

# Hogtown HomeGrown

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Inside this issue:

ABCs of eating local 1

What's Fresh Right Now? 2

Local and Fresh—Feta Cheese 2

Whipped Feta Dip 2

Seafood Spaghetti Squash Bake 3

Feta Bruschetta 3

Sweet Potato Smoked Salmon Chowder 4

## ABCs of eating local

Always plan meals based on food that is in season.

Buy local fresh food from farmers, then complete your menus at a local store.

Can or freeze fresh foods while they're in season.

Dedicate a cabinet for your complete pantry—spices, grains, beans and more.

Eat local food at every meal during May's Eat Local Challenge.

Frequent locally-owned restaurants and ask for local food specials.

Green thumb? Try growing some of your own food.

Hire caterers who source from local farmers, producers and suppliers.

Invest in a kitchen gadget or appliance to make cooking easier.

Join a CSA—community supported agriculture—and just pick up your food!

Know your farmers and how their employees are treated.

Learn when local fruits and veggies are in season.

Make extra food on weekends, so you can brown-bag all week.

Need a recipe idea? Check out [hogtownhomegrown.com](http://hogtownhomegrown.com).

Offer to take someone to the farmers market with you.

Prep and clean your produce before you put it in the fridge.

Quietly turn your family into locavores—local food at every meal.

Rest occasionally and eat local food at a locally-owned restaurant.

Speak up about local foods with family and friends.

Take local foods to potlucks, work parties and social events.

Use your dollars and time to support local food businesses and organizations.

Vote with your fork by eating locally-grown seasonal food!

Walk around the whole farmers market before buying anything.

X-rate processed foods—not suitable for children or adults.

You can "Save the world—one dinner at a time."

Zealous locavores eat seasonal food all year long.

## READY FOR A CHALLENGE?

Eat locally grown or produced food at every meal for the entire month of May.

Produce is at its peak and the markets are overflowing—you can do this!

*Challenge yourself.*

*Challenge your family.*

*Challenge your friends.*

**Eat Locally. Eat Seasonally.**

**EAT LOCAL  
CHALLENGE**

Hogtown HomeGrown

# What's Fresh Right Now?

- Beans**—green, yellow
- Beets**—red, gold, striped
- Blueberries**
- Broccoli**—florets, heads, broccolini
- Cabbage**—green, savoy, red, napa, flat head
- Carrots**—orange, yellow, white, purple, red
- Cauliflower**—white, purple, romanesco, cheddar
- Citrus**
- Cucumbers**—slicers, kirby
- Eggplant**
- Fennel**
- Greens**—collards, curly/tuscan/red russian kale, mustards, stir-fry mix, arugula, bok choy, spinach, radicchio, swiss/rainbow chard, sorrel, dandelion, endive, escarole
- Herbs**—garlic, chives, turmeric, parsley, cilantro, dill, basil
- Leeks**
- Lettuce**—red butter, green/red leaf and romaine, salad mixes
- Moringa**
- Mushrooms**—shiitakes, dried shiitakes, oyster
- Onions**—red/green scallions, spring onions, red/yellow
- Peaches**
- Peas**—sugar snap, green/purple snow
- Peppers**—red/yellow/orange/green sweet bell, green jalapeño, poblano
- Potatoes**—red/white, creamer, sweet
- Radishes**—french breakfast, white/purple daikon, pink beauty, black, red globe, japanese red, watermelon
- Shoots and Sprouts**
- Squash**—golden one ball, green cannonball, assorted pattypan, yellow crookneck, koosa, zucchini
- Strawberries**
- Tomatoes**—cluster, heirloom cherry/beefsteak, grape
- Turnips**—tokyo, white, purple top

# Local and Fresh— Feta cheese

This column traditionally features local produce, but I have been doing a lot of cooking with Cypress Point Creamery's Feta cheese. Made in Hawthorne by John and Nancy Mims, it's available at Haile Farmers Market.

While they have made it for a few years, its taste and consistency now rivals feta from Greece. Made with raw milk from their grazed Jersey cows, their feta has a mellow tangy flavor and a firm texture. Packaged in plastic instead of salt water, it tastes less salty than other feta.

Feta cheese may be eaten raw or cooked. Crumble it onto raw, steamed or roasted veggies. Serve as part of an antipasto spread with olives, crudités, hummus and bread. Try it with nuts, dried and fresh fruit as a dessert.

## Whipped Feta Dip

### INGREDIENTS

- 4 ounces cream cheese, room temperature
- 6 ounces feta, room temperature
- 1 lemon, zested and juiced
- 1 Tablespoon fresh parsley, minced
- 1 small garlic clove, grated
- 1 teaspoon dried mint
- Pinch each salt and red pepper flakes
- 2 tablespoons olive oil

### DIRECTIONS

- Whip cream cheese and feta together until smooth in a food processor or with a mixer.
- Mix in zest, juice, parsley, garlic, mint, salt and pepper flakes.
- Keep processor or mixer running while streaming in olive oil.
- Scrape mixture into bowl, cover and refrigerate for 2 hours or more before serving.
- Cover and refrigerate leftovers.

 <p><b>HAILE FARMERS MARKET</b></p> <p>Saturdays 830am - 12pm</p> <p>Haile Village Center <a href="http://www.hailefarmersmarket.com">www.hailefarmersmarket.com</a></p>	<p><b>Glades Ridge Goat Dairy</b> Raw Milk and Cheese Hormone/Antibiotic Free Available Fresh or Frozen</p> <p><u>ACFM/441 Farmers Market—GNV</u> Saturdays 8:30am - 1:00pm</p> <p><u>Union Street Farmers Market—GNV</u> Wednesdays 4:00pm - 7:00pm</p> <p><u>Riverside Arts Market—JAX</u> Saturdays 10:00am - 3:00pm</p> <p>Wholesome Food—Animal Consumption Only 386 266 7041 <a href="http://gladesridge.com">gladesridge.com</a></p>	<p><b>Henderson &amp; Daughter Plants and Produce</b></p> <p>We're still at the Alachua County Farmers' Market AND we'll occupy a different booth each week through the end of July!</p> <p>UPDATED 2017/2018 season note: <i>We will sell at market every other weekend AND we hope you'll seek us out in our new location each time we're there.</i></p> <p><b>**Please circle 5/12 and 5/26 on your May calendars**</b></p> <p>We look forward to seeing you! <a href="http://www.facebook.com/henderson.and.daughter">www.facebook.com/henderson.and.daughter</a></p>	<p>Alachua County <b>FARMERS' MARKET</b></p> <p>Alachua County Farmers Market</p> <p><b>Saturdays</b> 830am—1pm</p> <p>5920 NW 13th Street <a href="http://www.441market.com">www.441market.com</a></p>
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# Seafood Spaghetti Squash Bake

## INGREDIENTS

1-2 spaghetti squash, roasted and shredded to create 8 cups  
2 Tablespoons olive oil  
2-3 leeks, sliced (about 2 cups raw)  
3 yellow summer squash, diced  
2-3 ripe tomatoes, halved, seeded and diced  
1 can small artichokes, coarsely chopped  
1 clove garlic, thinly sliced  
1 Tablespoon dried basil, crumbled (Thai basil is my favorite)  
Salt and freshly ground pepper to taste  
1 teaspoon red pepper flakes or a pinch of ground cayenne (optional)  
1 cup white wine  
1 Tablespoon butter, cut into three or four pieces  
1/2 pound each peeled shrimp and bay scallops  
8 ounces feta, cut into 1/4 inch cubes

## DIRECTIONS

Preheat oven to 350 degrees.

Use 1 teaspoon oil to coat oven proof baking dish. Place cooked spaghetti squash shreds in an even layer in baking dish and set aside.

In a large skillet over medium heat, add remaining oil and sauté leeks until golden. Add squash and cook 5 minutes, stirring occasionally. Add tomatoes and cook additional 5 minutes.

Add artichokes, garlic, basil, salt and peppers. Lower heat and cook 10-15 minutes, stirring often. When mixture begins to stick to the pan a little, add white wine and bring to a simmer. Stir often and cook until wine is reduced by half.

*Remove 2 cups of the mixture and set aside for Feta Bruschetta—mixture may be refrigerated for 3 days or frozen until ready to use.*

Remove pan from heat and stir in butter one piece at a time. Wait until each piece has melted before adding the next.

Stir in shrimp and scallops. Set aside.

Distribute cubes of feta in an even layer on top of the spaghetti squash. Spoon veggie and seafood mixture in an even layer on top of feta.

.Cover and bake 30 minutes, until seafood is cooked and veggies are hot and bubbly.

Serve hot. Cover and refrigerate leftovers

# Feta

## Bruschetta

### INGREDIENTS

12 slices baguette  
2-3 Tablespoons olive oil  
2 cups cooked veggies (reserved from Seafood Spaghetti Squash Bake)  
1/2 cup sun-dried tomatoes  
6 ounces feta

### DIRECTIONS

Preheat oven to 350.  
Brush oil on one side of baguette slices.  
Bake 8-10 minutes, flip and set aside.

Combine veggies and sun-dried tomatoes.  
Crumble feta into mixture and stir.

Scoop 2 Tablespoons of mixture onto each baguette slice, pressing it onto the bread to compact it.  
Drizzle olive oil over topping on all slices.

Bake 10-15 minutes until hot and bubbly.

Serve hot or warm.  
Cover and refrigerate leftovers.



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# Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

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## Where's the Page Four dessert recipe?

Frankly, I haven't been making anything for dessert these days since I am trying to keep my Type II Diabetes under control. But I am not missing out on tasty food because it is spring and I am eating freshly picked local blueberries, strawberries and mulberries.

So this Page Four is a thank you to our recent host on the side of Crow Mountain.

I made this simple light and creamy Sweet Potato Smoked Salmon Chowder with his gift of a very tasty hot-smoked salmon filet. Perfect to warm up a windy spring night in the Georgia mountains.

## Sweet Potato Smoked Salmon Chowder

### INGREDIENTS

- 1 Tablespoon each olive oil and unsalted butter
- 2 medium onions, chopped into 1/2 inch dice
- 2 carrots, halved lengthwise and cut into 1/2 inch pieces
- 3 celery stalks, cut into 1/4 inch slices
- 1 Tablespoon mixed dried herbs (try basil, thyme and tarragon)
- 2 cloves garlic, smashed and chopped finely
- 3 sweet potatoes, long and thin, cut into 1/4 inch rounds or 1/2 inch pieces (4 cups total)
- 1/2 cup white wine
- 4 cups vegetable broth
- 1 cup water
- 1 cup milk
- 2 tablespoons organic cornstarch
- 6-8 ounces hot-smoked salmon, skinned and boned, broken into 1/2 inch pieces
- 2 green onions, white and green sliced into thin rounds

### DIRECTIONS

In a large covered pot over medium-high heat, add oil and butter. Stir in onions, carrots and celery and sauté quickly until the onions' edges begin to brown.

Add herbs, garlic and sweet potatoes. Stir gently until potatoes are coated with herbs.

Add wine, scrape the bottom of the pan, then add broth and water. Bring to a boil and cook five minutes uncovered. Lower heat, cover and simmer until potatoes and carrots are done.

Stir cornstarch into milk until dissolved. Add to pot along with salmon and green onions. Stir well and simmer uncovered for 5 minutes.

Serve hot. Cover and refrigerate leftovers.