

The Market News

www.carpfarmersmarket.com
Check out our website for fruit and
vegetables in season!



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

Vol. 12, Number 20

13 Sept. 2008

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.

A special thanks to **Barb Filoso** who organised last week's Vendor Potluck *Indoor-Picnic* (it was supposed to be a BBQ, but then the heavens wouldn't let up). There were lots of delicious dishes to try, and leftovers to take home.

Today at the Market: We are very pleased to host chef **Shawn Traversy** in our demo booth, who will stroll the market booths; pick some of the finest ingredients and walk us through whipping up some wonderful things to serve your dinner guests (see today's recipe for just one example). Chef Shawn owns catering business **Chef Express**, which is based in Kanata North; is an accomplished professional with Red Seal certification and has fulfilled many executive-chef appointments in the area's better hotels and golf courses. Browse the fun, fresh website for more on this guest of honour! (chefexpress.ca)
ALSO: Today there will be a **mural unveiling** by the **Carp Agricultural Society**, to beautify the already well-tended fairgrounds. Keep an eye on the Food Court area for the 11:00 ceremony and other activities!

September 20th: We host the **City of Ottawa Public Health Kiosk and their Community Food Advisors** who will "make food come alive" and provide tasty samples of and helpful examples for healthier eating. (10 a.m.-12 noon in the demo booth).
ALSO: Melon Day! Visit our demo booth for a sweet taste of some delicious local fruit.

September 27th: There will be NO MARKET due to the **Carp Fair** which takes place from the 25th - 28th.

October 4th: This will be "**Pickles and Preserves**" Day; join us to learn more about how you can make a summer-in-winter pantry of your own by canning and preserving fruits and vegetables. Expert help will be on hand to answer all your canning queries.

Today's Recipe (by Chef Shawn Traversy)

Chili Con Carne with Bonnechère Cheese

1\2 lb. ground beef (see Dobson's Grass-Fed Beef booth)
1\2 lb. ground pork
1 large carrot
4 stalks of celery
1 large onion
1 ear of corn, cooked, cooled and kernels sliced off
3 habanero chilies (see Acorn Creek Farm booth)
1 bunch of coriander, washed (keep some leaves aside)
1 large can of kidney beans
1 large can of chickpeas
1 small can of black beans
2 cans of diced tomatoes
1 can crushed tomatoes
1 tablespoon of Montreal steak spice
250 grams of Bonnechère cheese (see Back Forty booth)
3 oz. of Ms. Nunavut hot sauce (see C. Desjardin booth)
2 tsp. cornstarch

Dice carrots, celery, onion and habanero chilies, sauté in a large pot with 2 tablespoons of oil. Add beef and pork, braise for a few minutes while moving the meat around in the pot, and then add 1.5 cups of water. Simmer until the beef and pork are cooked, add tomatoes. Let simmer for 45 minutes, stirring constantly. Add coriander, steak spice and Ms. Nunavut hot sauce, and also the corn, beans and chickpeas. In a small bowl, mix the cornstarch with a little water into a runny paste, add slowly while stirring and observing for desired thickness. Do not add it all at once as you may not need all of it. Keep stirring and let simmer on low heat for 10 minutes. Serve steaming hot in large bowls with grated Bonnechère cheese and coriander leaves for garnish.

The "greening" of our market

We already see most of our customers bringing in their own shopping bags and baskets; now we would like to encourage you to bring your own re-usable dishes, coffee mugs and cutlery if you plan on visiting the food court. It would save disposable wares filling up our garbage cans. Don't forget to use our recycling boxes, as well, to be found in the seating area. Thank you for helping out our market environment...!