

# The Market News

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Check out our website for fruit and  
vegetables in season!



3790 Carp Road  
(at Village of Carp Fairgrounds)  
Tel: (613) 786-1010

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Jeanine Lehmann; Editor

## Upcoming Events

Welcome everyone to the **Carp Farmers' Market**; we are open every Saturday from 8:00 a.m. to 1:00 p.m. early May to late October, rain or shine, and we offer a special event each Market day.

### **Today at the Market: Happy Thanksgiving!**

Pick up a free ticket today at the hostess booth for our annual **Turkey Draw**. The fresh, 18 lb. bird is provided by our market, and will hopefully end up as some family's tasty centrepiece this holiday weekend.

**Also:** We host a **Bake Sale**, with proceeds to benefit the West Carleton Food Bank.

**October 18<sup>th</sup>:** A highlight for apples; join **Randy MacGuire (Harvest Moon Orchard)** in the demo booth to taste Tolman Sweet, Bancroft or Golden Russett apples, and to reminisce over the more than 60 varieties on display, some of which you may remember from your youth. Heritage and quality details will be available; you may learn something about the simplest fruit you know!

**October 25<sup>th</sup>:** Say goodbye to your favourite farmers, because this is our last market of the season. (of course you'll see many of the crafters and food vendors at our annual **Christmas Market**, held in the agricultural hall on Dec. 5 and 6).

We are cooking up a big batch of squash soup and hot drinks; visit the demo booth for a taste.

**Also:** Once again; our Kids' Club organizer **Rosanna Salter** looks after the kids' favourite event this year: the **Haunted Halloween House**. This is your chance at a practice run with the kids' costumes; take part in the **Costume Contest** (judging at 11:00 a.m.).

## Update: "Name that truffle" contest

Last weekend; **Kathleen's Kitchen** launched a new creation; a handmade dark chocolate spiced up with habanera and chipotle chillies. Market-goers were invited to submit names they thought were suitable for the hot little treat and 75 suggestions were collected. From the heap; local chocolatiers **Kathleen Nootenboom** and husband **Jack** were able to concoct their own name: **Satan's Kiss**.

The contributors who came closest were: **Don Petzold**: - "Satan's sister-, **Rebecca Jesseman**: -"Satan's Choice"- and **Michael Bazant**: -"Black and hot as the heart of Satan"-...(yikes!). All three will receive a six-pack of the devilish delight for their tasting efforts.

## Thankful for.....

Local farmers that can come to our market on market day.....unlike some unfortunate farmers' markets in the city of Toronto, which have trouble attracting growers to take the long drive into the heart of the city. Farmers cite the rising cost of fuel, the hassles of Toronto traffic as well as the sheer time involved, as prohibitive. Efforts are underway in that big city to establish food delivery networks that allow CSAs (Community-Supported Agriculture operations that sell shares of their crop ahead of the season) and groups of small farmers to connect food to customer. We're fortunate in the Ottawa area to have our farmers close at hand, willing and able to take part in local markets to meet our appetites!

## Today's Recipe

(from the Rosewood Collective Restaurant cookbook)

### **Stuffed Sweet Potatoes**

- 4 large sweet potatoes
- 2 tsp. butter, separate
- 1 small onion, diced
- 4 tsp. crystallized ginger, minced fine
- 2 tsp. golden raisins
- 2 tsp. prunes, chopped fine
- salt and pepper to taste

Preheat oven to 450. Clean sweet potatoes, dry, and place on baking sheet. Bake 45 minutes to an hour, until soft. Remove from oven and let cool for 10 minutes. Meanwhile, melt 1 tsp. of butter over medium heat, add onions, and sauté until clear - 8 to 10 minutes. Cut each sweet potato in half lengthwise, and scoop out most of the flesh, leaving at least ¼ inch along the entire skin. Combine sweet potato flesh with onion, 2<sup>nd</sup> tsp. of butter, ginger, raisins, prunes, salt, and pepper. Spoon into sweet potato skins\* and bake until very hot, about 5 minutes. Serve immediately. (\*If you want to make the sweet potatoes ahead of time, you can cover and refrigerate them at this point and later bake for 30 minutes).