

The Market News

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fruit and vegetables in season!



3790 Carp Road
(at Village of Carp Fairgrounds)
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Vol 12, Number 7

14 June 2008

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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.

Today at the Market: It's Father's Day this weekend; and 100 early-bird dads will be welcomed to the market with a free tree seedling (so much for no work this weekend...!). If you're a dad; or anyone with an interest in motorcycles; you may notice the BMW Motorbike Club meeting here for breakfast today...go ahead and drool.

ALSO: Russell Corbett of **Russell's Honey** is in our Demo Booth today to provide some riveting insight into the lives of honeybees; go ahead and query him about anything you have always wanted to know about bees but were afraid to ask...!

June 21: Kanata Day! We appreciate all our visitors from Kanata and have organized a special day for them, with guests and highlights. The Carp Farmers' Market "recruited" some major culinary talent to showcase our local and fresh foods!

Celebrity Chef Michael Blackie (The Brookstreet Hotel) will shop at the market booths and then prepare a 3-course lunch for two lucky pairs of winners; right here at the Market! Get your tickets early at the hostess cart (\$5.00/couple) Prizes will be picked by one of your friendly Kanata-neighborhood politicians under the big tent. Many other give-aways!

June 28th: We celebrate Canada Day together with the **South March Women's Institute**. Visit their booth to sample home-made strawberry shortcake and to learn more about their helpful role in our communities.

ALSO: **Kid's Club** Canada Day celebrations, fun & games, Red & White Kids' Costume Contest.

July 5th: Happy Birthday to...the Carp Farmers' Market! Come celebrate with a free piece of our home-made cake, and go ahead: call us the area's oldest farmer's market, we won't mind...!!

Today's Recipe

Honey Strawberry Rhubarb Crisp

(recipe courtesy of Russell's Honey)

Filling: -3 cups freshly-chopped rhubarb
-2 cups strawberries
-1/2 cup honey
-2 tbsp. flour

Topping: -1 cup oats
-1/2 cup flour
-1/2 cup brown sugar
-2 tbsp. wheat germ
-1 tsp. cinnamon
-1/2 cup butter, softened

Preheat oven to 350F. (180C.) and lightly butter a large baking dish. Toss rhubarb, strawberries and flour together in a bowl and pour into baking dish; then drizzle with the honey. Mix together the oats, flour, brown sugar, wheat germ, cinnamon and butter until well combined, then sprinkle over fruit mixture. Bake 45 to 50 minutes or until soft, bubbling and golden. Serve warm with yogurt or whipped cream sweetened with honey. Delicious!

Food for Thought

Who would have thought that we would get a dose of common sense via the lowly lab rat? Turns out that elderly research rats; having been fed a "colourful" whole-foods diet like blueberries, carrots and spinach for six weeks; turned out to have healthier hearts, memory, bodies and behaviour than their rodent colleagues who were dining the same length of time, on protein/carb/fat/vitamin pellets. What a surprise! Most people know that deep-coloured vegetables and fruits are the ones most packed with goodness. The same natural chemicals that protect the plant from ultraviolet light protect our cells from DNA damage and helps ward off diseases. So choose colour; it could be spinach or carrots or berries or peppers, or more. And if you choose at your area farmers' market; you will definitely get some "local" with your "colour".....!