

The Market News

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vegetables in season!



3790 Carp Road
(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: Vendors meet after the market closes, to enjoy a hard-earned BBQ and a chance to chat with their fellow vendors. *After-hours, vendors only.*

September 13th: We have hosted restaurant chefs earlier this summer, now we give the demo spot to a catering chef: **Shawn Traversy of Chef Express**. Chef Shawn will highlight some of the many ways you can entertain with our farmers' market products. **ALSO:** Today there will be a **mural unveiling** by the **Carp Agricultural Society**, to beautify the already well-tended fairgrounds. Keep an eye on the Food Court area for the ceremony and other activities!

September 20th: We host the City of Ottawa Public Health Kiosk and their Community Food Advisors who will "make food come alive" and provide tasty samples of and helpful examples for: healthier eating. (10 a.m.-12 noon in the demo booth).

Common-sense Basics in the kitchen

*Keep foods out of the "danger zone" (which is between 4 C and 60 C), so that means keep them in the fridge (which is to be set at less than 4 C) or keep them hot, usually getting cooked to be served.

*When cooking, cook foods until they are steaming hot.

*Let cool; then promptly refrigerate. Do not put hot foods in the fridge; it promotes spoiling and raises the temperature in the unit endangering other foods.

*Wash your hands often: after bathroom use, touching pets or garbage, or after sneezing, and especially when handling raw meat, fish or poultry.

*When barbequing, use one plate to carry raw meat to the grill, and another, clean one to bring the cooked meat from the grill to the table. Ditto for the tongs!

*When washing food preparation tools (pot, ladle, slicer blade, wooden spoon etc.), use a little bleach in your hot soapy dishwater, then rinse. Sanitize wooden cutting boards after each use with the same method.

*Wash vegetables and fruits before serving them.

*Use a fresh dish cloth each day; launder used ones.

Today's Recipe

(The recent listeria incident has consumers being a lot more careful about their meat sources and handling. Listeria bacteria occur naturally but can be eliminated by proper cooking methods. Keeping a clean, sanitized kitchen (see: "common-sense basics") also helps prevent food-borne illnesses.....they're measures YOU can take at home to make your foods and meals safer).

Ontario Meat Loaf *(by Martendale Farms)*
(a nice home-made choice for lunch-box sandwiches)

- 3 large mushrooms, sliced small
- 1 tbsp. olive oil
- 1/4 sweet green pepper; diced small
- 1 small onion; diced small
- 1 lb. ground Ontario beef, lamb or pork
- 1 tomato, peeled and diced (or 150 ml. canned)
- 1/2 cup rolled oats
- 1/4 tsp. salt
- dash pepper
- 1/4 tsp. cumin
- 1 tbsp. fresh savory or thyme leaves, chopped
- 1 egg

Preheat oven to 350 F. (180 C). In a frying pan, quickly sauté mushrooms, peppers and onion in olive oil, just enough to glaze and soften. Add these ingredients to all the others in a large bowl and (with clean hands...!) mix all ingredients together, forming a ball which you press into a loaf pan. Bake for 45-60 minutes, let cool slightly before removing from pan. Great with a garnish of fried onions and a bed of garlic mashed potatoes, and fresh farmers' market vegetables like broccoli or beans.....
Mmmmm.....yours truly has to go and make dinner now...! Enjoy yours!