

Hogtown HomeGrown

Volume 10 Issue 11

November 2015

Inside this issue:

**We're part of
Hogtown History!** 1

**What's Fresh
Right Now?** 2

**Local and Fresh—
Oregano** 2

**Whole Grain
Veggie Casserole
with Feta** 2

**Cider
Harvest Soup** 3

**Persimmon
Maple Pie** 3

**Easiest
Cookies Ever** 4

We're part of Hogtown history!

Later this month, in a very unpretentious way, Hogtown HomeGrown will become a permanent part of our area's history. Matheson History Museum's Collections Committee decided to add digital copies of all the Hogtown HomeGrown newsletters to their archive. According to the Museum's Executive Director, Peggy Macdonald-Demosthenous, "The Matheson's collection is searchable on the Alachua County Public Library website so there is greater visibility for researchers."

Now when I say unpretentious, I really mean it—I'm just going to drop off a disc with the files burned onto it—that's it! Pomp and ceremony notwithstanding, this is a big deal to me and not because Hogtown HomeGrown is my baby, but because it honors and acknowledges North Central Florida's local food movement over the past decade.

This newsletter was created in November 2006 as a labor of love. I was learning about the local food movement from writers Wendell Berry and Michael Pollan, chefs Alice Waters and Rick Bayless, activist Vandana Shiva and Slow Food founder Carlo Petrini. My eyes had been opened by local food enthusiasts in California who coined the word "locavore" and gave the movement life, creating early Eat Local Challenges.

Our first locavore chefs, Bert Gill and Clif Nelson, served us local food before the word was even coined. At the same time, Anna Prizzia, Melissa DeSa and others were working through Slow Food to bring the movement to our area. While Marty Mesh and FOG concentrated on organic food, farms and farmers, Sharon Yeago started and nurtured local farmers markets, as well serving nationally through the Farmers Market Coalition. Rose Koenig, in addition to work on her own certified organic farm, helped to establish the importance of community supported agriculture (CSA) and served on the boards of several farmers markets. I couldn't possibly name everyone, because all over North Central Florida, dedicated foodies, farmers and volunteers worked to increase the availability of local food.

Years of going to the farmers market became not just my way of shopping and eating, but a way of life for many who have embraced eating local. Over the past nine years I have made friends with foodies, farmers and chefs who have a vision of how local food can help improve our world and our lives. Look how we've grown over the past decade with local food in schools, restaurants and home kitchens. What could have been a flash-in-the-pan, has become a real way of life and even though not everyone eats local food all the time, more people are learning to cook and making the effort to buy fresh, local food.

So we will celebrate both Hogtown HomeGrown's ninth anniversary and our local food successes with a good meal cooked at home from local foods. And we'll toast the future of our local food systems—home aquaponic gardens—commercial farmers working collaboratively with chefs—local food hubs with kitchens and retail spaces to create both businesses and customers in our small towns. What's the next new idea and how can you get involved?

What's Fresh Right Now?

Beans—green/purple/yellow

Bitter melon

Bok Choy

Chestnuts

Cucumbers—mini seedless, slicers, pickling

Eggplant—purple italian, purple asian, fairytale

Garlic—chives, elephant

Ginger, Galangal, Tumeric

Greens—chard, kale, mustard, arugula, wild arugula, mizuna, rapinni, sorrel, moringa

Herbs—mint, italian/purple/lemon/thai and holy basil, thyme, sage, oregano, rosemary, cilantro, stevia, curry leaf

Honey

Kohlrabi

Lettuce—romaine, red/green leaf

Malanga

Mushrooms—shiitake, chanterelle

Okra—green

Onions—green, large white

Papaya

Peas—acre

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

Potatoes—sweet

Radish—daikon, globe

Roselle

Shoots, Sprouts and Microgreens

Squash—zucchini, butternut, calabaza, seminole pumpkin

Tomatoes—grape, cherry, beefsteak, green, sun gold, plum

Turnips

Local and Fresh— Oregano

Oregano, a close relative of sweet marjoram, is an aromatic addition to many Mediterranean cuisines. It pairs well with garlic, basil, lemon and thyme. But it doesn't just give you flavor—it is an anti-oxidant and anti-bacterial nutrient dense herb. Research oregano and oregano oil for further information.

While we have gotten used to the flavor and convenience of dried herbs, fresh herbs can add a whole new dimension of flavor to recipes. Try using dried herbs at the start of cooking and fresh herbs at the end to create layered flavors.

Whole Grain Veggie Casserole with Feta

INGREDIENTS

4 cups cooked wheat berries. room temperature
3 cups raw broccoli, bite-sized pieces
1 cup raw carrots, halved lengthwise and sliced
1/2 cup sun-dried tomatoes, chopped
zest and juice of a lemon
2 Tablespoons fresh oregano, finely chopped
2-3 Tablespoons olive oil
8 ounces feta, chopped into small cubes

DIRECTIONS

Preheat oven to 350 degrees. Lightly oil a 2 quart deep casserole dish.

In a large bowl, thoroughly mix together all ingredients except feta cheese. Lightly mix in feta so that pieces remain whole.

Spoon into prepared casserole dish and cover with lid or foil. Bake 45 minutes, until carrots are tender-crisp and feta is melted.

Let sit for 10 minutes before serving.
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 <u>ACFM/441 Farmers Market</u> Saturdays 8:30am - 1:00pm <u>Union Street Farmers Market</u> Wednesdays 4:00pm - 7:00pm <i>Wholesome Food—Animal Consumption Only</i> Lake Butler 386 266 7041 gladesridge.com</p>	<p>Henderson & Daughter Plants and Produce</p> <p>Thank you for your support! Our season has ended, but we will return to the 441 Market on December 12th</p> <p>Follow us - www.facebook.com/henderson.and.daughter</p>	 <p>Alachua County Farmers Market</p> <p>Saturdays 830am—1pm 5920 NW 13th Street www.441market.com</p>
---	--	--	---

Cider Harvest Soup

INGREDIENTS

8 cups butternut squash, peeled, seeded and cut into bite-sized pieces
2 large apples, peeled, cored and cut into bite-sized pieces
2 shallots, peeled and cut in half horizontally
1-2 Tablespoons olive oil
Generous pinches of salt and freshly-ground pepper
4 cups water, divided
4 cups veggie broth, divided
1 cup apple cider
1/4 cup sherry
1/2 teaspoon ground chipotle pepper
1 teaspoon sweet smoked paprika
1/8 teaspoon cayenne pepper
1/2 teaspoon salt

DIRECTIONS

Preheat oven to 400 degrees.

Mix together cut squash, apple, and shallots with olive oil. Spread in one layer on a rimmed baking sheet or roasting pan. Season with salt and pepper and stir lightly.

Bake 45-60 minutes, shaking pan at least twice during baking. Test doneness with a fork. Squash should be soft with light caramel color on the edges.

Remove pan from oven and use a spatula to loosen any stuck pieces. Pour 2 cups of water into pan and return pan to oven. Bake 30 minutes.

Using a large bowl or pot, combine contents of roasting pan with remaining ingredients. Cool slightly before pureeing in batches in a blender.

Pour pureed soup into saucepan and warm over low heat before serving. Serve hot.

Cover and refrigerate leftovers.

Persimmon Maple Pie

INGREDIENTS

1/2 cup Maple Vanilla Toasted Oats (October 2015) or finely chopped nuts, divided
6 very firm persimmons, thinly sliced into rounds
3 Tablespoons each unsalted butter and pure maple syrup (Grade B—it has more flavor)
2 eggs

DIRECTIONS

Preheat oven to 350 degrees.

Lightly butter a deep dish pie pan. Scatter with half the oats. Layer persimmon slices in overlapping circles.

Melt butter with maple syrup and when cooled beat in eggs. Pour over persimmons and top pie with remaining oats. Bake 45 minutes, until no juices run when pie is tilted.

Cool before serving. Cover and refrigerate leftovers.

Tricks and Tips

Roasting the vegetables for Cider Harvest Soup brings a depth of flavor and sweetness that boiling or even sautéing could not achieve. The roasted veggies can be made a day or two ahead and refrigerated, with their liquid, in airtight containers. Do not freeze—somehow it changes the texture of the squash. Puree the soup and reheat just before serving for the best results. The lightness of the soup makes it the perfect first course for a holiday dinner, while the sweet and spicy flavors make it a true appetizer.

Tricks and Tips

While I chose maple syrup, since I had Maple Vanilla Toasted Oats on hand, this pie would be delicious with either cane or sorghum syrup. Be sure to cool the butter-syrup mixture before adding the eggs to avoid a scrambled mess!



www.aersi.com
352.376.8399



THOMAS GROUP
REALTY, LLC
BILINDA ROUNTREE

Realtor®, Broker-Associate

"Experience, Dedication, Customer Service"

c: (352) 478-9079 o: (352) 226-8228

Billinda@ThomasGroupRealty.com

www.ThomasGroupRealty.com

Follow me on:



Local. Healthy. Delicious.

5408 NW 8th Ave 352-301-3309
cymplyfresh.com



Amie Jean
CHALK PAINT

WORKSHOPS and LAMP REPAIR
1313 S Main Street 352.377.8147
www.8LPDesign.com

www.hogtownhomegrown.com

352 374-8561

Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

Copyright © 2015 Stefanie Samara Hamblen



Specialty Coffee ~ All Natural Ice Cream
Unique Gifts ~ Healthy Café
Local Artists ~ Music ... And More !!!
cymplifycentral.com

SUNFLOWER HEALTH • FOODS

3424 W University Ave, Gainesville
352 372 7482
225 NW Commons Loop, Lake City
386 758 5511
Monday - Saturday 9am to 8pm
Sunday 11am to 5pm
sunflowerhealthfoods.com

Ward's Supermarket

We Make it Easy to Eat Local



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



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



Fresh — Local — Organic
Vegan and Gluten-free Options
Juice Bar Sunday Brunch
www.dailygreendowntown.org
436 SE 2nd St 226.8288



Tioga - Micanopy - Ocala
www.BlueHighwayPizza.com



CUSTOM EVENT FLORAL DESIGN
Beautiful succulents and arrangements
for everyday, holidays,
special events and weddings
Haile Farmers Market
Saturdays 830am-12pm
www.willowgardens.co



Your Neighborhood Bakeshop
Traditional breakfast and dessert pastries
handmade with quality ingredients
407 SW 4th Avenue
(East of UF's Innovation Plaza)
7-11am Mondays - Thursdays
www.bakerbaker.net
Available at Opus Coffee in Shands/UF
and Saturdays at Haile Farmers Market

Tricks and Tips

After experimenting with different nut butters and sugars, here are a few of my favorite combinations and additions.

Almond Butter
Maple Sugar
Sliced Almonds
(try rolling dough balls in almonds)

Peanut Butter
Coconut Sugar
1/2 t vanilla extract

Sunbutter
Maple Sugar
1/4 t maple extract

Easiest Cookies Ever

INGREDIENTS

- 1 cup nut butter
- 1 cup sugar
- 1 egg
- whole or sliced nuts (optional)

DIRECTIONS

- Preheat oven to 350 degrees. Like a cookie sheet with parchment.
- Using a fork or a mixer, beat nut butter until creamy. Mix in sugar until completely incorporated.
- Make a well in the center of nut butter/sugar mixture. Crack egg into well and beat with a fork. Mix beaten egg into mixture until dough forms.
- Cover and refrigerate 15 minutes.
- Roll spoonfuls of dough into walnut-sized balls. Place on parchment. Press down with a fork dipped in hot water to create a crosshatch design or use nuts to flatten and decorate cookies.
- Bake 10-12 minutes in preheated oven, until bottoms and edges are golden brown.
- Remove parchment from pan and allow cookies to cool undisturbed for 10 minutes.
- Store in airtight container at room temperature.



Local Beer, Local Wine, Local People
The Most Unique Entertainment
Experience in Downtown Gainesville



MARKET STREET PUB
& CABARET
112 SW 1st Avenue
marketstreetgainesville.com

Dawn Brower LMT, CHT
1215 NW 23rd Ave 374-0600



Colon Hydrotherapy
Healing Center
info@GentleWatersHealing.com
www.GentleWatersHealing.com
MA 41024 MM 15426 F-DB 2043082

Stephen Schächter, A.P.

Acupuncture Physician
Board Certified 1982

Qi Gong and Tai Chi
Instructor

4140 NW 27th Lane, #D
352.375.7557

www.stephenschachter.com