

Hogtown HomeGrown

Volume 11 Issue 9

September 2016

Inside this issue:

Mr. Brown and Mr. Dunn 1

What's Fresh Right Now? 2

Local and Fresh—Jalapeño Peppers 2

Cabbage and Carrots 2

Brunswick Stew without Squirrel 3

Fig Walnut Bars with Cinnamon Glaze 4

Mr. Brown and Mr. Dunn

When we visited Granny and Granddaddy in Georgia, I loved taking a drive to go see either Mr. Brown or Mr. Dunn. Mr. Brown lived just out of town, on a paved road, next to a big pond with a short dock and a large low barn-type building filled with picnic tables and benches. The pond was filled with catfish that you could see and feed from the dock and the building was a three-night-a-week catfish fry restaurant.

Small catfish, cleaned, but fried whole. Browned crispy cornmeal batter, with a touch of salt and spice, crunched as we took bites holding the catfish corn-on-the-cob style. We used our teeth to slide the fish right off the bones. It sure is easier than eating catfish with a knife and fork! Of course there were hushpuppies with bits of onion, and maybe a dish of coleslaw, but the star was always catfish—raised, processed and cooked right there.

Pigs were the stars at Mr. Dunn's. Down a tree-lined red clay road, with Granny's aluminum washpan on my knees—my treasured memory of "riding out to Mr. Dunn's to pick up the barbecue." I never saw his house back in the woods, but we drove deep into the country to get to his pit and, in later years, his screened-in barbecue shack.

Mr. Dunn was huge, by anyone's standards, especially a child's. But this giant in overalls always made me smile, remarking how much I had grown since last time or asking when did I lose that tooth. He was suited for his work, his huge arms stretching into the pit to turn over browned hog halves before reaching for a mason jar filled with clear liquid.

By the time we saw him late Saturday afternoon, the meat had been over the low heat of a banked fire since the night before, constantly tended by Mr. Dunn and a few friends. Fresh from the fire, he would shred the tender pork and mix it with his special black pepper and vinegar sauce. Piling it high in the washpan, he topped it with shards of crispy skin and tucked in a jar of sauce on the side. Once or twice he gave me a tail to nibble on, but the crackly skin was my favorite and everyone in the car got a piece for the ride home.

Once we sat down to eat, Mr. Dunn's barbecue would costar with some of Granny's finely shredded coleslaw and a vat of Brunswick Stew. I don't think Granny put squirrel in hers, but it always seemed to taste different when we got it from Mr. Dunn's wife!

Save the Dates

Celebrate all things corn ... **Sunday, November 6th**
HOECAKE HOEDOWN
at Marjorie Kinnan Rawlings State Park
*Recipes made right out of Cross Creek Cookery, plus creations by
The Wood Stove Sisters, Park Staff and Volunteers.*
PROGRAM 2:30pm PARK OPEN 9am-5pm
Samples for everyone House Tours Available

Saturdays, Oct 15 and Nov 19 11:30AM
Tower Road Library Branch
*Cooking up fresh and seasonal food for all ages
in Tower Road Library's FOODIEspace*
Samples after the program

Hogtown HomeGrown's Tenth Anniversary Party *HomeCooked Potluck and Recipe Auction*

Sunday, November 13, 2016 5:00pm Matheson History Museum
Admission \$10.00 and a Hogtown HomeGrown recipe potluck dish for 8-10
ONLY 80 SEATS AVAILABLE—On Sale 10/13/16 Portion of proceeds to benefit The Matheson

What's Fresh Right Now?

Bitter Melon

Cucumbers—slicers

Eggplant—purple italian, purple japanese, fairy tale baby

Garlic—chives

Herbs—mint, garlic chives, italian/tulsi basil

Lettuce—green butterhead, romaine, arugula

Moringa

Muscadines—bronze, purple

Okra—green, burgundy

Onions—green, yellow, sweet

Pears—Florida sand

Peas—black eye, white acre, creamer

Peppers—red/green/yellow/orange/mini sweet bell, poblano, cayenne, banana, jalapeño, italian roasting, variety hot

Pineapple

Potatoes—red

Shoots, Sprouts and Microgreens

Squash—butternut, seminole pumpkin

Tomatoes—grape, beefsteak, cherry, large plum, green

Putting Food By

I have been acting like a squirrel getting ready for winter, putting up a few jams and jellies of family favorites as the summer goes by and loading our freezer with goodies for the future. While I put by at least a couple of servings of every soup, stew or casserole I make, fruit in season is so inexpensive that I can't resist a freezer full! Strawberries were first, some whole and some sliced and coated with just a touch of honey. Blueberries were next, just whole berries sealed in ziptop freezer bags, plus a couple of cups of blueberry sauce ready to top pancakes. For the first time I froze some sliced cooked figs, but preserved the rest as usual with lemon slices. Peach season was a bust this year, so it was mangoes that put me over the top—quart bags full of slices, most raw, some baked, and some peeled halves. After rearranging our freezer, trying to pack in everything, and then finally admitting defeat, I called Mom to "rent" some freezer space. I took over several bags of fruit to clear the way and baked up the rest of my mangoes so now I am ready to move on. What's next? Strawberry guavas and, soon, persimmons!

Local and Fresh— Jalapeño Peppers

Market tables are filled with North Central Florida's late summer bounty of hot peppers, along with okra, eggplant, pears and muscadines.

Jalapeño pepper flavor is fruity and distinctive which, to me, is more important than the heat, which varies from pepper to pepper.

Remember the heat is in the ribs and seeds inside, so you can dial down the temperature by discarding them if you want. And don't forget to wash your hands carefully after working with hot peppers—please, don't rub your eyes!

Cabbage and Carrots

INGREDIENTS

- 1 Tablespoon olive oil
- 1/2 small head green cabbage
- 4 carrots, shredded
- 1 jalapeño, halved and seeded
- 1 lemon, zested and juiced
- 1-2 teaspoons honey
- Coarse sea salt to taste

DIRECTIONS

In a heavy skillet over medium heat mix together oil, cabbage, carrots, jalapeño and lemon zest.

Sauté, stirring occasionally over low heat until completely limp and tender.

Stir in lemon juice and honey until completely combined. Remove pepper if desired.

Serve warm or at room temperature.

SERVING SUGGESTION

Pass a salt grinder for everyone to add salt as desired. A few flakes of coarse salt make the cabbage and carrots taste even sweeter.

 <p>HAILE FARMERS MARKET</p> <p>Saturdays 830am - 12pm</p> <p>Haile Village Center www.hailefarmersmarket.com</p>	<p>Glades Ridge Goat Dairy</p> <p>Raw Milk and Cheese Hormone/Antibiotic Free Available Fresh or Frozen ACFM/441 Farmers Market Saturdays 8:30am - 1:00pm Union Street Farmers Market Wednesdays 4:00pm - 7:00pm Wholesome Food—Animal Consumption Only Lake Butler 386 266 7041 gladesridge.com</p>	<p>Henderson & Daughter Plants and Produce</p> <p>Booth #4 - 441 Farmers Market Thank you for your support! Our season has ended, but we will return to the 441 market on December 10th. Take good care of yourselves, and continue to be kind to one another. Love is Love. Follow us - www.facebook.com/henderson.and.daughter</p>	<p>Alachua County FARMERS' MARKET</p> <p>Alachua County Farmers Market Saturdays 830am—1pm 5920 NW 13th Street www.441market.com</p>
---	---	---	---

Brunswick Stew without Squirrel

INGREDIENTS

2 Tablespoons olive oil
2 onions, diced
2 carrots, diced
1 Tablespoon dried thyme
2 cups okra, sliced
2-3 hot peppers, cut in half (remove seeds for milder taste)
2 cups sweet potato, peeled and chopped
2 cups red potato, chopped
Salt and freshly ground pepper
4 cups no-chicken broth
2 cups each lima beans and corn
8 large tomatoes, seeded, roasted and chopped
2 Tablespoons tomato paste
1/4 cup each sugar and apple cider vinegar
1 Tablespoon Worcestershire sauce
1 Tablespoon smoked sweet paprika
Cayenne, as needed, and hot sauce, as desired

DIRECTIONS

Heat oil over medium heat in a large stockpot. Add onions and carrots, stir well and sauté until onions are translucent and carrots are tender.

Stir in thyme, okra and peppers. Sauté, stirring occasionally, until okra is bright green and peppers are tender.

Add sweet potato, red potato and season lightly. Cook 5 minutes, stirring often. Add a little more oil if potatoes break during stirring because they are sticking to bottom of pot.

Add broth and bring to boil. Stir in lima beans, corn, tomatoes and tomato paste.

Cover, reduce heat to low and cook until potatoes are fork tender and cooked through.

Stir in remaining ingredients, bring to boil, lower heat and let stew simmer uncovered for 15 minutes to thicken slightly.

Taste and adjust seasonings.

Serve hot and pass the hot sauce for a spicier stew.

Cover and refrigerate leftovers.

Cooled leftovers may be placed in zip-top freezer bags and frozen for longer storage.

COOKING NOTES

Milder hot peppers will require use of more “heat” for an authentic flavor. Taste peppers before using for best results. Use ground cayenne to adjust the spiciness.

Like many tomato-based recipes, the flavors will develop if the stew is allowed to sit overnight. If refrigerating before serving, wait to adjust seasonings until stew is reheated.

Tricks and Tips

I grew up eating Brunswick Stew whenever we ate a barbecue meal at Granny’s. It’s a Southern thing—baked beans are not the side to serve with real Southern ‘cue.

I never questioned the meat used, but as I read recipes in my later years, I realized that anything and everything is (if you will pardon the pun) fair game. Most recipes just simply call for a quantity of meat. Chicken is often used today, but yes, squirrel was a popular ingredient “back in the day.”

Knowing this, our oldest son said that making Brunswick Stew without squirrel was “impossible” - so he inadvertently named this recipe! In addition to taking the meat out, I used roasted tomatoes, tomato paste, sugar, vinegar and Worcestershire sauce to recreate the flavors of the ketchup and barbecue sauce found in most recipes.



Blue Highway
a pizzeria
Eat well. live well...
Tioga - Micanopy - Ocala
www.BlueHighwayPizza.com



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



ROOT & PECKER
5408 NW 8th Ave
(Greenery Square)
352-301-3309
www.rootandpecker.com



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

www.hogtownhomegrown.com

352 374-8561

Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

Copyright © 2016 Stefanie Samara Hamblen

PERSONALIZED COOKING CLASSES

Taught by Hogtown HomeGrown's
Stefanie Samara Hamblen

Individual or Group lessons

Dinner Party classes

Family Classes with children

352 374 8561

hogtownhomegrown@gmail.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

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

Stephen Schachter, A.P.

Acupuncture Physician
Board Certified 1982

Qi Gong and Tai Chi
Instructor

4140 NW 27th Lane, #D
352.375.7557

www.stephenschachter.com

Check out Forage Farm,
a local nonprofit



Healthy Food,
Land and Community
www.foragefarm.org

Willow Gardens
CUSTOM EVENT FLORAL DESIGN

*Beautiful succulents and arrangements
for everyday, holidays,
special events and weddings*

Haile Farmers Market Saturdays
Oaks Mall Fridays, Saturdays, Sundays
www.willowgardens.co

NORTHWEST SEAFOOD, INC.



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

Tricks and Tips

Summer fruit season seemed very short this year, especially for figs and peaches. Luckily, a surplus of mangoes (thanks Mango Mike!) has taken the place of the peaches, but there is no fruit that I know of that can substitute for a fig. So, this year I only put up a couple of jars of Granny-inspired Preserved Figs with Lemon. But I did try something new— I cooked up a pot of sliced figs with just a touch of maple syrup, just enough to make up for a few less-than-ripe figs. I made part of the pot of cooked figs into a batch of ice cream sweetened with a little more maple syrup and served with cooked figs on top. The rest of that pot became these bars.

Fig Walnut Bars with Cinnamon Glaze

INGREDIENTS

- Dough: 2 cups whole wheat flour
1 teaspoon baking soda
1/2 teaspoon each salt, ground cinnamon and ground cardamom
1/2 cup loosely packed brown sugar
1/2 cup oil
2 eggs, lightly beaten
1 cup cooked and mashed figs, chunky or smooth as desired
1 cup walnuts, coarsely chopped
- Glaze: 1/2 cup powdered sugar
1 teaspoon ground cinnamon
1 Tablespoon each water and brandy (optional)

DIRECTIONS

- Preheat oven to 350 degrees. Lightly grease a 9x9 or 9x11 inch baking pan.
- Mix together flour, soda, salt, cinnamon, cardamom and sugar.
- Stir in oil, add eggs and incorporate completely. Mix in figs. Add walnuts and stir to distribute.
- Place dough in prepared pan. Press dough gently into place using your fingertips or the back of a large fork.
- Bake 25-35 minutes or until edges are brown and center is firm when pressed.
- Mix glaze while bars are cooling in pan. Add additional water as needed to form a thick, pourable glaze. Pour glaze over warm bars and spread with a pastry or silicone brush.
- Cool before cutting. Store in an airtight container.