

The Market News

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vegetables in season!



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(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.

Today at the Market: Last week was STITTSVILLE DAY, and the lucky winners of lunch cooked "al fresco" by chef **Josh Gillard** of **Issac's 6400** were: **Geoff Sanderson** and **Gloria Stewart**.

ALSO: Another one of our vendors has hit the spotlight! **Meena Landon-Browne** (accompanied by our president, **David McCreery**) was a guest on the A-Channel Morning News on Thursday July 24th. It seems likely that **Taste of the Raj's "One-one-one Chicken"** should be one of Meena's most popular items for a while...! (recipe was in July 12th newsletter).

In our demo booth today we host **Liz Allison**; one of our local potters. Her **Pine Ridge Pottery** has a beautifully-appointed booth, and today she will show visitors the finer nuances of working with clay.

ALSO: We participate in the "**World's Longest BBQ Challenge**"; originally started by Anita Stewart in 2003; the challenge is an Ontario Ministry of Agriculture, Food and Rural Affairs incentive that was started after the BSE crisis to promote healthy eating. Local farmers' markets as well as home cooks can register and participate. Visit our big demo tent for our version of this national celebration of local food, vendors will be cooking and serving samples, and chatting about their local products.

August 9th and 10th: Our annual Garlic Festival is approaching fast; visit us on either Saturday (8-3) or Sunday (10-3) for a look, sniff or taste of the "stinky rose". There will be lots of different kinds of garlic products available from our regular as well as guest vendors, and check in the food court for menu items featuring garlic. Do try new things: there will be garlic cookies, garlic chocolates and garlic crêpes....enjoy!

August 16th: There will be a visit from the Bloodmobile, and a craft demo by Galletta Gifts (painted wine glasses).

Today's Recipe (by Battle River Bison Co.)

Zucchini Bison Meatballs

- 1 clove of garlic, finely chopped
- 1 cup of shredded zucchini
- 3 tbsp. smoked salt (see The Salty Don booth)
- 1 cup bread crumbs
- 1/2 cup ketchup
- 2 lbs. ground bison (see Battle River Bison booth)
- 2 eggs, beaten

Mix all ingredients well and roll into meatballs. Place in a baking pan and cook in oven at 350 F. for 30 minutes or until firm and cooked through.

For extra flavour sprinkle with Parmesan cheese before baking or just before serving.

New Vendor Profile

An enterprising couple has complimented the "sweet-tooth section" in our Food Court by offering a delicious variety of French crêpes. **Susie Shapiro** and husband **Chris Coghlan** cook up savoury (think smoked salmon & cream cheese) and sweet (bananas & Nutella, fresh fruit & chocolate, apples and brown sugar.....hmmm!) crêpes, and those tasty plates are perfect with a big cup of their fresh iced coffee. **The Market Crêperie** uses as many local products as possible, and has already been overheard to be receiving many compliments. Could a crêpe-flipping demo be far off...?

Now to the other end of the outdoor Market for this new booth: the market welcomes **Dawn King of Rustic Cedar Furniture** into our Arts & Craft section. A cedar-furniture builder who also teaches workshops in the art of making your own year-round outdoor pieces, she offers many different items such as pot trellises, planters, chairs, benches, mosaic tables, and arbors. Most of Dawn's work is custom-order; she will help design your special garden pieces. Cedar lasts a long time without requiring treatment; check out Dawn's new book, "Rustic Garden Projects" if you'd like to try and build something yourself.