

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 17

23 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.

Today at the Market: CORN DAY. Purists; this is your chance to sample all kinds of corn, without the butter of course, for best comparison. Visit our event booth at the back of the market for some sweet cobs, and don't forget to grab a toothpick when you're done!

August 30th: Melon Day. Despite the persistent summer rain; we are fortunately still able to put on this sweet sampling: MELONS! It is held at the event booth at the back of the market, with our friendly hostesses minding the melons.

ALSO: A very special KIDS' CLUB! We host **Dr. Locks** and his **Doll and Teddy Bear Clinic**, with his volunteer team of "nurses". Children; bring your hurt and your wounded. Dr. Locks has a great ear for your stories, and the nurses will tend to the "patients" (nurses have bona-fide backgrounds as seamstresses and crafters...!) You can also make your own teddy-bear hand puppet, supplies provided by **The Doll Lady** (Lori Craig's booth in the market building). Hostesses will assist children with the hand puppets. Or visit our guest booth: the **Ottawa Doll and Collectors' Guild**, they are a local group with a special program that collects gently-used, soft-bodied life-size **baby dolls**, and places them with area Alzheimer's patients. Do you have a doll that fits the above description that you would like to donate...?

September 6th: Our annual **Vendor's BBQ**; where our hard-working farmers, bakers, crafters and cooks get a chance to mingle and sample some of the pot-luck style dishes after market hours. Vendors; please check with Barb Filoso (Beef on a Bun) about pot luck.

September 13th: We host **Chef Shawn Traversy** who owns catering business **Chef Express**. He will highlight his approach to fresh, local cooking using, naturally, our market goodies. See the demo booth.

Today's Recipe *(from Foodland Ontario)*

Grilled Corn and Sausage Salad

- 2 sweet or red peppers, whole
- 3 cobs of corn, husked
- 1 lb. sausage (see the Elk Ranch or Beaverbrook Farm booths at the market)
- 1 zucchini, cut in thick diagonal slices
- 4 small onions, halved
- vegetable oil for brushing

Dressing (whisk together until blended and smooth):

- 2 tbsp. cider vinegar
- 1 tbsp. lemon juice
- 1 tbsp. fresh chopped basil leaves
- 1/4 tsp. each salt and pepper
- 1/3 cup olive oil

Grill whole sweet peppers 4-inches from medium-hot coals, turning often, for about 15 min. or until charred all over; let cool slightly. Remove peel and seeds; cut into pieces. Meanwhile, arrange corn in single layer on a large piece of foil; fold up foil to form packet. Grill corn packet for 20 to 30 min. or until tender. Prick sausage in several places, and grill for 15 to 20 min. or until browned and cooked through, brushing with oil and turning occasionally. Grill zucchini and onion for 10 to 15 min. or until tender and browned, turning once and brushing lightly with oil. Unwrap corn and carefully cut kernels from the cobs in a big, wide bowl, slicing downwards along the cob with a sharp knife. Slice sausage on the diagonal. In large bowl, toss grilled vegetables and sausages with dressing. Adjust seasoning. Transfer to large platter; serve warm.

There's still time.....!

What to do at the end of October, when the farmers' markets close..? Extend our Ontario growing season by canning and preserving summer fruit and produce. This is the perfect time to stock up on baskets of plums, peaches and cherries, or beets, pickles and peas: create your own "summer" pantry for those flavorful reminders of kinder months...!