

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)
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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.

Winner of last week's **Turkey Draw** was **Betty Palmer of Carp**, and we can only assume she put the fresh bird to good use over the Thanksgiving weekend. Our fall bake sale/auction raised \$242.00 for the **West Carleton Food Bank**. Thanks to all the vendors who contributed baked goods for this event.

Today at the Market: 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!

Other apple vendors are **Chris and Kim Hall of Hall's Apple Market**. Kids won't want to miss this booth for the BIG apple on display, and anyone will love their fresh-pressed ciders, their wonderful pies and their apple syrups and cider vinegars. This is one of our vendors who welcome visitors to the orchard; ask in the booth for directions or visit the website.

October 25th: **Last market** of our season! Swing by the demo booth because we are cooking up a big pot of squash soup to celebrate fall, accompanied by hot drinks. (Soup: \$2.00, hot drink: \$1.00).

DON'T FORGET: Our **Christmas Market** takes place on **Dec. 5 & 6** in the Agricultural Hall. Hope to see you there for some wonderful gift shopping!

Also: Lots of activities for children in our last **Kids' Club** of the season. Did your child plant a pumpkin seed this spring (handed out at May 31 Kids' Club), and tended it all summer? Now is the time to bring in the resulting orange orb for our "inspection"; **judging pumpkins** takes place at 11:00 a.m.! Also being judged are Halloween costumes! Dress up your kids and bring them on in for the **Costume Contest**, and

then take a tour of the **Halloween Haunted House** (upstairs in the rotunda; follow the scariness trail). All of the Halloween activities are planned and propped by **Rosanna Salter (The English Pie Shop)**, who is wickedly good at this task...!

Today's Recipe (by Foodland Ontario)

Broccoli Salade Niçoise

- 1 large head broccoli, cut into florets
- 3 medium potatoes, cooked and diced
- 8 large lettuce leaves OR 4 cups mixed greens
- 2 tomatoes, cut into wedges
- 2 hard-boiled eggs, cooled and cut into wedges
- 16 black olives
- 4 slices bacon, cooked and chopped
- 1/2 cup thinly-sliced red onion

Dressing:

- 1/4 cup olive oil
- 2 tbsp. red wine vinegar
- 1 tsp. Dijon mustard
- 1 tsp. fresh chopped basil
- 1/4 tsp. each of salt and pepper

In saucepan of boiling water, cook broccoli until tender-crisp, 2 to 3 minutes. Drain and plunge into cold water; drain well and place in bowl with diced potatoes. In small bowl, whisk together oil, vinegar, mustard, basil, salt and pepper; drizzle small amount over broccoli and potato mixture and gently toss to coat. Arrange lettuce on individual plates or serving platter. Arrange broccoli mixture, tomatoes, eggs, bacon, onion and olives on lettuce; drizzle with remaining dressing. Serve at room temperature.

Apples.....did you know...?

- ...that apple trees are members of the Rose family?
- ...that an apple added to a bag of potatoes will keep them fresh and from sprouting?
- ...that you can substitute apple juice for white wine in recipes?
- ...7,500 varieties of apples are grown throughout the world?