

Hogtown HomeGrown

Volume 9 Issue 5

May 2014

Inside this issue:

2014 Eat Local Challenge 1

What's Fresh Right Now? 2

Local and Fresh— Red Potatoes 2

Leek and Potato Soup with Spinach 2

Scalloped Potatoes with Herbs 3

Pan Seared Beet Burgers with Feta 3

Stir-fried Fruit 4



It's May in Gainesville and that means it's time for the seventh annual Eat Local Challenge. Our April 26th Kickoff event during the Spring Festival at the Alachua County Farmers Market brought out quite a few people to help us start this year's Challenge in style. County Commissioner Robert Hutchinson delivered an official proclamation declaring May 2014 as Eat Local Month in Alachua County, the Gainesville Sun published an article about the Challenge the same day and the Kickoff was covered by Stephanie Bechara of WCJB TV20 News. Now that the Kickoff is over, it's time to get serious about eating local!

- **Register for the Challenge through Eventbrite**
<http://www.eventbrite.com/e/2014-eat-local-challenge-tickets-11348494653>
Registration is important because it is a quantifiable way to show restaurant owners how committed we are as a community to locally-grown and locally-produced food. If you print out your free Registration Certificate, it will put you in a special drawing for prizes at the Community Celebration, our party at Sweet Dreams at the end of the Challenge.
- **Eat at least one local item at every meal**, whether you eat at home or at a locally-owned restaurant. If you are on vacation during the month, seek out locally-grown food at locally-owned restaurants, no matter where you are!
- **Track your eating on a Keep Track Chart**
http://hogtownhomegrown.com/Challenge_2014/HH_Challenge_Keep_Track_chart_2014.pdf
Completing a Keep Track Chart not only helps you remember to eat local, but it makes you eligible for even more prizes during the Community Celebration—so print it out, fill it in and bring it with you!

COMMUNITY CELEBRATION

Saturday, May 31, 2014 2:30pm - 4:00pm

Sweet Dreams Homemade Ice Cream

3437 West University Avenue

2014 EAT LOCAL CHALLENGE May 1-31

The Challenge is all about eating locally-grown food either cooked at home or at your favorite locally-owned restaurant. Are you ready?

What's Fresh Right Now?

Beets

Blueberries

Bok Choy

Broccoli

Brussels Sprouts

Cabbage—green/red, napa

Carrots—orange/white/purple, red

Cauliflower—white, cheddar, purple

Celery

Citrus—grapefruit, sweet/sour oranges, tangerines

Cucumbers—mini seedless

Fennel

Garlic—chives, gar-leeks, green

Greens—chard, kale, collards, mustards, endive, escarole, turnip (with root), dandelion, sorrel, spinach

Herbs—parsley, cilantro, thai lime, dill, rosemary, oregano, assorted mint

Honey

Kohlrabi

Leeks

Lettuce—arugula, butter, green/red leaf, red/green romaine, mix

Microgreens—assorted

Onions—green, yellow, red

Parsnips

Peas—sugar snaps, snow

Peppers—red/green/yellow/orange sweet bell, poblano, jalapeno, variety hot

Potatoes—small red, white/orange sweet

Radish—globe, daikon, french breakfast

Shoots—pea, sunflower, corn, spring mix, broccoli, radish, arugula

Sprouts

Strawberries

Tomatoes—grape, green, red beefsteak, heirloom, cluster

Local and Fresh— Red Potatoes

Little red potatoes, often referred to as creamers, are the gems of our spring menu. We love home fries with our Saturday brunch, mashed potatoes as comfort food, and Southern-style potato salad made with mustard, sweet relish and boiled local eggs.

Look for clean potatoes with smooth skins. Avoid potatoes with greenish skins or soft spots. Store at room temperature away from onions, which encourage the potatoes to sprout.

Leek and Potato Soup with Spinach

INGREDIENTS

2 Tablespoons unsalted butter
6-8 leeks, white and green, halved and chopped
3 cups no-chicken broth
1 cup milk
4 cups potato, peeled and diced
1/8 teaspoon nutmeg, preferably freshly ground
kosher salt and freshly-ground pepper to taste
6 cups fresh, whole baby spinach leaves
1 Tablespoon sherry, optional

DIRECTIONS

Melt butter over medium heat in a lidded saucepan. Add leeks, cover and cook until softened, stirring occasionally.

Add broth and milk, bring to a boil, then stir in diced potatoes. Return to boil, reduce heat to low, cover and simmer until potatoes are tender.

Taste and season as desired.

Stir in spinach and sherry. Simmer uncovered until spinach is cooked and soup is thickened.

Serve hot. Cover and refrigerate leftovers.

VARIATION: Puree soup in blender and serve chilled like a traditional vichyssoise.

Scalloped Potatoes with Herbs

INGREDIENTS

- 1 Tablespoon unsalted butter
- 1 shallot, minced
- 2-3 stems each of fresh sage, thyme and rosemary
- 2 cups whole milk
- pinch each of salt and freshly-ground pepper
- 2 pounds potatoes, peeled and very thinly sliced (the weight is important!)
- 1 teaspoon each chopped fresh sage, thyme and rosemary
- 1/4 cup chopped fresh flat-leaf parsley
- 2 Tablespoons unsalted butter, soft but not melted

DIRECTIONS

Lightly butter a large flat casserole.

In a large lidded saucepan, melt butter. Stir in shallot and sauté until soft. Add herbs, stems and all, so they can be easily removed. Pour in milk and bring to a slow boil. Add potatoes, return to boil, reduce heat, cover and cook until potatoes are just tender.

Preheat oven to 375 degrees. Mix together chopped herbs and parsley with soft butter.

Using a fork or tongs, gently remove the herb stems. Pour potatoes and all the liquid into prepared casserole. Spread evenly in pan. Dot top of potatoes with herb butter.

Bake 30-45 minutes, until sauce is thick and casserole edges are golden brown. Allow potatoes to rest 5 minutes before serving. Cover and refrigerate leftovers.

Pan Seared Beet Burgers with Feta

INGREDIENTS

- 1 1/2 cups raw beets, peeled and grated
- 1 shallot, grated
- 1/2 cup cooked brown rice or oatmeal
- 1 Tablespoon each tamari and worcestershire sauce
- 1/2 cup fresh flat-leaf parsley, finely chopped
- 1 egg
- 2 ounces feta, finely crumbled
- 1/2 cup panko or toasted bread crumbs
- 1 Tablespoon each olive oil and unsalted butter

DIRECTIONS

Combine all ingredients, except oil/butter. Chill mixture 30 minutes. Compress into small patties. Fry over medium heat in oil/butter until browned. Serve hot with additional feta.

Tricks and Tips
Through the years, I have had varying success with scalloped potatoes—some had runny sauce and yet others were encased in a cement-like sauce. My ideal of perfectly-done pans of saucy potatoes were based on a childhood memory of Betty Crocker's boxed potato casserole mixes—not something I am still willing to eat—and my "from scratch" efforts were not ideal. Then I ran across this technique from the folks at America's Test Kitchen. It uses the naturally-occurring potato starch to thicken the milk while you precook the potatoes at the same time. This innovation cuts down on oven time and results in a silky smooth thick sauce every time. To add cheese, wait until the last few minutes of baking to scatter grated cheese across the top and then finish baking to melt it.

Ward's Supermarket
We Make it Easy to Eat Local



Monday - Saturday 8am-8pm
Sunday 9am-7pm
515 NW 23rd Avenue 352 372-1741

TEMPO
Bistro To Go
1516 NW 13th St. Gainesville, FL

352-336-5834
www.bistrotempo.com

Locally sourced ingredients
supporting Soups Salads
Sandwiches and Specialties

BLUE HIGHWAY
a pizzeria

*Pizza, Calzones, Sensational Salads,
Gourmet Sandwiches, Beer & Wine*

204 N.E. US Highway 441
Micanopy (352) 466-0062
Tioga Town Center
Tioga (352) 505-6833
www.bluehighwaypizza.com

citizens co-op
A COMMUNITY OWNED MARKET
LOCAL and ORGANIC FOOD
BULK FOODS and BODY CARE

Open 7 days a week
435 South Main Street
(352) 505.6575
Monday-Saturday 9am-8pm
Sunday 10am-7pm
Open to all-membership not required



**Haile Village
Farmers Market**
Saturdays 830am—12pm
Haile Plantation
off Tower Road
www.hailefarmersmarket.com

Stephen Schachter, A.P.

Acupuncture Physician
Board Certified 1982

Qi Gong and Tai Chi
Instructor

4140 NW 27th Lane, #D

352.375.7557

www.stephenschachter.com

The Jones B-Side

Mon-Fri 11am-2am
Sat-Sun 9am-2am

203 SW 2nd Avenue
352 371 7999

The Jones eastside

open every day
Sun-Thur 8-3

Fri-Sat 8-5

410 NE 23rd Av
352 373 6777



GAINESVILLE, FLORIDA

Fanatics Of Freshness

Open Mon-Sat 10:00am-6:30pm

Millhopper (352) 371-4155

Tioga Town Center (352) 333-3298

www.northwestseafood.com



www.aersi.com

352.376.8399

Mosswood Farm Store & Bakehouse

Open 10am-6pm 6 days a week
(Closed Tuesdays)

Serving Organic Coffee

Sweet and Savory Breads and Pastries

703 Chokolka Boulevard

Just off 441 in Micanopy

352-466-5002

Glades Ridge Goat Dairy

Raw Milk and Cheese

Hormone/Antibiotic Free

Available Fresh or Frozen

ACFM/441 Farmers Market

Saturdays 8:30am - 1:00pm

Union Street Farmers Market

Wednesdays 4:00pm - 7:00pm

Wholesome Food—Animal Consumption Only

Lake Butler

386 266 7041 gladesridge.com

Henderson & Daughter Plants and Produce

Available at

Booth #4 at ACFM/
441 Farmers Market

ORANGES hamlin, parson brown

GRAPEFRUIT white (marsh seedless and

duncan), pink (thompson)

TANGERINES murcott

ACID sour oranges (seville)

* weather permitting

plantsandproduce@gmail.com

BAGEL BAKERY

Breakfast All Day

Bagels—Muffins—Croissants

Coffee Roasted Locally (by us!)

Espresso Drinks and Fair Trade Coffee

Quick Lunch Specials

Bagel, Wrap and Focaccia Sandwiches

TWO LOCATIONS

Locally Owned and Managed

Next to Millhopper Publix 384-9110

SW 34th Street near Crispers 376-5665



Alachua County

Farmers Market

Saturdays 830am—1pm

5920 NW 13th Street

www.441market.com

The Illegal Jam Company

Small batch jams made from seasonal fruit

352 374 8561

Tricks and Tips

Other than the famous dessert Bananas Foster created by Brennan's in New Orleans, it never occurred to me to sauté or stir fry fruit. This is perfect for those pieces of under ripe fruit that languish on the counter awaiting a state of ripeness that will never happen. Adding a few berries helps create a colorful, tasty sauce.

Stir-fried Fruit

INGREDIENTS

- 3 cups sliced peaches
- 1 cup blueberries
- 1 Tablespoon unsalted butter
- 2 Tablespoons brown sugar
- 1 Tablespoon tequila, rum, brandy OR orange juice

DIRECTIONS

- Heat a heavy skillet over medium heat.
- Place peaches and blueberries in hot pan and stir until juices begin to release.
- Add remaining ingredients and allow butter and sugar to melt, forming a sauce with the berry juice and the added liquor or juice.
- Stirring occasionally, cook until peaches are softened as desired.
- Serve plain, with whipped cream or over ice cream or cake.
- Cover and refrigerate leftovers.