

# Hogtown HomeGrown

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## The ABCs of eating local

**A**lways plan menus based on food that is in season. **B**uy local fresh food, then shop at a local store to complete your menus. **C**an, preserve or freeze the fresh foods you crave while they're in season. **D**o keep a complete pantry—oils, spices, grains, beans and more. **E**at what you like, but try new foods and recipes too. **F**ind restaurants that are independent and locally-owned—ask about local food specials. **G**o to different farmers markets, in addition to your favorite. **H**ave local food at all your office parties, picnics or barbecues. **I**nterest in a new appliance or kitchen gadget to make cooking easier. **J**oin a local CSA, FOG and Slow Food. **K**now your farmers. **L**earn when fruits and veggies are in season locally. **M**ake a lot of food on weekends, so you can brown-bag all week. **N**eed a recipe idea or a menu suggestion?—check out Hogtown HomeGrown's website. **O**ffer to take someone to the farmers market with you. **P**rep and clean your fresh produce before you put it in your refrigerator. **Q**uietly turn your family into locavores—serve at least one local food at every meal. **R**est occasionally—eat local food at a locally-owned restaurant. **S**peak up about local food every chance you get. **T**ake local foods to potlucks and parties. **U**se evenings and weekends to roast veggies or make a slow-cooking meal while you're at home. **V**ote with your fork at every meal—eat local! **W**alk around the entire farmers market before buying anything. **X**-rate processed foods—not suitable for children. **Y**ou can save the world—one dinner at a time. **Z**ealous locavores eat locally-grown, seasonal food year-round, not just during May's Eat Local Challenge.

# What's Fresh Right Now?

**Beans**—purple/green long

**Citrus**—juices

**Cucumbers**—mini seedless, slicers

**Eggplant**—italian small/large, asian

**Garlic**—chives, elephant

**Ginger**

**Greens**—collards, malabar spinach, mustards, arugula

**Herbs**—italian/opal basil, lemongrass, mint, allspice/curry/  
lime/bay/cinnamon leaf

**Honey**

**Okra**—green

**Onions**—white, sweet

**Papaya**—green, ripe

**Peas**—white acre

**Peppers**—red/green sweet bell, cubanelle, poblano, jalapeno

**Persimmon**—astringent/non-astringent

**Pineapple**

**Potatoes**—small red/white

**Shoots, Sprouts and Microgreens**

**Squash**—yellow crookneck, zucchini, acorn, butternut, kabocha, pumpkin, calabaza

**Starfruit**

**Sweet Potatoes**

**Tomatoes**—grape, plum, beefsteak, green

# Local and Fresh— Ginger

Recently at the Haile Farmers Market, I saw fresh ginger roots with green stems. They were about the size of a large finger and several of them were nestled in a basket on Possum Hollow's table. The skin was fresh and tender unlike the dried brown paper-like covering on grocery store ginger.

Ginger is not only tasty in foods from stir-fries to baked goods, it is good for your body, with applications ranging from skin-care to intestinal health.

Ginger comes in a few different forms, including the large "hands" of fresh ginger root, dried and ground into powder to be used for cooking or to be put in capsules to take internally, and, my favorite, crystallized ginger.

Fresh ginger root should be plump and healthy-looking, with no mold where pieces have been cut or broken. Use the back of a knife or the side of a spoon to easily remove the peel before grating or chopping. Store ginger in the refrigerator or freezer.

## Ginger Honey

### INGREDIENTS

1/2 cup peeled ginger root, thinly sliced  
1 cup raw honey

### DIRECTIONS

Stir ginger slices into honey and heat over low heat or in the microwave until bubbly. Remove from heat and cool slightly before pouring into an airtight container. Cover and refrigerate.

### PUTTING FOOD BY: PERSIMMONS

Persimmon pulp can be stored in the freezer to add moisture and flavor to baked goods all year-round. Squeeze ripe persimmons and puree in either a food processor or blender before placing 1 cup portions in freezer bags or containers. Try using it in place of some of the fat in your favorite vegan or low-fat recipes. Replace the bananas with persimmons in your favorite banana bread recipe for a fresh and flavorful change of pace.



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# Creamy Cucumber Salmon

## INGREDIENTS

2 large cucumbers, peeled, seeded and chopped into 1/2 inch dice  
1/2 cup full fat sour cream  
1-2 cloves of garlic, finely minced or pressed (it mellows when cooked)  
1 scallion or 1 Tablespoon fresh dill, finely chopped (optional)  
1 teaspoon cider vinegar  
salt and freshly ground pepper  
1 pound salmon fillet (a larger piece will work, but the topping won't be as thick)  
1 Tablespoon butter, cut into small pieces

## DIRECTIONS

At least one hour prior to cooking fish, combine cucumbers, sour cream, garlic, optional scallion or dill, vinegar and a pinch each of salt and pepper. Stir thoroughly and place in refrigerator to marinate for at least one hour.

When ready to cook, preheat oven to 350 degrees. Line a roasting pan with parchment or foil.

Place salmon skin side down in lined pan. Lightly season with salt and pepper.

Use a large spoon to gently place cucumber mixture on salmon in a thick layer, making sure to completely cover the salmon's surface.

Dot the top with butter pieces.

Bake in preheated oven for 30 minutes. Allow to rest for 5 minutes before serving.

Serve hot. Cover and refrigerate leftovers.

# Persimmon Fall Salad

## INGREDIENTS

2 firm non-astringent persimmons, sliced into thin crescents  
2 small firm apples, cored and sliced into thin crescents  
Juice and zest of one lime or lemon  
1/2 cup whole or slivered almonds, roasted  
1/4 cup Ginger Honey  
OPTIONAL GARNISH: slivered crystallized ginger, dried cranberries, pomegranate seeds

## DIRECTIONS

Toss together persimmon and apple slices with lime zest and juice. Place in serving bowl. Arrange almonds over fruit and pour honey over everything. Do not mix!

Top with any desired garnish. Serve immediately. Cover and refrigerate leftovers.

**Tricks and Tips**  
Some of my tastiest recipes are bursts of imagination combined with serendipity, but Creamy Cucumber Salmon was both a mistake and an experiment! Looking for a side dish to go with salmon, I attempted to make a cold cucumber salad with the same flavors as Shelley's Garlic Cucumber Soup, but I used too much garlic! The end result was too strong for even this confirmed garlic lover. I took a cue from Julia Child, who taught us that we can cook cucumbers, and decided to serve the mixture cooked. I had the salmon on hand, so it seemed like a natural pairing. After it cooked, I discovered the sour cream's lactic acid worked to tenderize and moisten the salmon. The cucumber topping should be delicious on chicken but, for safety's sake, use a thermometer to test for doneness.

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## It's our 8th anniversary !

Thanks for reading Hogtown HomeGrown these past eight years. We have seen the local food movement grow in Gainesville since our first issue in November 2006 and I am proud to be part of that change.

This issue looks back with a cover first published in May 2009 and it looks forward with a few layout changes.

Thanks also to all our advertisers, past and present, who allow me to bring you stories, recipes, menus and more so we can all Save The World— One Dinner at a Time.

## Multigrain Apple Cake

### INGREDIENTS

1 cup whole wheat flour  
1/2 cup cornmeal  
1/2 cup oatmeal  
1/2 teaspoon each baking soda, salt and ground cinnamon  
1 teaspoon baking powder  
3 Tablespoons melted butter  
2 eggs  
1/2 cup cane syrup  
1 cup milk or buttermilk  
2 1/2 cups chopped apple, hard pear or a combination  
1/2 cup chopped walnuts  
3 Tablespoons raw sugar (optional)  
1/2 teaspoon cinnamon (optional)

### DIRECTIONS

Preheat oven to 350 degrees. Lightly butter an 8 x 8 pan.

In a large mixing bowl, mix together flour, cornmeal, oatmeal, baking soda, salt, cinnamon and baking powder. Set aside.

In a separate bowl, beat together butter, eggs and syrup. Stir in milk.

Add wet ingredients to dry ingredients. Mix lightly and quickly, making sure to scrape the sides and bottom of bowl. When a few flour streaks remain add apples and walnuts and combine completely.

Pour batter into prepared pan and sprinkle with cinnamon and sugar if desired. Bake 30 minutes, until center is firm and a toothpick comes out clean. Serve warm or cool.