

Hogtown HomeGrown™

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time to party
for good! 1

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Twelve years—time to party for good!

Since the very beginning, from the first issue back in November 2006, Hogtown HomeGrown has emphasized cooking seasonal food, buying from local retailers and restaurants, and sharing food with friends and family.

Part of that family has always been the local restaurants and businesses that have supported not only the local food community, but this newsletter as well. I have met and become friends with so many people in North Central Florida because of Hogtown HomeGrown and I am so grateful to you all.

This year, instead of just throwing a party, I thought we could do some good as well. Lyrics for Life, a support organization for families affected by cancer, was founded by Hogtown's hometown band, Sister Hazel. Your purchase of a yummy treat will help send a family to Camp Hazelnut, a weekend at Camp Crystal dedicated to letting kids be kids, no matter their health status.

Join us Sunday, November 18th, 2:00-4:00p.m. at Day Dreams Ice Cream, Sweet Dreams Ice Cream's new sister store that serves ice cream from Sweet Dreams, located at 6250 NW 23rd Street in Gainesville, near the Highway Patrol Station, off US Highway 441 and NW 34th Street.

Ice Cream Social and Fundraiser

Sunday November 18

2:00 - 4:00p.m.

Day Dreams Ice Cream

6250 NW 23rd Street

Proceeds benefit

Lyrics for Life

What's Fresh Right Now?

Beans—green
Bitter Melon
Bok Choy
Chestnuts
Citrus—satsumas, kumquats
Cucumbers—slicers, kirby
Eggplant—oriental, italian, fairytale, long
Galangal
Garlic—chives
Ginger
Greens—collards, kale, chard, summerfest, mizuna, mustard
Herbs—italian/red stem basil, lime leaf, curry leaf
Honey—orange blossom, gallberry, wildflower, tupelo
Kohlrabi
Moringa
Mushrooms—chanterelle, dried shiitake
Okra—red/green
Onions—green
Pecans
Peppers—red/green/yellow/orange sweet bell, aji, poblano, cayenne, shishito, jalapeño, serrano
Persimmon—astringent, non-astringent
Potatoes—red/white
Radishes—daikon, red
Roselle
Shoots and Sprouts
Squash—butternut, spaghetti, kabocha, seminole pumpkin, acorn, yellow crookneck, gold/ green zucchini, pattypan
Turnips—tokyo
Turmeric
Yuca

Local and Fresh— Kabocha squash

Kabocha squash is also known as Japanese pumpkin and it really does look like a squatty version of the Halloween classic. Green or orange edible skin gives way to deep orange flesh. The taste compares to both pumpkin and sweet potato, suitable for sweet or savory dishes.

Roasted whole or in seeded sections, Kabocha is easy to cook and full of nutrients. Try it alone or combined with other squashes and sweet potato in this dairy-free custard that makes a great breakfast or dessert.

Winter Custard with Almond Milk

INGREDIENTS

4 cups baked winter squash and/or sweet potato
1/2 - 3/4 cup honey
6 eggs
1/2 teaspoon vanilla
2 teaspoons cinnamon
1 teaspoon each cardamom and nutmeg
Pinch of salt
2 cups almond milk

DIRECTIONS

Preheat oven to 350 degrees. Lightly oil a large flat oven-proof casserole. Prepare a water bath for the casserole.

Whisk together squash and honey.

Add eggs one at a time, whisking well after each addition.

Stir in vanilla, spices, salt and almond milk, combining completely.

Pour into casserole and smooth the top.

Place in water bath and bake 45-60 minutes, until set. Serve warm or cold.

Cover and refrigerate leftovers.

 <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</p> <p><u>ACFM/441 Farmers Market—GNV</u> Saturdays 8:30am - 12:00pm <u>Union Street Farmers Market—GNV</u> Wednesdays 4:00pm - 7:00pm <u>Riverside Arts Market—JAX</u> Saturdays 10:00am - 3:00pm</p> <p>Wholesome Food—Animal Consumption Only 386 266 7041 gladesridge.com</p>	<p>Henderson & Daughter Plants and Produce</p> <p><i>Thank you for being supportive of us for so many seasons. Please continue to show love to food producers in our community, and be good to one another.</i></p> <p>Cheers, Henderson and Daughter www.facebook.com/henderson.and.daughter</p>	<p>Alachua County FARMERS' MARKET</p> <p>Alachua County Farmers' Market</p> <p>Saturdays 830am—12pm 5920 NW 13th Street www.441market.com</p>
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Lemon Cashew Stew

INGREDIENTS

2 Tablespoons grapeseed oil
1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped carrot
2 Tablespoons finely chopped garlic
2 Tablespoons finely chopped turmeric
2 Tablespoons finely chopped ginger
3 Tablespoons green thai chili paste
1 lemon, peel cut into wide strips and juiced
3 Tablespoons tamari
Pinch of red pepper flakes (optional)
4 inches of lemongrass, pounded OR 2 bags of Lemon Zinger Tea
6 pods cardamom, cracked (place between two stacked spoons and squeeze)
Water to cover
1/2 cup cashew butter
1-2 cups stock of choice (I used homemade shrimp stock)
1 pound protein or veggies of choice (I used a fillet of corvina)
1/2 cup roasted cashews, coarsely chopped
Cayenne pepper, salt, sugar or honey
1-2 limes, quartered

DIRECTIONS

Heat large covered pot over medium heat. Add oil, onion, celery and carrot. Sauté until tender and onions are translucent.

Add garlic, turmeric and ginger. Stir continuously for a minute or two.

Add green thai chili paste, lemon peel and juice, tamari, red pepper flakes, lemongrass or tea bags, and cardamom.

Cover with water, bring to a boil, reduce heat, cover and simmer 20-30 minutes.

Remove lemongrass or tea bags, cardamom pods and most of the lemon peel.

Let mixture cool slightly. With an immersion blender or regular blender, puree 1/2 the mixture with cashew butter.

Add additional stock until desired consistency is achieved.

Season protein or veggies with salt and pepper as desired. Place in stewing liquid and bring to a boil.

Cover, lower heat and simmer until protein is cooked or veggies are desired doneness.

Serve hot in bowls as a soup or plated on top of rice or noodles.

Top with cashews. Pass the cayenne, salt, sugar and lime to add to taste.

Cover and refrigerate leftovers.

Cauliflower with Za'atar

INGREDIENTS

1 head cauliflower
2-3 T olive oil
2 t dried thyme
1 t dried sumac
1 t sesame seeds
1/2 t salt
1 lemon, quartered

DIRECTIONS

Heat cast iron pan with cauliflower stem side down.

When it begins to brown, add a cup of water, cover and steam until water evaporates. Drizzle 1-2 T of olive oil over cauliflower

Preheat oven to 400 degrees.

Mix together thyme, sumac, sesame seeds and salt to make Za'atar. Sprinkle over top and sides of cauliflower. Drizzle with remaining oil.

Bake until cauliflower is knife tender at the core.

Serve hot with lemon wedges.



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Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

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preserve, conserve
or chutney?

Jam—fresh fruit
cooked in sugar syrup
until smooth and
spreadable.

Jelly—fruit juice
cooked with sugar and
pectin until gelled.

Preserve—whole or
cut fresh fruit cooked
in sugar syrup until
syrup is thickened.

Conserve—fresh and
dried fruit cooked in
sugar syrup, often with
spices, until fruit is
cooked but chunky.

Chutney—conserve
with spices and
flavored with acid
from vinegar or citrus.

Sheila's Cranberry Orange Conserve

INGREDIENTS

- 1 12-oz package fresh cranberries
- 1 cup orange juice
- ½ cup granulated sugar
- ½ cup brown sugar
- 1 cup dark raisins (optional)
- 1 Tablespoon ground cinnamon (optional)
- 1 teaspoon ground nutmeg (optional)
- ½ teaspoon grated orange zest (optional)

DIRECTIONS

In medium saucepan, stir both sugars into orange juice over medium heat. Cook until sugars are dissolved.

Stir in cranberries.

Add optional ingredients if desired and stir well.

Simmer about ten minutes over medium heat, stirring occasionally, until berries start to pop. Conserve is done when the berries are all popped

If a smoother finished product is desired, mash berries against side of pan as the conserve simmers.

Transfer to serving dish and, for best results, let stand for several hours before serving to allow the flavors to bloom. Conserve may be made ahead, covered and refrigerated.

Conserve will thicken as it cools because of the natural pectins in the cranberries.

Cover and refrigerate leftovers.

SERVING SUGGESTIONS

Serve over cooked winter squash or sweet potatoes.

Dollop on top of ice cream or plain cake.

Slather on bread to make the ultimate "day after Thanksgiving" sandwich.