

Hogtown HomeGrown

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On the road again

When our boys were younger, we took our vacations during the summer. It was usually some time at the beach woven into their schedule of weeks at Camp Crystal and that summer's Scout adventures. We would often try to spend some time with Granny and Granddaddy in Georgia, where the boys got a taste of country life. Occasionally we went further afield, like the week we spent at a cabin in Tennessee near the Great Smoky Mountain National Park or the Fourth of July camping trip at FDR State Park in Western Georgia. While we always created memories, what I seem to remember most is hot temperatures and tons of mosquitoes wherever we went!

Now that the boys are grown and in their own homes, we have the opportunity to take advantage of our empty nest and cooler weather by scheduling long weekends and short trips during autumn. Always my favorite time to travel, touristy hotspots seem to clear out and the cooler weather makes me want to be outdoors. In recent years, autumn trips have included San Francisco, Italy and Saint Augustine. This year we will be on the road again, staying at a pond-side cabin in Lake Louisa State Park in Clermont, an ocean-view condo in Crescent Beach and a mountain cabin (with a hot tub) near Unicoi State Park.

We always seek out farmers markets, local grocers and independent restaurants wherever we go. If we are spending time at the beach, the Flagler Beach and Saint Augustine farmers markets are a must, as well as honey on the honor system from Bigger's Apiaries on the way home. Betty's Country Store in Helen, Georgia is one favorite stop on our way to and from the cabin—their extra-sharp, black-wax coated hoop cheddar and local sorghum syrup serve as edible souvenirs from our trip.

Autumn in the South ushers in college football season and tailgate parties. While shopping local is easy at home, there are weekends when we are all “on the road again.” To make it easier, here's a list of a farmers market in each away-game town. As the Gators travel, all you weekend road warriors can support local food wherever you may roam!

<u>Date</u>	<u>Team</u>	<u>City</u>	<u>Farmers Market</u>	<u>Day/Time</u>	<u>Address</u>
9/20	Alabama	Birmingham	Pepper Place	Saturday 7am-12pm	2829 2nd Avenue South
10/4	Tennessee	Knoxville	Market Square	Saturday 9am-2pm	Market Square, Downtown
11/1	Georgia	Jacksonville	Riverside Arts	Saturday 10am-4pm	715 Riverside Avenue
11/8	Vanderbilt	Nashville	Nashville	Mon-Sunday 8am-6pm	900 Rosa Parks Boulevard
11/29	Florida State	Tallahassee	Downtown Marketplace	Saturday 9am-2pm	119 East Park Avenue

Hogtown HomeGrown Public Demo Schedule

In Celebration of World Food Day—Union Street Farmers Market - Wednesday October 22, 5:30p.m.

What's Fresh Right Now?

- Beans**—purple/green long
Citrus—juices
Cucumbers—mini seedless, slicers
Eggplant
Fig
Garlic—chives
Greens—collards, malabar spinach, mustards, moringa
Guava
Herbs—italian/opal basil, lemongrass, dill, cilantro, mint
Honey
Muscadines
Okra—green
Onions—green, yellow, red, heritage
Peanuts—green in-shell
Pears
Peas—crowder, white acre, creamer, pink eye
Peppers—red/green/yellow/orange sweet bell, cubanelle, poblano, jalapeno, shinshito
Pineapple
Potatoes—small red/white
Shoots, Sprouts and Microgreens
Squash—yellow crookneck, zucchini, acorn, butternut, kabocha, pumpkin
Tomatoes—grape, plum, beefsteak

Grilled Pineapple Salsa

INGREDIENTS

- 2 cups grilled pineapple, chopped
1 small jalapeno, grilled, seeded and diced
2 Tablespoons red onion, diced
1/4 cup cilantro or thai basil, chopped
1 lime and 1 lemon, zested and juiced
a pinch kosher salt

DIRECTIONS

Mix together all ingredients and serve at room temperature.

Cover and refrigerate leftovers.

Local and Fresh— Pineapple

Look closely at the farmers market these days and you'll see pineapples! I judge ripeness by pulling out a leaf or smelling the bottom, but ask for help choosing one if you don't know how.

Yes, it has thick skin, but it can be peeled easily—see Tricks and Tips on page 4. One fruit will feed 2-8 people, depending on its size, so the cost per serving is reasonable.

These members of the bromeliad family can be grown from the top of the fruit. Cut one inch of the flesh with the crown of leaves, plant it in well-drained pot of soil, water it, leave it outside and let it grow.

And then go get another pineapple from the farmers market, since it will be years before your plant yields fruit!

Grilled Pineapple Dessert Stacks

INGREDIENTS

- 1 large pineapple, cut into 8 slices
8 small scoops vanilla or brown sugar ice cream
1/4 cup toasted pecans, finely chopped

DIRECTIONS

Preheat grill to 400 degrees. Lightly brush grill surface with oil.

Place slices directly on hot grill surface and do not move them for at least 3 minutes to allow for good grill marks. Flip slices and grill until grill marks form and pineapple is softened.

Remove from grill and allow to cool. Slices should be warm, but not hot.

Place one pineapple slice in bottom of each person's bowl. Top with one scoop of ice cream. Press another pineapple slice firmly onto ice cream and place remaining scoop of ice cream on top of it. Sprinkle 1 Tablespoon chopped pecans on each serving.

Serve immediately.

Two Tomato Master Sauce

INGREDIENTS

1/4 cup olive oil
2 large sweet onions, quartered and thinly sliced
18-20 plum tomatoes, seeded and chopped (peel only if skins are tough)
6 cloves garlic, smashed and chopped
8-10 stems of fresh thyme
1 Tablespoon dried oregano
1 teaspoon each dried basil and peppermint
1 jalapeno, seeded and sliced
1 cup oil-packed sun-dried tomatoes, chopped
salt to taste

DIRECTIONS

Heat very large skillet and add olive oil. Stir in onions and cook over medium-low heat until limp and sweet.

Raise heat to medium-high and stir in tomatoes. Cook, stirring occasionally, until juices are released and mixture is bubbly. Add garlic and thyme, reduce heat and simmer 20-30 minutes.

Use a potato masher to reduce remaining tomato chunks. Stir in dried herbs, jalapeno and sun-dried tomatoes with oil. Simmer at least 20-30 minutes, stirring occasionally. Taste and add salt as desired. Remove thyme stems and all or part of the jalapeno slices.

Serve hot or use in recipes. Cover and refrigerate or freeze leftovers.

Mojito Tropical Fruit Salad

INGREDIENTS

2 limes, zested and juiced
1 lemon, zested and juiced
4 Tablespoons rum
4 Tablespoons organic cane sugar
20-25 fresh mint leaves
1 small pineapple cored and chopped into thin bite-sized pieces
3 small guavas, quartered and thinly sliced (remove seeds if necessary)
3 firm Florida pears, peeled, quartered, cored and thinly sliced
10-12 firm figs, halved and thinly sliced

DIRECTIONS

Mix together juices, zests, rum and sugar, stirring until sugar is melted.

Place mint leaves in bottom of serving bowl and bruise with a wooden spoon. Add lime mixture and fruit. Stir gently to combine. Marinate 1 hour, remove mint, stir again and serve.

Tricks and Tips

Once learned, a master sauce can be adapted to your family's taste with herbs and spices. I created this sauce from my fond memories of the baked mackerel in tomato sauce served most Fridays at Morrison's Cafeteria when I was a child.

Two Tomato Baked Fish

INGREDIENTS

1 fish steak or fillet
per person
(4-8 ounces each)

Salt and pepper

1 cup Two Tomato
Master Sauce
per person

DIRECTIONS

Preheat oven to 375
degrees.

Lightly season fish.

Place half the sauce
in a oven-proof cas-
serole. Lay fish on
top and cover fish
with remaining
sauce.

Bake 30-40 minutes,
until fish is cooked
and sauce is bubbly.

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Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

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Tricks and Tips

After years of buying peeled and cored pineapples, I forgot how easy it is to prepare a fresh pineapple. Using a big knife, cut off top and bottom. Slice off skin. Remove remaining “eyes” with the tip of a potato peeler. Slices can be cored with a melon baller. For halves, lengthwise cuts into the core will make it easier to remove core and create a well.

Baked Pineapple Three Ways

INGREDIENTS

1 large pineapple, peeled and cut into desired shape, cored as needed

Simple Slices - 1 inch pineapple slices, 1/4 cup brown sugar, 2 Tablespoons melted butter, 1 teaspoon ground cinnamon or curry powder

Ice cream topper - pineapple chopped into bite-sized pieces, 10-12 fresh figs, cut into eighths, 1 Tablespoon lemon juice or rum, 2 Tablespoons organic cane sugar

Stuffed Halves - cored pineapple cut in half top-to-bottom, guava paste

DIRECTIONS

Preheat oven to 350 degrees.

Simple Slices - Place slices on a parchment-covered cookie sheet. Mix sugar, butter and cinnamon. Sprinkle over pineapple. Bake 30 minutes, until bubbly. Serve hot as side dish or dessert.

Ice Cream Topper - Combine pineapple and figs with lemon juice or rum. Place in one layer in a baking dish. Sprinkle with sugar. Bake 30 minutes, until juicy. Cool before serving.

Stuffed Halves - Place halves in loaf pans, so they won't tip. Stuff empty core with guava paste. Bake 30-45 minutes, until guava is melted. Cut into slices to serve.