

Hogtown HomeGrown

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Eating local is as easy as ABC

Always plan menus based on food that is in season.

Buy local fresh food, then complete your menus at a local store.

Can or freeze fresh foods while they're in season.

Do keep a complete pantry—oils, spices, grains, beans and more.

Eat local food at every meal during May's Eat Local Challenge.

Frequent locally-owned restaurants and ask for local food specials.

Green thumb? Try growing some of your own food.

Have local food at birthday parties, picnics and barbecues.

Invest in a kitchen gadget or appliance to make cooking easier.

Join a CSA, Florida Organic Growers, Slow Food and a co-op.

Know your farmers and how their employees are treated.

Learn when local fruits and veggies are in season.

Make extra food on weekends, so you can brown-bag all week.

Need a recipe idea? Check out hogtownhomegrown.com.

Offer to take someone to the farmers market with you.

Prep and clean your produce before you put it in the fridge.

Quietly turn your family into locavores—local food at every meal.

Rest occasionally and eat local food at a locally-owned restaurant.

Speak up about local foods with family and friends.

Take local foods to potlucks, work parties and social events.

Use evenings and weekends to cook when you're at home.

Vote with your fork by eating locally-grown seasonal food!

Walk around the whole farmers market before buying anything.

X-rate processed foods—not suitable for children or adults.

You can "Save the world—one dinner at a time!"

Zealous locavores eat seasonal food all year long.

REMEMBER, THE EAT LOCAL CHALLENGE IS ALL MAY LONG!

What's Fresh Right Now?

- Beets**—red, striped, golden, pink
- Bok Choy**
- Broccoli**
- Cabbage**—green, napa, savoy, red
- Carrots**—orange, red, yellow, purple
- Cauliflower**—white, romanesco, purple
- Citrus**—orange, grapefruit, lemon
- Fennel**
- Garlic**—chives
- Greens**—escarole, chard, kale, mustard, arugula, wild arugula, mizuna, collards, sorrel, moringa, spinach
- Greens with roots**—turnips, rutabaga, beets, carrots, radish
- Herbs**—dill, cilantro, flat/curly parsley, lime leaf, thyme, mint, garlic chives
- Honey**
- Leeks and Gar-leeks**
- Lettuce**—red/green leaf, romaine, buttercrunch, spring mix
- Mushrooms**—shiitake
- Onions**—red/white scallions, spring
- Peas**—snow, sugar snap, english
- Peppers**—red/green/yellow/orange sweet bell, variety hot
- Pineapple**
- Potatoes**—sweet, white russet, red
- Radish**—daikon, globe, easter egg, red/white icicle
- Shoots, Sprouts and Microgreens**
- Squash**—zucchini, pattypan, yellow crookneck, eight ball
- Strawberries**
- Tomatoes**—grape, beefsteak, heirloom, cherry, green
- Turnips**
- Turmeric**

Local and Fresh— Garlic

If I could name MY five basic food groups, garlic would get its own spot every time. From scrambled eggs at breakfast to garlic-buttered popcorn at midnight, garlic is not only good, but good for you.

Look for firm heads with no discoloration or dark spots. The root end should also be firm and have a few roots still attached. Store in a cool dry spot and, if storing large quantities, make sure they don't touch each other.

Many people use a garlic press, but I prefer a rasp to create a smooth paste for fresh dishes. To prep garlic for cooking, smash each clove with the flat side of a knife and remove peel before chopping. Let cut garlic sit at room temperature for 10-15 minutes to allow for maximum development of beneficial enzymes.

Pat and Mike's Garlic Butter

INGREDIENTS

6 heads garlic, peeled
1 pound unsalted butter, melted in a heavy pot

DIRECTIONS

Peel and thinly slice all garlic cloves. Stir garlic into melted butter and simmer over lowest heat for at least 90 minutes, until garlic dissolves into a thick puree.

Use garlic butter as desired. The thick puree can be used to make amazing garlic bread.

Cover and refrigerate or freeze leftovers.

Pat and Mike, and her Cottage Food business, Nana Pat's Goodies, recently moved to Seattle to live out her commercial mustard dreams.

 <p>HAILE FARMERS MARKET</p> <p>Saturdays 830am - 12pm</p> <p>Haile Village Center www.hailefarmersmarket.com</p>	<p>Glades Ridge Goat Dairy Raw Milk and Cheese Hormone/Antibiotic Free Available Fresh or Frozen <u>ACFM/441 Farmers Market</u> Saturdays 8:30am - 1:00pm <u>Union Street Farmers Market</u> Wednesdays 4:00pm - 7:00pm Wholesome Food—Animal Consumption Only Lake Butler 386 266 7041 gladesridge.com</p>	<p>Henderson & Daughter Plants and Produce Booth #4 - 441 Farmers Market</p> <p>Grapefruit: white (Marsh seedless), pink Acid: sour oranges *all grown without the use of pesticides or herbicides Sweet Potatoes and Boiled Peanuts Pretty Caladiums Weather permitting Follow us - www.facebook.com/henderson.and.daughter</p>	 <p>Alachua County Farmers Market Saturdays 830am—1pm 5920 NW 13th Street www.441market.com</p>
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Shiitake Leek Soufflé

INGREDIENTS

2 Tablespoons olive oil
1/2 cup thinly sliced leeks (2 small/medium)
2 cups thinly sliced shiitake mushrooms (8-10 medium/large, without stems)
3 Tablespoons butter
1/4 teaspoon dried thyme
4 Tablespoons flour
2 cups milk
Pinch each nutmeg, salt and pepper (cayenne pepper too, if you want a little heat)
4 ounces aged cheese, grated (a recent favorite is Aged Magnolia from Cypress Point Creamery)
6 eggs, room temperature, separated

DIRECTIONS

Preheat oven to 450 degrees. Butter a 1 1/2 quart oven proof casserole or soufflé dish. Heat a heavy skillet over medium heat, add oil, leeks and shiitakes. Sauté until tender. Add butter to skillet. When melted stir in thyme and flour. Stir for 1-2 minutes until bubbly, but not browned. Whisk in milk and simmer until thickened. Flavor with nutmeg, salt and pepper. Remove from heat, add cheese and stir until melted. Beat egg whites to stiff peaks while mixture cools. Whisk egg yolks into cooled mixture until completely incorporated. Stir in 1/3 of beaten egg whites, then gently fold in remaining whites. Scrape into prepared baking dish and lightly smooth top. Place in oven and reduce heat to 350 degrees. Bake 30-45 minutes until puffed and golden, with just a bit of jiggle. Serve immediately, while hot and puffed. Cover and refrigerate leftovers.

Roasted Garlic

INGREDIENTS

6-9 heads garlic
2-3 Tablespoons olive oil
salt and freshly ground pepper to taste (optional)

DIRECTIONS

Preheat oven to 350 degrees. Cut top off each head of garlic, so that a bit of each clove is exposed. Arrange cut side up in a heavy-bottomed casserole. Cover tightly with foil. Bake 45-75 minutes, until side of heads can be dented with a fingertip. Serve each guest a whole head with warm or toasted bread, dipping oil or softened butter, salt, pepper and fresh herbs as desired. Cover and refrigerate leftovers.

Tricks and Tips

Soufflés aren't really hard to make, just follow these tips:

Beat the egg whites in a pristinely clean bowl to stiff peaks.

Completely stir in 1/3 of the beaten egg whites, and then gently fold in the remaining whites to maintain the air volume created.

Generously butter the soufflé dish and dust with cheese or breadcrumbs to help the soufflé climb the sides and maintain the baked height.

SERVING SUGGESTIONS FOR ROASTED GARLIC

Squeeze cooked garlic from heads. Beat into raw eggs for omelettes or scrambled eggs.

For an extra flavor boost, stir roasted garlic puree into cooked grains, mashed potatoes, pasta, white sauces, gravies or soups.



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Tricks and Tips

You can call this a coffee cake or a bar cookie. It is really good with a cup of tea or coffee, so it seemed a natural fit for that little something for elevenses or a sweet treat during afternoon tea time! Of course, if you decide to gussie it up with a drizzle of frosting or some chocolate chips, you can call it whatever you want!

Brown Sugar Pecan Coffee Cake

INGREDIENTS

- 1 stick unsalted butter, melted
- 1/2 cup brown sugar, packed
- 3 Tablespoons cane syrup
- 2 eggs
- 1 Tablespoon vanilla extract
- 1 cup each organic whole wheat flour, rolled oats and chopped pecans
- 1 teaspoon baking powder
- 1/2 teaspoon each baking soda and salt

DIRECTIONS

- Preheat oven to 350 degrees. Lightly butter an 8x8 baking pan.
- Beat together butter, brown sugar and cane syrup. Add eggs and vanilla.
- In a separate bowl, mix together flour, oats, pecans, baking powder, baking soda and salt.
- Mix dry ingredients into wet and stir until completely combined. Smooth into pan.
- Bake 20-30 minutes, until firm to touch and browned. Cool before cutting. Cover and store at room temperature.

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