

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 16

16 August 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.

Amazingly, our annual **Garlic Festival** which took place last weekend, managed to dodge almost all of the raindrops; this despite a fairly ominous weather forecast for both days. It was a joyfully stinky affair, with lots of visitors brave enough to sample and rate raw garlic, and with some beautifully-decorated garlic booths. Winner of **Jim Craig's "Best Booth"** was **Riverside Organic Garden**, where owners **David and Inez McCreery** topped their handsome displays with tiny flags to mark the garlic's heritage countries. A special thank-you to our new market manager (who else: **Ennio Marcantonio**; it's official!) and helpers for the tireless attention to detail like ample signage, timely garbage removal, and well-aimed heaps of fresh gravel for the mud puddles, among many other things.

Today at the Market: Customer Appreciation Day. Local farmers, growers, artisans and bakers would like to thank you for your loyal shopping and your support of small businesses. Please stop by our event booth to sample a bit of local cuisine; we are pleased to have **chef Josh Gillard (Issac's 6400 in Stittsville)** back with us again to cook up our local foods, demo-style (Josh was the guest chef on our first annual Stittsville Day on July 26th). All items served will be market-fresh and offered to you in appreciation by all of us vendors of the Carp Farmers' Market.

ALSO: We expect a visit from the Bloodmobile; please roll up your sleeve and donate some much-needed blood if you have a few minutes.

ALSO: There will be a display of wine-glass painting in progress by **Suzanne Morris** of Galetta Gifts, visit the demo booth for some of her very finely-decorated glassware.

August 23rd: Corn Fest

August 30th: Melon Day

Did you know....?

Ever eat fast-food fries or potato chips...? Say hello to acrylamide; an ingredient you likely didn't know you were consuming. Acrylamide naturally forms when starchy foods are deep-fried to a certain temperature, and the longer they are fried, the higher the level of the carcinogenic chemical (no evidence of acrylamide was found when starchy foods were boiled). It has been linked to ovarian and renal cancer. In California companies such as McDonalds, Wendy's and Frito-Lay were sued by the state for failing to list this chemical in their chips and fries. The lawsuits were settled when promises were made to find a way to reduce the chemical and/or to label foods accordingly, which the companies have 3 years to accomplish.... consumers will no doubt think hard on processed-food labelling in the meantime...!

Today's Recipe (recipe by ServiPro Farm)

Shiitake-Oyster Mushroom Tortillas

- 1/2 medium onion, sliced
- 1 tsp. olive oil, twice
- 2 cloves garlic, minced
- 4 oz. fresh shiitake mushrooms, sliced*
- 4 oz. fresh oyster mushrooms, sliced*
- 2 sprigs of fresh parsley or coriander, chopped small
- 4 flour tortillas
- 4 oz. feta cheese, crumbled

(*or use dried mushrooms by reconstituting them: boil 2 cups water, pour into bowl, add mushrooms, cover with plastic wrap, let sit and soak for 15-20 minutes).

Heat oil over medium-high heat in a large non-stick skillet, add onion and garlic, cook 3-4 min., moving them around a bit. Add mushrooms, stir occasionally until mushrooms soften, about 6 min. Add parsley/coriander, toss and transfer to a plate. Season with salt and pepper to taste. Rinse the skillet, add a little fresh oil and put on med. heat. Warm tortillas in the skillet for one min. on each side; watch carefully and adjust heat if needed so they don't burn. When warmed, slide tortillas onto a large cutting board. Divide the mushroom filling among the four tortillas, placing to one side. Sprinkle the cheese evenly over the mushrooms and fold tortillas in half over the filling. Return tortillas to pan, and over low heat, cook until golden crisp on both sides and cheese is melted, serve immediately.