelion, arugula, collards, mustards, escarole, turnips, green/red spinach, endive
- Herbs—oregano, rosemary, dill, parsley, lime leaf, spearmint, cilantro, chives
- Honey—orange blossom, gallberry, tupelo, palmetto, wildflower
- Kohlrabi
- Lettuce—romaine, boston, green leaf
- Microgreens
- Mushrooms—shiitake, oyster
- Onions—green scallions, dry yellow
- Peas—sugarsnaps
- Peppers—green/red sweet bell, banana, jalapeno, poblano, hot banana
- Potatoes—red, sweet
- Radish—globe, breakfast, daikon
- Rutabaga
- Shoots—pea, sunflower, corn, spring mix
- Sprouts—alfalfa, clover, quinoa, wheat, sunflower, garbanzo, mung bean, french lentil, green lentil, radish
- Squash—pumpkin, zucchini, yellow
- Starfruit
- Strawberries
- Tomatoes—red beefsteak, grape, plum, cherokee purple, german stripe
- Turnips
- Wheatgrass

**Local and Fresh—  
Garlic Chives**

Not sure what garlic chives are? Imagine long thin leaves of grass—about 6-8 inches long—that are a dark green color! Some will have light purple flowers and buds attached.

I have often picked up a bunch of garlic chives, but had never experimented with them until recently. I usually just chop them into a stir fry for color and flavor, or sauté them for scrambled eggs or omelettes.

The flavor is that of mild fresh garlic, much more subtle than pungent bulbs. While garlic chives cannot be used interchangeably with fresh garlic, their mild flavor can enhance many foods.

**Vegan Garlic  
Chive Pesto**

INGREDIENTS

- 1 1/2 cups garlic chives, chopped
- 3/4 cup olive oil
- 2-4 Tablespoons mild vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon sugar

DIRECTIONS

Place chopped chives and olive oil in blender and puree until smooth. Add 2 teaspoons of vinegar, plus salt and sugar. Blend thoroughly and taste. If a sharper taste is desired, blend in remaining vinegar.

Use immediately or scrape into an airtight bowl and refrigerate.

SERVING SUGGESTIONS

Mix pesto with equal parts of whipping cream (liquid or whipped to soft peaks), mayonnaise or sour cream—taste and adjust salt if necessary. Use as a sandwich spread, canapé topping or veggie dip.

# Marinated Mushroom Burgers

## INGREDIENTS

1 cup Vegan Garlic Chive Pesto, divided  
3 Tablespoons mayonnaise  
4 large Portobello mushroom caps, stemmed and wiped clean  
4 ciabatta buns, halved (any bun will do, but the chewy texture of the ciabatta contrasts nicely)  
2 ounces gouda or similar cheese, shredded and divided (optional)  
small handful of spinach leaves, washed, dried and stemmed

## DIRECTIONS

Mix together 3 Tablespoons Vegan Garlic Chive Pesto with mayonnaise. Cover and set aside in refrigerator. Spread remaining pesto over both sides of all mushroom caps. Allow mushrooms to “marinate” at room temperature for at least two hours.

After mushrooms have marinated, preheat oven to 400 degrees. Place mushrooms on rimmed baking pan, place in preheated oven and bake for 15 minutes on each side. Toast buns, melting cheese on half of each.

Assemble sandwiches by spreading toasted bun (not the melted cheese side) with a small amount of pesto mayonnaise spread. Top spread with spinach leaves. Place cooked mushroom on top of melted cheese. Close sandwich and secure with toothpicks.

Serve immediately. Make sure there are plenty of napkins since the mushrooms are juicy!

**Tricks and Tips**  
Try this technique with sliced rounds of eggplant for another type of “burger” or cook marinated eggplant and layer in a casserole with spinach and cheese. Bake casserole until cheese is melted and bubbly, but not browned (if browned, the cheese is overcooked and will be tough.)  
Serve with a side of pasta tossed with a little of the Vegan Garlic Chive Pesto for a hearty meal.

# Strawberry Sorbet

## INGREDIENTS

1 cup strawberries, stemmed and halved  
1/2 cup strawberry jam  
2 Tablespoons each simple syrup and marsala  
1 cup water

## DIRECTIONS

Blend together all ingredients until smooth. Refrigerate until well-chilled.

Churn according to your ice cream maker’s specifications.

Eat immediately or store in the freezer in a small airtight container wrapped in a towel or paper bag.

NOTE: Honey may be substituted for simple syrup and lemon juice for marsala.

**Tricks and Tips**  
I just got a little Cuisinart Ice Cream Maker and I love it. You store the bowl in the freezer and, when you are ready, set it on its electric base, pop in your cold ingredients, and flip the switch—only 15 minutes for a soft-serve treat.

 <p><b>JOE'S PLACE</b> STEAKS BURGERS SALAD BAR Proudly Features: <b>Locally grown fruit and veggies</b> <b>Jose's Tempeh</b> <b>Deep Roots Meat</b> www.joesplacegainesville.com 352 377 1365 5109 NW 39th Ave</p>	<p><b>DOGWOOD LANE FARM</b> Homegrown Vegetables Eggs, Goat's Milk and Cheeses</p>  <p>Call for Pre-orders Rusty &amp; Mary Ludlam 386 209-1246 rmludlam97@windstream.net</p>	 <p><b>BLUE HIGHWAY</b> a pizzeria</p> <p>Pizza, Calzones, Sensational Salads, Gourmet Sandwiches, Beer &amp; Wine</p> <p>204 N.E. US Highway 441 Micanopy (352) 466-0062 Tioga Town Center Tioga (352) 505-6833 www.bluehighwaypizza.com</p>	<p><b>Ward's Supermarket</b> <i>We Make it Easy to Eat Local</i></p>  <p>Monday - Saturday 8am-8pm Sunday 9am-7pm 515 NW 23rd Avenue 352 372-1741</p>
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www.hogtownhomegrown.com

352 374 8561

# Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

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## Dragon Rises College of Oriental Medicine



352-371-2833  
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\*weather permitting

[plantsandproduce@gmail.com](mailto:plantsandproduce@gmail.com)

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## Tricks and Tips

Peanut butter cookies have been part of my life since third grade, when I took a Girl Scout cooking class at the Florida Power and Light demonstration kitchen in South Florida. While I still make a version of the cookies I learned that

day, I am always looking for new cookie adventures, and since I have a lot of jam lying around the house ...

## Peanut Butter and “Jelly” Cookies

### INGREDIENTS

- 1/2 cup unsalted butter, melted
- 1 cup raw sugar or brown sugar
- 1/4 cup honey
- 3/4 cup freshly ground peanut butter with no additives
- 2 eggs
- 1 1/2 cups whole wheat flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/2 cups rolled oats
- 1 teaspoon vanilla
- 1/2 cup of your favorite fruit jam (don't use jelly, since it will melt and run)

### DIRECTIONS

Preheat oven to 350 degrees. Lightly butter an 8 x 8 baking pan.

Mix together butter, sugar, honey and peanut butter until smooth. Beat in eggs. In a separate bowl, combine all dry ingredients. Stir into wet ingredients. Add vanilla.

Divide dough in half and use the back of a fork to lightly push half the dough into a smooth, even layer in the prepared pan. Spoon jam in a thin layer over top. Evenly spread remaining dough over the jam. Bake 30 minutes. Cool before cutting. Store covered.