

The Market News

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vegetables in season!



3790 Carp Road
(at Village of Carp Fairgrounds)
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Vol. 12, Number 21

20 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.

Last Saturday we enjoyed a large number of visitors who were on hand to witness the unveiling of the huge mural that now graces the south wall of the **Carp Agricultural Society's** office building. A family pass to the **Carp Fair** was raffled off, and the winner is **Yvonne Shragge of Dunrobin**, who will no doubt enjoy the best little fair in the Valley. Thanks to the CAS for donating the prize!

Today at the Market: 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!** Did you know....that melons picked prematurely (in order to accommodate shipping times and grocery-store shelf life) will never taste as sweet and aromatic as a melon left on the vine until ripe? Visit our *other* demo booth for a taste of some delicious locally-ripened melons (donated by **Acorn Creek Garden**).

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

October 4th: This is the day to learn *everything you always wanted to know about canning but were afraid to ask...!* We have expert-canner/preserver **Walter Sandberg (Silver Banks Farm)** in our demo booth to help answer all those questions you may have about how to create your own "eat-summer-foods-in-winter" pantry. Bring in those jars with the bluish-hues, the leaky lids and too-liquid contents. Walter will help guide your efforts into successful preserving of all our market freshness so that you can enjoy flavourful fruits and vegetables even if it is bleak, cold and blustery outside in a few months.

October 11th: Turkey draw and Bake Sale.

Today's Recipe

The market vendors had a little get-together recently and someone brought this wonderful dish that people keep asking about.....so here it is; courtesy of William Griffith of Triple A Farm.

Sweet & Sour Emu Meat Balls

- 1 lb. ground emu meat
- 1/4 cup breadcrumbs
- 1 small onion, chopped fine
- 1/4 cup milk
- 1/2 tsp. Worcestershire sauce
- 1 egg
- 1 tsp. salt

Sauce:

- 1/2 cup brown sugar
- 1 can pineapple tidbits
- 1/2 small green pepper, chopped fine
- 1 tbsp. cornstarch
- 1/3 cup vinegar

Mix first 7 ingredients together; make into meatballs. Cook in large frying pan over medium heat, turning until golden brown, take off heat, let stand. Mix remaining ingredients together in a separate saucepan; bring to a boil. Reduce heat, add meatballs. Simmer for 5 minutes, serve over rice.

About your area farmers

Just as local agricultural growers are getting a leg up on the big grocery chains (at least seasonally) by being supported by the **-eat-local, eat-fresh-** movement of the last few years, they get another knock in the fight to keep small family farms alive and profiting. The ever-rising cost of fuel affects small area farmers in several ways: increased cost to operate farm machinery, to receive delivery of supplies and to bring produce to market. Their livelihood depends on market, farm-gate and roadside sales, and still also on off-farm jobs. Consumers who eat locally enjoy fresh, seasonal and varied foods, decrease their carbon footprint and support this area's farming families. Thank you!