

The Market News

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fruit and vegetables in season!



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(at Village of Carp Fairgrounds)
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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.

First of all; two **corrections**: Last week was our 19th birthday, not our 18th. The Market started in 1990, so anyone who can count fingers will find that we are not as young as we would like to be...! Also; the winner of the Hildegard Anderson scholarship fund was Jasen Brousseau, mistakenly quoted as Jesse Bélanger.

Today at the Market: Meena Landon-Browne, our queen of Indian cooking, will be in the demo booth today from 10:00 a.m. until noon, whipping up some of her delicious dishes, and handing out free spice packs to the first 25 guests that sneak a peek or a taste of her steaming pots of curried goodness. Don't forget to ask your vegetarian-cooking questions and to stop by her booth in the rotunda, "**Taste of the Raj**" for take-away treats.

July 19th : It's **Herb Day** at the Market; come check out the demo booth to see what **Denise George** from the **Herb Garden** is baking up with herbs from her farm near Almonte! This is also the place to ask any questions you may have about basil, bergamot or bee balm.

July 26th : **STITTSVILLE DAY!** We honour our customers from Stittsville with a special day; meet local politician Shad Qadri, win "seats" to the chef's table under the big tent (lunch for two couples prepared by the executive chef of **Issac's 6400** who will shop our booths for the ingredients; get tickets at the hostess cart), and meet Stittsville vendors.

August 2nd : Meet our talented potter **Liz Allison**, clay artist of the **Pine Ridge Studio**. Liz draws much of her inspiration from her Carp Ridge garden, which is a mix of old (never cleared for agriculture) and new (ask her about her collection of ferns), and you can see nature's beauty in her work. Meet her in our demo booth for a close-up look at her handiwork.

Today's Recipe

CHICKEN CURRY

(recipe by Meena Landon-Browne, "Taste of the Raj")

1 lb. boneless chicken cut into 1-inch cubes
1 medium onion, thinly sliced
1 tablespoon cooking oil
1 teaspoon minced garlic
1 teaspoon minced ginger
1 teaspoon cumin
1 teaspoon coriander powder
1 teaspoon turmeric
1 teaspoon garam masala
1 teaspoon salt
1 teaspoon chili powder
1 cup crushed tomato
2-3 medium potatoes, peeled & cubed
1 tablespoon fresh cilantro, chopped

Heat oil in a saucepan until hot, add chopped onions and fry until golden brown, add chicken, garlic and ginger; stir fry for 2-3 minutes. Add all the other ingredients except potatoes and fresh cilantro. Cook covered for 20 minutes on medium heat. Add the last two ingredients and cook until potatoes are done (10-15 minutes). Note: you may need to pour in a bit of water when adding potatoes. Serve with rice and naan.

Food for Thought

The Carp Farmers' Market is surely a good place to consider vegetarianism..... tables heaped with fresh colourful produce, recipes for the asking. Even changing to a "flexitarian" lifestyle (near-vegetarian) drastically increases the body's power to fight disease, owing partly to the antioxidants that come packed in a diet full of many different sorts of fresh plants. Treating meat as a side dish to vegetables, instead of the other way around, is an idea that has been gaining ground in western minds, where the average meat consumption is 200 lbs. per year p.p. "Flex" your shopping and cooking habits a bit towards a mostly plant-based diet; a healthier you will soon follow.