

Hogtown HomeGrown

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F2R - an old idea for a new world

Back in the day, when Granny ran a small restaurant in Georgia, all the protein and produce for her restaurant, and everyone else's, came from local farmers and producers. Now, we have to seek out locally owned restaurants serving locally grown food. North Central Florida's local farms and restaurants have had a boost from Blue Oven Kitchens' and Forage's annual August "Farm-to-Restaurant Month" as proclaimed by Gainesville and Alachua County. This year's F2R Month fundraising events benefit Blue Oven Kitchens.

Friday, August 2, 5-9pm CYMPLIFY'S (almost) Famous Food Truck Rally!

5402 NW 8th Ave. Food trucks serving local and regional delicacies—

Live music provided by Middleground—Ice cream from CYMPLIFY Scoops—

CYM Coffee Co with coffee and specialty drinks, craft beers and wine.

Food truck rallies at CYMPLIFY are a great family event and are quickly becoming a feel-good Gainesville tradition. Pets are very welcome. Please keep fuzzy friends on a leash.

Saturday, August 10, 7am-4pm Bagel Bakery

4113 NW 16th Blvd. 10% of all sales benefit Blue Oven Kitchens.

Taste the featured local items. You may also win a door prize!

Wednesday, August 21 4-8pm The Jones B-side

203 SW 2nd Avenue. Swamp Head Brewery is also sponsoring this event.

Come celebrate the first day of Fall semester with specials and live music on the porch.

Donation includes a % of bar sales, % of featured local food menu item, and % of special cocktail OR Buy a ticket at the door for \$10—includes a 16oz Swamp Head Brewery glass with 1 fill of featured Swamp Head beer if you are 21 or older. Refills in this glass are \$4.

Tickets and refills available while supplies last.

Monday, August 26 5-9pm Local Fare Buffet Dinner The Woolly

20 N Main Street. (The Woolly is owned by and next to The Top restaurant)

ADVANCED PURCHASED TICKETS REQUIRED. Tickets \$35 per person or \$60 per couple. Live music 6pm-830pm. Ticket includes—buffet dinner and 1 non-alcoholic beverage from event menu, tickets for door prize drawings. Bar will be open - cash only.

Monday-Friday, August 26-30 Tempo Bistro To Go

1516 NW 13th Street. \$0.25 donation for every cup or bowl of soup sold.

Friday, August 30 5-8pm Low Country Boil, Prairie Creek Lodge

7204 SE CR 234. Co-sponsored by Northwest Seafood and Swamp Head Brewery.

ADVANCED PURCHASED TICKETS REQUIRED. Tickets \$35 per person or \$60 per couple. Live music! Ticket includes - Low Country Boil Dinner served on newspaper-covered tables (be prepared to get messy), a Swamp Head Brewery glass filled with a non-alcoholic beverage or 1 fill of Swamp Head beer if you are 21 or older.

Refills of beer are \$4 each while supplies last - cash only.

Advanced purchased tickets are required for
Local Fare Buffet Dinner at The Woolly on August 26, and
Low Country Boil at Prairie Creek Lodge on August 30.
Reserve your tickets or become a sponsor by calling or emailing
Val Leitner 352-278-7518 or Val@blueovenkitchens.org

What's Fresh Right Now?

Local and Fresh—

Corn

Did you know that corn is technically the fruit of the maize plant? Grown in the Americas for millennia, corn is a mainstay in the diet of both people and animals in cultures around the world.

Unfortunately, this year's growing season in North Central Florida was shortened by recent immense amounts of rain. As this issue goes to press, there is very little local corn still available. When you do find some, look for a bright green exterior and be sure to pull the husks back to look inside for any rot or worms.

Creamy Corn and Cucumber Relish

INGREDIENTS

- 1 ear roasted corn (July 2010)
- 1/2 cup diced seeded or seedless cucumber
- 1-2 Tablespoons favorite ranch dressing
- 2-4 Tablespoons buttermilk, kefir or yogurt

DIRECTIONS

- Combine all ingredients.
- Cover and refrigerate for at least 30 minutes, until chilled and flavors have blended.
- Stir and serve as an accompaniment to seafood or spicy dishes.

VARIATIONS

- Make a larger quantity and serve as a salad with any or all of the following additions:
 - Diced red onion
 - Chopped green onions
 - Drained olives, sliced
 - Drained black beans
 - Chopped herbs

Serve on a bed of greens or mixed with leftover grains or pasta.

Omit the creamy dressing and toss the salad with olive oil and white balsamic vinegar.

Beets

Bitter Melon

Cantaloupe

Carrots—orange

Corn—bi-colored, yellow

Cucumbers—mini seedless, kirby

Eggplant—large purple italian, purple asian

Figs

Garlic—chives, heads

Greens—malabar spinach, callaloo, arugula

Herbs—parsley, italian/purple basil, cilantro, paplo

Honey

Microgreens—assorted

Mushrooms—shiitake, dried reishi, dried piopino, chanterelles

Okra

Onions—green scallions, yellow, red

Peas—black eye, white acre

Peppers—red/green/yellow/orange bell, various sweet and hot

Potatoes—red, sweet

Shoots—pea, sunflower, mix

Sprouts

Squash—yellow, zucchini, butternut, acorn, spaghetti, calabasa, seminole pumpkin, various hard squash, koosa

Tomatoes—red cluster, grape, sun gold

Watermelon

Do you like to grow your own plants and especially your own food?

Look around at the different farmers markets for vendors selling edible and decorative plants.

Don't have the room or inclination to garden?

Check out the vendors ready to help you grow your own shiitake or oyster mushrooms.



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



**Alachua County
Farmers Market**
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Summer Thyme Corn

INGREDIENTS

3 ears of corn, roasted (July 2010)
1 Tablespoon butter
1 small leek or shallot, sliced thinly
6-8 stems of fresh thyme
salt and freshly ground pepper to taste

DIRECTIONS

Using a sharp knife, cut the corn off cobs and set aside.

In a heavy skillet melt butter over medium heat. Sauté leeks until softened and sweet. Stir in corn and thyme. Cook together for about 10 minutes, stirring occasionally. Remove thyme stems and season to taste.

Serve hot. Cover and refrigerate leftovers.

Smokey Gumbo Corncakes

INGREDIENTS

1/2 cup cornmeal
1/2 teaspoon each salt and freshly ground black pepper
2 teaspoons sweet smoked paprika
1/8 teaspoon each baking powder and baking soda
1/2 cup okra, cut into 1/4 inch slices
1 cup corn
1/2 cup sundried tomatoes, finely chopped
1 egg, lightly beaten
1/2 cup buttermilk
1/4 cup olive oil

DIRECTIONS

Mix together cornmeal and other dry ingredients. Add okra, corn and tomatoes and stir until veggies are completely coated with the cornmeal mixture.

Beat together egg and buttermilk. Mix into okra, stir until completely combined and set aside for a few minutes.

Heat a heavy skillet and add oil. Heat oil until it just begins to smoke. Scoop one heaping tablespoon of batter into the oil and flatten slightly with the back of the spoon. Repeat until skillet is full. Fry until browned on one side. Flip each corncake using a spatula and fry until the other side is golden.

Remove from skillet with spatula and drain on paper towels. Keep hot in a 250 degree oven until ready to serve. Serve hot.

NOTE: If you have some smoked salt, try topping corncakes with 3 or 4 grains.

Leftover Recipe

Make a pot of polenta and stir in leftover Summer Thyme Corn. Serve with additional fresh thyme leaves scattered over the top. Or try adding a small amount of chevre or other mild cheese with the corn and stir until melted. Serve immediately.

Tricks and Tips

Frying corncakes or fritters in a skillet is easy enough to do if you have, as Julia Child would say, “the courage of your convictions.” The pan and the oil have to be hot to create a seared golden brown exterior—don’t turn down the heat! A good spatula is absolutely essential. We use cast iron skillets and a straight-edged metal spatula thin enough to slide under almost anything.

Ward's Supermarket

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Local and Seasonal Recipes, Menus and More

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Tricks and Tips

Cooking grains for cold salads is almost like cooking them to be served hot, but with two exceptions.

First, do not over-cook—mushy textures don't work for salads. Second, when grains are cooked, rinse them with cool water in a large sieve or strainer. This stops the cooking, cools down the grain and helps maintain a firm, chewy texture.

Mango Quinoa Salad

INGREDIENTS

1/4 cup olive oil

1/3 cup fresh lemon juice

1/2 teaspoon dijon or stone-ground mustard

1/4 teaspoon each salt and freshly ground pepper

2 cups cooked white quinoa, rinsed with cold water after cooking and drained well (1 cup dry)

2 large mangos, peeled and diced

1/2 cup dried cranberries or golden raisins

1/2 cup slivered almonds, lightly toasted

1/4 cup minced crystallized ginger

1/4 cup minced red or green onion

zest of 1 lemon

DIRECTIONS

Mix olive oil, lemon juice, mustard, salt and pepper to make dressing. Set aside.

In a large bowl, toss together all remaining ingredients. Add dressing and stir well to distribute evenly. Serve immediately or cover and refrigerate until ready to serve.