

Hogtown HomeGrown

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Four lesson cooking course - free!

The month of May is the eighth annual Eat Local Challenge and I want to make eating local food at every meal as easy as possible for everyone. Cooking locally-grown seasonal food at home is the easiest and most economical way to achieve this goal, so this year's Eat Local Challenge Kickoff events will provide a short course in cooking.

Sponsored in part by FORGAGE, each of the four Kickoff events will teach cooking basics using seasonal food, share tips to save time and money, and offer samples of all the dishes. Attend all four lessons to earn a prize and public recognition at this year's Eat Local Challenge Community Celebration, Sunday May 31 from 1-4pm, at the Matheson History Museum. Pre-registration suggested, not required—hogtownhomegrown@gmail.com.

Class #1 Friday, April 24, 7-7:45pm

How to Boil Water (stovetop cooking with water)

Citizen's Co-op Courtyard 435 South Main Street

Class #2 Saturday, April 25, 9:30-10:15am

How to Fry Eggs (stovetop cooking with good fats)

Alachua County Farmers Market 441 and NW 34th Street

Class #3 Wednesday, April 29, 5:30-6:15pm

How to Season with Style (and less salt)

Union Street Farmers Market SW 2nd Ave and SW 1st Street

Class #4 Saturday, May 2, 9:30-10:15am

How to Preserve the Season (jam in a hurry)

Haile Farmers Market SW 91st Street off Tower Road



What's Fresh Right Now?

Beets—red, chioggia, heirloom

Bok choy

Broccoli—green, romanesco

Cabbage—green, napa/chinese, cone

Carrots—orange/yellow/red

Cauliflower

Citrus—pink/red/white grapefruit, orange, tangerine, sour orange, calamondin, juices

Cucumbers—mini seedless

Fennel

Garlic—chives, gar-leeks, scapes

Greens—kale, collards, mustards, arugula, chard, mizuna, asian stir-fry mix, escarole, dandelion, sorrel, spinach, radicchio

Herbs—cress, cilantro, curly/flat parsley, dill, mint, turmeric, basil, chives, rosemary, thyme

Kohlrabi—green/purple

Leeks

Lettuce—salad mix, red/green romaine and leaf lettuce, crispy frill, bibb, buttercrunch, frissee

Mushrooms—shiitake

Onions—white, white/red scallions, spring

Peas—snow, sugar snap

Peppers—red/green/orange/yellow sweet, jalapeno, poblano

Pineapple

Potatoes—white

Rutabaga

Radish—globe, daikon, french breakfast

Shoots, Sprouts and Microgreens

Strawberries

Tomatoes—grape, beefsteak, heirloom, green

Turnips—white, purple-topped



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Union Street Farmers Market

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Local and Fresh—

Shiitake Mushrooms

While they are native to East Asia, we have to cultivate shiitake mushrooms. Fortunately, we have commercial growers in North Central Florida and it is possible for the patient home enthusiast to grow their own. Look for mushrooms and supplies at the farmers markets!

Shiitake Scramble

INGREDIENTS

2 Tablespoons olive oil, divided

1 leek, white and light green, halved and sliced

6-8 stemmed shiitakes, thinly sliced

1 clove garlic, smashed and chopped

2 stems fresh thyme leaves

1 teaspoon butter

4-6 eggs, beaten well with 2 Tablespoons water

2 ounces mild cheese, grated (1/2 cup)

DIRECTIONS

Heat heavy skillet over medium-low heat. Add 1 Tablespoon oil and stir in leeks.

Mix remaining oil into sliced shiitakes, combining thoroughly.

When leeks are softened, stir in shiitakes and sauté about 5 minutes, stirring often to avoid excess browning.

Stir garlic and thyme into mushrooms and sauté for 2 minutes, stirring constantly.

Push veggie mixture to sides of pan and place butter in center to melt. When butter is foamy, add the egg mixture.

Stir constantly to create a creamy scramble. Be sure to incorporate veggies into eggs.

When eggs are soft-set, but still wet, add cheese and stir lightly until eggs reach desired doneness and cheese is melted.

Serve immediately.

**Henderson & Daughter
Plants and Produce**

Booth #4 ACFM/441 Market

Saturdays 8:30am—1:00pm

Oranges: navel, hamlin, parson brown

Grapefruit: red, white, pink

Tangerine: chinese honey, dancy

Specialty: orlando/mineola tangelos

Acid: sour orange, calamondin

*weather permitting

Follow us on Facebook: <https://www.facebook.com/henderson.and.daughter>



Alachua County

Farmers Market

Saturdays 830am—1pm

5920 NW 13th Street

www.441market.com

Swordfish with Rosemary and Lemon

INGREDIENTS

6 stems fresh rosemary
4 slices fresh lemon
1 pound swordfish steak
salt and freshly ground pepper to taste
2 Tablespoons olive oil

DIRECTIONS

Preheat oven to 350 degrees. Line roasting pan or cookie sheet with parchment.

Place rosemary stems close together in bottom of roasting pan. Top with lemon slices.

Season both sides of swordfish with salt and pepper. Place fish on top of rosemary and lemon and drizzle liberally with olive oil.

Bake 30 minutes. Allow to rest 5 minutes. Remove skin before serving.

Tricks and Tips
Both roasting it on parchment paper and topping it with olive oil help the fish retain its moisture. Raising it up off the pan with the rosemary and lemon not only infuses the fish with flavor, but it also allows it to cook on both sides, without getting soggy on the bottom.

Stuffed Shiitakes

INGREDIENTS

18 shiitake mushrooms
1/3 cup each olive oil, tamari, and sherry vinegar
1 Tablespoon olive oil
1/2 onion, very finely chopped
2 stalks celery, very finely chopped
2 carrots, grated
2 garlic cloves, smashed and chopped
1 Tablespoon dried thyme
3 Tablespoons white wine or water
1 egg, lightly beaten
1 cup panko bread crumbs
1 cup grated comte or baby swiss cheese (4 ounces)

DIRECTIONS

Remove mushroom stems and set aside.

Mix together 1/3 cup olive oil, tamari and sherry vinegar. Coat mushrooms with mixture and place on baking sheet. Set aside.

Heat heavy skillet and add 1 Tablespoon olive oil. Chop mushroom stems very finely and add to pan with onion, celery and carrot. When onion is softened, stir in garlic and thyme. Cook until garlic is softened. Add wine to deglaze pan and scrape everything into a large bowl.

Preheat oven to 350 degrees.

Stir panko crumbs and egg into veggie mixture. Mix thoroughly before stirring in cheese.

Stuff mushroom caps using a tablespoon to compact and mound the mixture.

Bake 20-25 minutes in preheated oven until tops are browned and cheese is melted.

Serve hot or warm. Cover and refrigerate leftovers.

AND... yes, I realize swordfish contains high levels of mercury since it is a predator at the top of its food chain, so we only eat it about twice a year. While the population was threatened by over-fishing in the North Atlantic, a successful campaign to reduce the amount of swordfish served in restaurants has resulted in a sustainable population. Try any firm-fleshed fish as a substitute, but for best results, make sure the rosemary and lemon are in direct contact with the flesh of the fish, not the skin.

Ward's Supermarket

We Make it Easy to Eat Local



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Sunday 9am-7pm

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Tricks and Tips

For years I made punch
from fruit juice,
carbonated lemon-lime
soda and sherbet. I
realize now it was not
the healthiest concoc-
tion, so I created this
punch for our grand-
daughter Sophia's
fourth birthday.

Try it the next time
you have a party.
**Sophia's Smooth
Strawberry
Lemonade Punch**

Pour the whole gallon
of Smooth Strawberry
Lemonade into a large
punch bowl. Using a
small ice cream scoop,
make small balls from
2 pints of strawberry
sorbet or ice cream to
float in the punch.
Serve immediately.

Smooth Strawberry Lemonade

INGREDIENTS

2 cups sugar (honey may be substituted, but start with just 1 cup and adjust to taste)
2 cups lukewarm water
2 cups fresh or frozen (thawed) strawberries
2 cups cold water
2 cups fresh-squeezed lemon juice (6-10 lemons)

DIRECTIONS

In a gallon container, mix together sugar and lukewarm water until sugar is completely dissolved. Set aside.

Puree strawberries with cold water in a blender until completely smooth. Pour puree through a fine strainer to remove seeds and solids. Add strained puree to sugar mixture in gallon container.

Pour lemon juice through strainer to remove pulp and seeds. Add strained juice to strawberry sugar mixture.

Fill container with cool water or a combination of water and ice to chill it quickly.

Refrigerate or serve immediately. Shake before serving to ensure even distribution of strawberry puree.

SERVING SUGGESTIONS

Serve with frozen strawberries as a decorative alternative to ice.

Freeze in ice cube trays and serve with iced tea or lemonade.

Freeze in popsicle forms or paper cups with sticks.