

# Hogtown HomeGrown

Volume 4 Issue

October 2009

Inside this issue:

Shelling field peas 1  
—a sacred ritual

Southern Field 1  
Peas

Local and Fresh— 2  
Prickly Pears

Prickly Pear 2  
Jam

Save the World— 3  
One “Retro”  
Dinner at a time

Lentil Nut 3  
Loaf

Mushroom 3  
Tamari Gravy

Apple-Plum 4  
Butter

## Shelling field peas—a sacred ritual

There’s something sacred about the sound of freshly shelled field peas falling into an enamel dishpan—plink-plink-plink. The dishpan should be white, with chips and nicks around the edge—it’s the second best dishpan, but still good enough to be used for food. The afternoon should be warm—a breeze would be nice—but more likely is humid air that sits on you and makes you pray for rain. The light should slant in through venetian blinds—angled just enough to cast lines over the chairs and dishpan, but keep faces in the shadows.

Shelling field peas by hand can fill hours on warm summer afternoons. Time spent together, heads bowed, fingers constantly in motion. From the silence and perfection of the day come the parts of your soul that you never thought you’d share with anyone. Secrets are spilled over pans of field peas.

The person sitting across from me was normally my Mom’s mom, Granny, but when I went to college, Granny was an hour away. The kind soul I shelled peas with during my freshman year was Miss Knighton—a genial woman—round and wise and dark as coffee, with a smile that sparked a light inside everyone she met. She was the evening “guard” for the freshman dorm. A mom to 4 children of her own, her hands were never idle—knitting, crocheting, mending and shelling peas to put up in her freezer.

She worked the late night shift—she saw us go out for dates and come home again—she knew our secrets and kept them close. While she never offered advice, when asked, she was always straightforward, cutting through what can only be described as “freshman women’s bullshit” to get to the heart of the matter. She saw us through first loves, second loves and all the inevitable breakups. We cried to our friends, but when the tears were almost dried, we went downstairs to the little glassed-in office to tell the truth and hear what we could not tell ourselves. She helped us slow down and look reality in the eye.

There’s something to be said for slowing down, taking time to do things from scratch, and spending time with each other—keeping our fingers busy and our hearts open. Oh yes, shelling peas is a sacred ritual.

## Southern Field Peas

### INGREDIENTS

1 Tablespoon olive oil	1/2 sweet onion, diced
2 slices vegetarian bacon, chopped (optional)	3 cups shelled field peas, rinsed
salt to taste	

### DIRECTIONS

Heat 2 quart covered saucepan, add oil, then stir in onion. Sauté onion until translucent, add bacon if using, and sauté for 3-5 minutes more. Stir in rinsed peas, add water almost to cover, bring to a boil, reduce heat to low, cover and simmer for 45 minutes. Using a spoon, skim foam and discard. Add salt to taste, stir, cover and cook additional 30 minutes or to desired doneness. If you want to thicken the broth, do not cover during last 30 minutes of cooking. Serve hot with cornbread and hot pepper sauce. Cover and refrigerate leftovers.



**Tioga**  
**Monday Market**  
 Mondays 4-7pm  
 Tioga Town Center  
 West Newberry Road



**Union Street**  
**Farmers Market**  
 Wednesdays 4-7pm  
 Community Plaza  
 Downtown Gainesville



**High Springs**  
**Farmers Market**  
 Thursday 2-7pm  
 Downtown High Springs  
 Corner Main St and 1st Ave  
 farmersmarket.highsprings.com



**Haile Village**  
**Farmers Market**  
 Saturdays 830-12pm  
 Haile Plantation  
 off Tower Road



**Alachua County**  
**Farmers Market**  
 Saturdays 830-1pm  
 5920 NW 13th Street  
 www.441market.com

## What's Fresh Right Now?

- Arugula
- Beans—long
- Bitter melon
- Bok Choy—baby
- Chestnuts
- Cucumbers—mini seedless, slicers, kirby
- Eggplant—purple/white italian, oriental
- Garlic—chives, elephant
- Herbs—italian/thai basil, cilantro, mexican tarragon, parsley
- Honey
- Malabar spinach
- Mushrooms—shitake
- Okra
- Onions—yellow, green
- Papaya—green
- Pears
- Peas—white acre, snow
- Peppers—green/red/yellow sweet bell, cubanelle, jalapeno, habanero, cayenne
- Persimmons—astrigent/non-astringent
- Pineapple
- Potatoes—white, red, sweet
- Prickly Pear Cactus Fruit
- Squash—summer, zucchini, butternut, calabasa, hubbard, pumpkin
- Star Fruit
- Sweet Potatoes
- Tomatoes—beefsteak, grape, green

**Have you noticed more cow and goat milk products available at the farmers markets? According to Florida law, all raw milk products—fresh milk and fresh cheeses—must be labeled and sold for *Pet Consumption Only*. Farmers/vendors must be inspected and licensed for the production and sale of animal food. Ask your vendor if you have questions.**

## Local and Fresh— Prickly Pears

You've seen them around town—you may have one in your own yard! Prickly pear cactus grow all over. Look for the cactus with flat green Mickey Mouse ear-shaped pads, bright yellow flowers and oval fruit. With more than a dozen different varieties, prickly pear fruit can be the size of a fig, up to the size of a pear. Use gloves to harvest the fruit, wash thoroughly and rub off the spines. You can buy them at farmers markets or grocery stores—they are often called “tuna.” The fruit is tart and slightly acid—tough skin and lots of seeds. Make into jams, drinks or desserts. The edible green pads or “nopalito” can be peeled, cooked and eaten as a vegetable.

## Prickly Pear Jam

### INGREDIENTS

- 40 small prickly pear fruits
- 1 lemon, zested and juiced
- 6 cups sugar
- 2 packages low-sugar pectin powder

### DIRECTIONS

Cut fruit in half (it will stain hands and counters), place in deep pot and cover halfway with water. Add lemon juice and zest. Cook covered on low heat for two hours or until tender. Chop in blender and run through fine sieve twice. Measure out 8 cups of strained juice, bring to boil, lower heat and simmer uncovered for 30 minutes. Return to boil. Whisk in both packages of pectin mixed with 1/4 cup of sugar. Return to full rolling boil. Whisk in remaining sugar all at once, return to boil, stirring constantly. Allow to boil vigorously for exactly one minute, then turn off heat and ladle into prepared jars. Wipe rims, seal and process for 12 minutes in boiling water bath (complete instructions page 4.) Makes approximately 12 cups. Great for breakfast or dessert!

# Save the World—One “Retro” Dinner at a Time!

## Lentil Nut Loaf

### INGREDIENTS

3 cups cooked green lentils  
2 cups nuts, ground fine in food processor  
1/2 cup water  
1 Tablespoon Worcestershire Sauce  
1 teaspoon dried thyme  
2 Tablespoons ketchup  
3 ribs celery, thinly sliced  
2 cups whole wheat bread crumbs  
2 eggs, lightly beaten  
2 Tablespoons tamari  
1 Tablespoon dried sage  
1 teaspoon marjoram or basil  
1/2 onion, finely chopped  
Ketchup or olive oil for glaze

### DIRECTIONS

Prepare 2 loaf pans with a light coating of olive oil. Preheat oven to 350 degrees. In a large bowl, mix all ingredients, except ketchup and olive oil used for glaze. Stir until thoroughly combined. Divide evenly into loaf pans, packing down with the back of a spoon. To glaze, pour 1 Tablespoon of olive oil or 2 tablespoons of ketchup over the top of loaf and spread to the edges of the pan. Bake 45 minutes—the edges will turn a golden brown. Cool in pan. Can be made ahead and refrigerated up to 3 days—be sure to cover tightly when cooled. Serve sliced with gravy or make into “meatloaf” sandwiches.  
**Bread Crumbs**—Freeze leftover bread slices and ends. Use food processor to create fresh bread crumbs as you need them.  
**Nuts**—Any combination of nuts will work, but our choice is half unsalted mixed nuts and half unsalted sunflower seeds. Grind in food processor until almost powdery with small chunks.

## Mushroom Tamari Gravy

### INGREDIENTS

2 Tablespoons olive oil  
2 garlic cloves, finely diced  
1 Teaspoon dried sage  
1/4 cup tamari  
1 teaspoon Worcestershire Sauce  
1/2 sweet onion, diced  
6 cups sliced mushrooms  
1/2 cup flour (whole wheat is fine)  
1/2 cup white wine OR water  
4 cups water

### DIRECTIONS

Sauté onion and garlic in olive oil. Add mushrooms and sage, stir well to coat with oil, cover and turn heat to medium. Simmer 30 minutes, until very juicy. Whisk in flour and cook 2-3 minutes, stirring constantly. Add tamari, wine and Worcestershire. Stir to completely combine. Add remaining water, whisking well to avoid lumps. Simmer covered at least 30 minutes before serving. Cover and refrigerate leftovers. Can be made ahead and reheated.

### “Retro” Dinner Menu

Lentil Nut Loaf  
Mashed Potatoes  
Mushroom Tamari  
Gravy  
Green Beans with  
Almonds (Nov 2008)  
Gelatin Salad (fun,  
but optional)  
Rolls with real butter  
Apple Pie  
with Ice Cream

### Tricks or Tips

This is our family’s Thanksgiving gravy and it tastes good on everything from Lentil Nut Loaf to turkey, but it is fabulous on mashed potatoes! Adjust the taste by adding more tamari if it isn’t salty enough or 1/2 teaspoon of sugar if it is too salty. Can simmer for hours if covered, but be sure to stir occasionally.



## Ward's Supermarket

We Make it Easy to Eat Local— Since 1951

Local and organic produce— Fresh barbecue everyday,  
Dairy— Bread— Cheese— Fresh meat and fish,  
Organic and bulk foods— Chocolate— Flowers— Coffee— Wine  
Open Monday— Saturday 8am-8pm Sunday 9am-7pm  
515 NW 23rd Avenue 352 372-1741

# Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More  
Copyright © 2009 Stefanie Samara Hamblen

[www.hogtownhomegrown.com](http://www.hogtownhomegrown.com)

352 374-8561

[hogtownhomegrown@gmail.com](mailto:hogtownhomegrown@gmail.com)



[www.aersi.com](http://www.aersi.com)  
352.376.8399



GOURMET INGREDIENT MIX  
and a new product  
Gluten-Free  
GOURMET BREAD MIX  
[www.junselle.com](http://www.junselle.com)  
352-316-5489

## Owens Farm Handcrafted Milk Soaps

Artisan Cheese and Fudge  
*Raw milk cheese licensed  
for pet consumption only*  
[OwensFarms1@aol.com](mailto:OwensFarms1@aol.com)  
352-222-9631



GAINESVILLE, FLORIDA

Fanatics Of Freshness  
Open Mon-Sat 10:00am-6:30pm  
Millhopper (352) 371-155  
Tioga Town Center (352) 333-3298  
[www.northwestseafood.com](http://www.northwestseafood.com)

Mosswood Farm Store  
*Earth-Friendly Essentials for  
Country Living and Urban Survival*  
Open Daily except Monday  
Sunday Farmers Market 1-5pm  
703 Cholokka Boulevard  
Just off 441 in Micanopy  
352-466-5002  
Serving Organic Coffee & Pastries

KUMARIE'S ORGANIC GARDEN  
*Certified Organic - USDA  
Home Grown in Alachua*  
CSA SHARES AVAILABLE  
Farmers Market Pickup Locations:  
Saturday—Alachua County/441 and Haile Village  
Wednesday—Union Street, Downtown Gainesville  
Thursday—Circle Square Commons, SW 80 St. Ocala  
386-418-0320  
[hemchan108@yahoo.com](mailto:hemchan108@yahoo.com)



## BAGEL BAKERY

**Breakfast All Day**  
Bagels—Muffins—Croissants  
**Fresh Fair Trade Coffee**  
Espresso Drinks  
**Quick Lunch Specials**  
Bagel, Wrap and Focaccia Sandwiches  
*Locally Owned and Managed*  
M-F 630am-5pm Sat 7-4 Sun 8-4  
Next to Millhopper Publix 384-9110

## DOGWOOD LANE FARM Homegrown Vegetables



NEW — Goat and Poultry Products  
Rusty & Mary Ludlam 386 209-1246  
[rmludlam97@windstream.net](mailto:rmludlam97@windstream.net)

### Did my jars seal?

If you didn't hear a pop, place your finger on the center of the lid—if you push down and it can move, it isn't sealed.

### How can I be sure my jars will seal?

Start with new lids (the flat part) for every batch. It's important for the rubber to be pliable. Also, be sure to use a damp cloth and clean the rims of your jars after filling, so that no food gets onto the rubber preventing complete closure.

## Apple-Plum Butter

### INGREDIENTS

12 medium apples, quartered  
1/2 lemon

6 large plums, quartered and pitted  
2 cups sugar

### DIRECTIONS

Place apples and plums in a deep pot, squeeze lemon juice over all and stir to coat. Add enough cool water to almost cover the fruit. Bring to a boil on high heat, then lower heat to simmer, cover and let cook one hour. Stir occasionally to break up fruit.

Using a food mill or fine sieve, remove peel and seeds, to create smooth fruit pulp puree. Return puree to pot, bring to a boil and cook one hour to thicken, stirring occasionally.

At this point, you have two choices—stir in sugar and continue to cook in the same pot, stirring every hour to prevent sticking OR stir in sugar and place sweetened puree in a slow cooker for 8-10 hours. Open kettle cooking will produce a thicker butter, but you have to stir the mixture so it won't stick and burn. The slow cooker lets you go to sleep or leave the house, but the resulting butter will be a little thinner since the slow cooker retains more moisture.

No matter the method, eventually, your butter will be ready to jar and process. Using clean, freshly boiled, hot jars, pour butter into jars, wipe rims and seal. Place jars in a large pot with enough water to cover and bring water to boil. Let process (boil) for 12 minutes at a full boil. Carefully remove jars using tongs and oven mitts and place on towels to cool.

If all has gone well, as the jars cool, you will hear them pop to indicate a vacuum seal. Label and date jars, then store in a dark, cool closet or cabinet, away from heat and humidity (preferably not in the kitchen, if possible). Store any jars that do not seal in the refrigerator and eat as soon as possible.