

# The Market News

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Check out our website for  
fruit and vegetables in season!



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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:** Today is **KANATA DAY!** We love that you get out of bed early on Saturday mornings to come and shop for freshness and creativity at our market. Thank you! For this designated day, we have a very special guest who is going to be the centre of attention as he walks the market and shops at our booths.....don't miss **Chef Michael Blackie (The Brookstreet Hotel)** cooking up a storm in the demo kitchen for two pairs of lucky (hungry!) winners!! You can get tickets at the hostess booth for \$5.00/pair. The draw for the "al-fresco" lunch by the celebrity chef will be at 10:30 in the big tent, by one of Kanata's own friendly neighbourhood politicians.

**June 28<sup>th</sup>:** 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 5<sup>th</sup>:** The Carp Farmers' Market just keeps getting bigger and better, and we are certainly getting on in age, too! On this Saturday we celebrate our 18<sup>th</sup>; come and join us for some cake...!

## Did you know.....about Kanata?

- that this suburb has its own symphony orchestra?
- that although Kanata only arose from the ground in the 60's; a sandstone formation was found there that dates from 460 million years ago?
- that 30 years ago this month, the province decided that Kanata's then-rural locale would fit in Ottawa's urban embrace? (and this action successfully set the stage for many more local rural-urban developments.....like farmers' markets...!)

## Welcome New Vendors (part 4)

A slightly belated welcome to young Edmund Sears: he of the steady hand and practiced eye. His delicate wooden boxes (pine, balsam, maple, cherry and walnut) are decorated with marquetry figures, for which he finds inspiration in nature. Check out his ingenious wooden "toast retriever" as well as handy key racks, stand-up earring boxes and sturdy book ends. Edmunds Carpentry was first "carved" into existence 5 years ago in the Dunrobin area. You will find this booth in the Rotunda.

## Today's Recipe

### **Elk Medallions with Cherry Sauce**

(see *The Elk Ranch booth (of Kanata...!)* outside at the market)

4 elk medallions (or chops, round or hind steaks)  
Salt and pepper  
1/2 tsp prepared mustard

### **Sauce**

1 cup red wine  
2 tbsp. cherry brandy  
1 cup heavy cream  
2 chopped shallots  
2 minced garlic cloves  
1/2 tsp. minced rosemary  
1/2 tsp. salt  
1/4 tsp. black pepper  
1/2 cup sweet cherry jam

Add the wine, cherry brandy, cream, shallots, garlic, rosemary, salt and pepper in a saucepan and bring to a boil. Reduce heat, and simmer the sauce for 30 min. until it has reduced in volume by half and shallots are tender. Pour the sauce into a blender and puree until smooth. Return to sauce pan and add jam. Bring back to boil and stir constantly for several min. until thick. Barbecue the medallions with salt, pepper and a thin layer of prepared mustard over medium-high heat until medium rare or medium. Remove from heat and serve with sauce, accompanied by your favorite vegetables.