

# Hogtown HomeGrown

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## 5 years and counting

I love to mark the passage of time—anniversaries, birthdays, half birthdays—all of them! Well, this month marks the fifth anniversary of Hogtown HomeGrown. It's time to celebrate, but first, let's do the numbers—

**5 years**

**60 monthly newsletters (this one makes 61)**

**144,000 pieces of 60# 11X17 paper**

**330 recipes (14 for cookies)**

**0 paid ads (2006)**

**19 paying advertisers (2011)**

**500 monthly readers (2006)**

**3000+ monthly readers, Facebook friends, web visitors (2011)**

**1 very grateful cook—writer—business owner—jam maker!**

So what can I do to celebrate? Why not teach a few more people a few new recipes for the holidays? I'll be doing three public cooking demonstrations (and a couple of private ones as well) during this anniversary month. Two demos are at farmers markets (big thanks to Blue Oven Kitchens and CHOICES), plus I'll be tabling from 9:30am-3:00pm as well as doing a workshop at the FAIR TRADE / FAIR FOOD FAIR.

**Saturday Nov 5 10:00am Haile Village Farmers Market**

**Saturday Nov 12 1:30pm FAIR TRADE / FAIR FOOD FAIR  
Beltram Peace Center, 1236 NW 18 Ave**

**Saturday Nov 19 10:00am Alachua County Farmers Market/441**

Come watch and taste as I cook up seasonal favorites for holiday meals—some of the recipes are in this issue. While a few might look familiar, they've been tweaked to make a good thing even better!

The past five years have brought a lot of positive changes in the local food movement—but one thing remains the same—cooking local, seasonal food at home, or eating locally grown food at restaurants, is still the best way to maintain your budget and health while improving the world around you. And I'm still here to help you—

**Save the World—One Dinner at a Time!**



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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, purple long, winged, pole
- Bitter Melon
- Chestnuts
- Citrus—juices, satsumas, grapefruit
- Cucumbers—mini seedless, slicers, kirby
- Eggplant—thai, small/large purple
  - italian, small/large purple
  - oriental
- Garlic—chives, elephant
- Greens—malabar spinach, summerfest, arugula, kale
- Herbs—italian basil, oregano, rosemary, sage, curry leaf
- Honey—orange blossom, gallberry, tupelo
- Lettuce—salad mix, arugula
- Microgreens—arugula, radish
- Mushrooms—shiitake, oyster
- Okra
- Onions—green scallions, dry yellow
- Papaya—green
- Peas—white acre, butterbeans, pink-eye
- Pecans—in-shell, shelled
- Peppers—green/red/yellow sweet bell, cayenne, jalapeno, habanero
- Persimmons
- Potatoes—red, sweet
- Quince
- Radish—globe, breakfast, microgreens
- Shoots—pea, sunflower, corn, spring mix
- Sprouts—alfalfa, clover, quinoa, wheat, sunflower, garbanzo, mung bean, french lentil, green lentil, radish
- Squash—yellow, zucchini, delicata, acorn, butternut, pumpkin, calabasa
- Sweet potatoes
- Tomatoes—red beefsteak, grape, green

**Putting Food By**

As you shop the farmers markets, think about seasonal food that you would like to eat all year long. Do you want to roast and freeze pumpkin? Make pumpkin butter? Buy some pecans to tuck into the freezer for a future treat? Think ahead!

**Local and Fresh—  
Sweet Potatoes**

Sweet potatoes are a staple in our house—if they are in season, they are on the menu. We like them baked, maybe with a little butter or a drizzle of honey.

Bake them right on the rack of a 350 degree oven—put a piece of foil on a lower rack to catch any drips. They are ready to eat when soft.

Full of beta-carotene, vitamins, minerals and fiber, sweet potatoes are a perfect food for babies and wonderful finger food for toddlers.

We grew up eating overly sweetened, fat laden sweet potato casseroles—some topped with marshmallows, some with pecan streusel—but that's just not the way we eat anymore.

Try this pared-down version—silky smooth, sweet as honey and full of flavor. It makes a great dessert and a good breakfast too!

**Sweet Potato Honey  
Custard with Vanilla**

INGREDIENTS

- 2 cups cooked, mashed sweet potato
- 1/2 cup local honey (tupelo or orange blossom)
- 6 eggs
- 2 cups milk
- 1/2 teaspoon pure vanilla extract

DIRECTIONS

Preheat oven to 350 degrees. Lightly butter a 2 quart baking dish. Prepare water bath for baking dish.

Puree sweet potatoes with honey, eggs and 1 cup milk in blender or food processor.

Push puree through a fine sieve. Stir in vanilla and remaining milk. Pour mixture into prepared baking dish and place in water bath.

Bake 30-40 minutes, until set in center. Remove from water bath.

Serve warm or cover and refrigerate.

# Shiitake Green Bean Casserole

## INGREDIENTS

4 cups green beans, snapped into bite-sized pieces  
2 Tablespoons unsalted butter, divided  
1/2 pound shiitake mushrooms, stemmed and thinly sliced  
1 clove garlic, smashed and finely chopped  
1 shallot OR 1/4 cup sweet onion, chopped  
1 teaspoon fresh thyme OR 1/2 teaspoon dried thyme  
1/4 cup dry white wine (optional)  
3 Tablespoons flour  
1 1/2 cups milk  
1/2 teaspoon freshly ground black pepper  
salt to taste  
1/2 cup pecans, chopped

## DIRECTIONS

Preheat oven to 350 degrees. Lightly butter a 1 1/2 quart baking dish.

Steam green beans until bright green and just tender. Remove from heat and set aside.

Melt 1 tablespoon butter in large saucepan over medium-high heat. Stir in mushrooms and sauté until limp and fragrant. Add garlic and shallot and continue to sauté until garlic is soft and shallot is translucent. Stir in thyme and wine and cook until wine has evaporated.

Add remaining tablespoon of butter to pan. When butter is completely melted, stir in flour. Cook for 1-2 minutes, stirring constantly. Add milk and whisk until sauce begins to thicken. Add green beans. Stir and simmer 3 minutes. Stir in pepper. Taste for seasoning.

Place in prepared casserole and sprinkle with chopped pecans. Bake 20 minutes until the pecans are toasted. Allow to rest 5 minutes before serving. Cover and refrigerate leftovers.

# Peter Rabbit's Carrots

## INGREDIENTS

1 large carrot per person, washed, sliced and steamed  
2 Tablespoons each of orange juice and honey per carrot  
1/2 teaspoon cinnamon per carrot

## DIRECTIONS

Combine orange juice and honey in a deep saucepan, bring to a boil and cook over medium-high heat until thickened. Add carrots and cinnamon, stir gently and simmer 5-10 minutes. Serve hot or at room temperature. Cover and refrigerate leftovers.

## Tips and Tricks

Oven space is at a premium before big dinners. Here are two options if you want to skip the oven for the Shiitake Green Bean Casserole. Up to three days ahead, toast the nuts in a 350 oven for 10 minutes. Cool completely and store in an airtight container. When it's time to serve, heat the casserole in the microwave with the toasted nuts on top. Don't want a casserole at all? Either stir the toasted nuts into the beans or just skip the nuts completely and serve right out of the pot!

## Tricks and Tips

Carrots aren't in season yet, but we want them for our traditional meals. I'm giving up baby carrots for the thrift and flavor provided by organic carrots sliced at home.

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# Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

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## Tricks and Tips

Full of chewy dates, crunchy nuts, just a little honey and no added butter or oil, this cookie can almost be called healthy—as long as you can control how many you consume! The original recipe came from Goldbeck's *America's Wholefoods Cuisine*. I added extra flour to create a sturdier base. Try the version from June 2011 for an added orange flavor.

## Date Walnut Bars for a Crowd

### INGREDIENTS

- 5 eggs
- 1 cup local honey
- 1 teaspoon pure vanilla extract
- 4 cups dates, pitted and chopped
- 2 cups walnuts, chopped
- 1 cup whole wheat flour (whole wheat pastry flour is great)
- 1 teaspoon baking powder

### DIRECTIONS

Preheat oven to 325 degrees. Line a large rimmed sheet pan with parchment paper.

In a large bowl, beat eggs with honey until light. Add vanilla, dates and walnuts and stir until completely combined.

In a separate bowl, combine flour and baking powder. Combine with wet ingredients and stir gently until no flour traces remain.

Pour batter onto parchment. Use clean wet hands to spread it evenly into the corners.

Bake 20-25 minutes. Cool before cutting. Store in an airtight container.