

The Market News

www.carpfarmersmarket.com

Check our website for
fruit and vegetables in season!



3790 Carp Road
(at Village of Carp Fairgrounds)
Tel: (613) 591-0769

Vol 12, Number 2

10 May 2008

Jeanine Lehmann; Editor

Upcoming Events

Welcome everyone to our first market of the season; we are open today from 8 a.m. to 1 p.m. At this time, the Carp Farmers' Market bids farewell to our past Market Manager **Jim Craig** who "ran the roost" for 11 years, and welcomes long-time vendor **Jane Moore (Natural Lamb)** to the job! Jane will be supported by our continuing Assistant Market Manager; **Ennio Marcantonio**.

Today at the Market: Mother's Day. The first 100 mothers to visit the market will be welcomed with a beautiful rose! Don't forget to enter our special draw for moms to win a beautiful pressed-flower picture (value of \$500.00) by **Conrad Stoltz** of **Nature Art Design!** Also; visit our demo booth towards the back of the market grounds and enjoy a "TAKE CHARGE" tea demo by Bonnie-Jean Stacey of **Maiden Kanadah** (herbal and organic teas).

Huntley Centennial Public School hosts its annual **Arts Festival** in the Agricultural Hall from 9 to 11:30 a.m. (free entry). Art work from every grade will be on display and performances are on-going in celebration of musical and dramatic arts. Why not pop in and see?

May 17 (Victoria Day): Come and join West Carleton's 9th Annual Fire and Crime Prevention Family Fun Day! This is a joint venture of the W.C. OPP, Fire Services, Emergency Medical Services and By-Law Services with demonstrations and fun for all. Also; local **Master Gardeners** will be at the Market from May until July for gardening advice from A-Z.

May 24: Dog lovers and mostly anyone else will enjoy the dog agility shows put on by **Tamara Maliepaard** and canine friends in support of the West Carleton Dog Agility Group. Look for them at 10 a.m., 11 a.m. and noon at the back of the Market.

Did you know...?

Micro-greens are not baby salad leaves, more like the "newborn" version of all kinds of vegetables, harvested as shoots. Try a few different kinds piled on a salad plate, drizzled with our dried-pepper salad dressing!

today's Market recipe

Get a fresh bunch of **micro-greens**, (see our produce vendors for an assortment of these tiny soil-grown seedlings; you may find kale, radish, kohlrabi, mustard, beet, cabbage or arugula micro-greens available). Quickly rinse in cold water and pat dry.

Dried-pepper salad dressing:

(see Acorn Creek Farm booth for dried peppers in varying degrees of hotness. Use mortar and pestle or a coffee grinder to turn peppers into powder)

1/4 Cup	Dried Peppers, powdered
1/4 Cup	Red Wine Vinegar
3 Cloves	Garlic, minced
1/2 Cup	Olive Oil
1/2 teaspoon	Dried Basil
2 Tablespoon	Mayonnaise
Salt & Pepper	Just a touch of each

Put all ingredients in a blender until smooth; then drizzle over greens for a delicious plate of spring.

Local is best

More and more, as consumers are becoming aware and concerned about their far-flung food sources; local (some organic) farmers are "stepping up to the plate". Some of these area farmers have tapped into an efficient food supply system known as Community-Supported Agriculture, where customers buy a share of the harvest up front, and receive weekly or monthly deliveries of fresh foods as they come in season (check out, for example, the newly-formed **Ottawa Valley Food Co-operative** in which some of our vendors participate).

Another way to shop for healthy, local food is to visit area farmers' markets, where "rural" reaches out to "urban", and you can meet your area farmers and producers. Our Carp Market provides a fun, family-friendly place to find most of your weekly groceries, and a great forum to ask questions about the "roots" of them all!

