

# The Market News

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Check out our website for  
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.

**Today at the Market:** Right on the heels of Canada's birthday comes our own: the Carp Farmers' Market celebrates 18 years young today. Come and enjoy a piece of birthday cake on us at the back of the market. No gifts please, just your company.....!

**July 12<sup>th</sup>:** Find Meena **Landon-Browne** in our demo booth sharing her secrets of delicious Indian cooking, available weekly in her **Taste of the Raj** booth (see the rotunda).

**July 19<sup>th</sup>:** Join Gerry and George of **The Herb Garden** for a demo in which you can learn a LOT about herbs. Find out about culinary uses, medicinal qualities and poisonous plants.

## Today's Recipe

### HOT SAUTÉED RADISHES

*(recipe provided by Rainbow Heritage Garden)*

(this is a recipe that rounds out the sharp flavour of radishes)

- 1 bunch of radishes with leaves (about 10)
- 2 tbsp butter
- 1/2 cup orange juice
- salt and freshly ground pepper to taste

Remove the leaves from the radishes and wash well. Chop them finely and set aside. Wash the radishes, then cut them into quarters. Bring a shallow saucepan of water to boil, add salt and drop in to the radishes. Blanch them for 1-1/2 minutes, then drain and refresh them under cold running water. In a frying pan, melt butter, and then add the blanched radishes, leaves and orange juice. Bring a to boil, stirring to coat. Lower heat and cook until hot, season and serve. For an interesting twist substitute the radish leaves for a cup or two of chopped arugula.

## Vendor Profile

In full swing again at our market are **Kylah Dobson and Zach Loecks** of **Rainbow Heritage Farm**. Their table groaning with fresh produce from their fields near Cobden, this couple spends their days in the rows hand-tending the crop, which includes many heirloom vegetables. Harvesting early in the day and cooling vegetables with water "holds" the freshness as long as possible before they reach customers, Zach explained, and went on to say that he and Kylah love putting excitement on the dinner table with their fresh and colourful produce. Besides attending farmers' markets, they also serve a small CSA clientele.

## Food for Thought

With "our" birthday having arrived, and it being a fairly mature one for a farmer's market (18 years...!), this might be a good time to ponder just what it is we started here. Or rather; what our founder, Hildegard Anderson (of Saskatchewan origins) started, back in 1990, with the help of the Carp Fair Board and friend Kathy Fischer. She envisioned a local "prairie-style" market where people could get weekly groceries, meet and chat with their neighbours and support local growers all in one place. Ms. Anderson was the head of the market as well as the manager for the first few years. This lady was really the pioneer of the "100 mile" concept, since she set out one of the basic foundation rules of the CFM: namely that all food and products must be raised, grown or produced within a certain distance of the market itself, in this case 100 kilometers, and be sold to the customers by the producer him/herself. Thanks to her drive and tenacity; this concept has held, and today the Carp Farmers' Market is known as a "true" farmers' market. Industrious as ever; Ms. Anderson went on to help guide and direct the newly-formed Farmers Markets Ontario Association. She passed away in 1993. Special note: There is a \$150 scholarship fund in Hildegard Anderson's name, and this year it was won by West Carleton Secondary School student Jesse Belanger, who hopes to pursue environmental studies.