

The Market News

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fruit and vegetables in season!



3790 Carp Road
(at Village of Carp Fairgrounds)
Tel: (613) 786-1010

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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: Today we appreciate specifically our customers from **STITTSVILLE**. We highlight our vendors from the not-so-little village to our south, and host the executive chef from **Issacs 6400; Jason Gillard**. Chef Jason will shop our booths, and cook up a delicious lunch for four which you can win by buying tickets at our hostess cart for \$2.00 each or 3 for \$5.00. Don't miss this special lunch as it focuses on all the best that our market has to offer. Also; meet your friendly local politician **Shad Quadri** and accept our thanks for being such loyal visitors!

ALSO: In our demo booth we host **Mickie Mackie of Acorny Acres**, who will demonstrate the careful craft of bird carving. Stop by and marvel at the attention to detail required in this work.

Our **KIDS' CLUB** today has some gifted guests; artists **P. Susan Clow** (fibre arts) and **Gillian Mattock** (stained glass) who will help our littlest visitors decorate their own colourful postcards of the Carp Farmers' Market.

August 2nd: **Liz Allison** will be in our demo booth showing all interested souls just how she makes such beautiful pottery. Ask any questions you like about throwing, baking, glazing or decorating pottery, and don't forget to look at her whole **Pine Ridge Pottery** "pott-folio" in the red barn.

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: The original **GARLIC FESTIVAL** is here, in Carp! It'll be noses wide open to appreciate the many different types of garlic we will bring to the market this weekend. Chef cook-offs, garlic tasting & judging, and garlic vendors galore make this a can't-miss market. Food court vendors will have garlic-themed menus on this weekend. Keep in mind this market runs both Saturday and Sunday, so just follow your nose and your appetite down the road and up the hill to Carp Fairgrounds, and savour the flavours with us...!

Today's Recipe (from Chatelaine magazine)

Green Bean and Tomato Salad (serves 4)

- 1 lb. green or yellow beans
- 2 garlic cloves, minced
- 1 shallot, minced
- 1 tbsp. chopped chives
- 1 tbsp. chopped fresh basil
- 1 tbsp. balsamic vinegar
- 1/2 tsp. dijon mustard
- generous pinches of salt and pepper
- 2 tbsp. vegetable or olive oil
- 1/2 pint cherry tomatoes or quartered small tomatoes
- grated Parmesan cheese (optional)

1. Trim beans. Then boil in a large saucepan partially filled with water over high heat until tender-crisp; 3 to 5 minutes. Prepare garlic, shallot, chives and basil. In a small bowl, whisk balsamic with Dijon, salt and pepper. Add garlic, shallot, chives and basil. Slowly whisk in oil.

2. Drain beans well. Place in a large bowl with tomatoes. Add dressing and toss. Delicious warm or chilled. Sprinkle with Parmesan, if you like.

Did you know...?

Red wine on Friday night?.....visit the farmers' market on Saturday morning..! The crunchiest veggies (think carrots, celery and string beans) have a whitening effect on recent tooth discoloration; literally "scrubbing" the stains away. So forget the Crest tooth strips; hit the veggie vendors' booths instead...!