

The Market News

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fruit and vegetables in season!



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(at Village of Carp Fairgrounds)
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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.

Last week at the Market; we honoured our **Kanata** visitors, and it was a sunny, well-attended event. **Chef Michael Blackie (The Brookstreet Hotel)** prepared a lovely lunch assembled from the vendors' booths, to be served to two lucky couples with winning lunch-draw tickets. Guests at chef Blackie's "Best of the Market" table were: **Marlene Medaglia and Ed Gurgurewicz of Kanata**, and also **Meghan Maloley and Scott Perrie of Ottawa**. Local politicians **Marianne Wilkinson, Eli El-Chantiry** and **Peggy Feltmate** welcomed and entertained guests. Visit us on July 26 for STITTSVILLE DAY.

Today at the Market: We celebrate **CANADA DAY** with a wonderful strawberry event, find the **South March Women's Institute** in the demo booth with their homemade strawberry shortcake and whipped cream. Sample some strawberry iced tea, too.

ALSO: Today's **Kids' Club** has many activities planned; such as hand and face painting, obstacle races, apple bob and more, with prizes for all. Come and look through a real telescope, and chat with our visiting astronomer Bryan Black. There will be a **RED & WHITE KIDS' COSTUME CONTEST**, for which the judging is at 11:00 a.m. with Chapters gift certificates for the top 3 costumes.

July 5th: The Carp Farmers' Market celebrates its 18th birthday with.....yes; more cake! Our market is the oldest farmers' market in the Ottawa area, has served as a "model" for many other similar markets in development, and at this ripe "old" age, we proudly uphold our "producer-present" standard.

MARKET CART: Come and see our new promotional items; the cart is now stocked with beautiful high-quality aprons and tote bags in 3 colours, as well as attractive lapel pins. All items show the CFM logo, and are made in Canada.

Today's Recipe

STRAWBERRIES WITH GINGER CRÈME BRULÉE AND BRITTLE

Sauce:

1 cup (250 mL) each homo milk and whipping cream
1 inch (2.5- cm) piece peeled fresh ginger, thinly sliced
1 cinnamon stick
5 egg yolks
1/2 cup (125 mL) granulated sugar

Brittle:

1 cup (250 mL) granulated sugar
1/2 cup (125 mL) water
1/2 tsp (2 mL) salt
-6 cups **strawberries**, hulled, rinsed and halved.

1. For sauce, in a large saucepan over medium heat, stir milk with cream, ginger and cinnamon stick. Bring to a simmer, stirring often, 6 to 9 min. Remove from heat. In a bowl, whisk egg yolks with sugar. Gradually whisk half of hot milk mixture into yolk, then whisk yolk mixture back into milk mixture in saucepan.

2. Return to medium-low heat and stir often, using a wooden spoon, until mixture is thick enough to coat the back of the spoon, from 8 to 10 min. Don't boil or sauce will curdle. Strain into a bowl. Discard ginger and cinnamon. Press a piece of plastic wrap onto the surface of custard and refrigerate until cold, about 2 hours. Sauce will thicken as it sits.

3. Meanwhile, for brittle, cut 2 large pieces of parchment paper. Spray both with oil. Place 1 piece, oil side up, on a large cutting board. In a large heavy-bottomed saucepan set over medium heat, stir sugar with water and salt until sugar dissolves, about 5 min. Increase heat to high. Boil without stirring until mixture turns amber, 5 to 6 min. Pour onto parchment on cutting board. Cover with remaining parchment, oil side down. Using a rolling pin, quickly roll out mixture as thin as you can. Cool for 5 min. Peel off parchment. Break brittle into small pieces. If making ahead, store in a covered container at room temperature for up to 1 week. Serve berries in small bowls. Spoon sauce on top, then sprinkle with brittle.