

The Market News

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GARLIC FESTIVAL SCHEDULE

SATURDAY AUGUST 11

8:30-9:45 Andre Sanche,
The Urban Element Cooking School

1. Stuffed Ravioli on garlic whipped cream
2. Basil Pea Soup

10:00 –12:00 Mark Lepine,
The Courtyard Restaurant

Three courses with garlic:

1. New Caesar Salad with pork bellies & garlic chips
2. Elk Mojo. Smoked garlic brioche
3. Roasted garlic ice cream

12:00 –1:00 The Jim Craig Award and Winners of the Garlic Contest announced

1:30 – 2:30 Donna Davidson, Glengyle Garlic

Four Seasons Cooking with Garlic: how to use garlic during its 4 stages of development

SUNDAY AUGUST 12

10:00 –10:30 Sue Asseltine, Cranberry Creek Farm
How to Grow Garlic

11:00 – 12:00 Joe Thompson, The Swan Restaurant

1. Braised Venison Shank with 40 cloves of garlic
2. Truffles with saffron and triple sec
3. Maple candied garlic garnish

1:00 – 1:30 Bill Ableson. Garlic Braiding

Garlic Tasting: All day, Saturday & Sunday, between other activities

WHY LOCAL IS BEST

It's virtually impossible to find local garlic in the grocery stores of Canada. The supermarket shelves are stocked with product from China and California. But why? Perhaps we can justify imported pineapples or oranges – but why garlic which grows excellently in our soils and climate? The answer lies within the whole sordid mess of industrial food production & distribution. The inventory of grocery stores is determined by huge multinational corporations and the deals cut by governments in international trade agreements. China has flooded the global market with cheap garlic and despite its inferior quality, lack of taste, dubious safety and huge ecological footprint, that's all the food distributors will give us.

The Garlic Festival at Carp Farmers' Market celebrates a very different reality. In one place for one weekend you can meet over 20 Eastern Ontario producers of garlic and buy product directly from the farmer.

Local garlic is fresher. Grocery store garlic is months old traveling thousands of km. while local garlic has been picked in the last several days – as part of the natural harvest time for garlic in eastern Ontario. That's why we choose the 2nd weekend in August for the Festival.

Local garlic is tastier. The soft-necked varieties used in huge industrial operations are chosen for their ability to fit a factory model & lengthy travel. The local hard-necked varieties have markedly superior flavour.

Local garlic is more diverse. Of the more than 600 varieties worldwide, industrial farms have reduced this to a few high-yielding hybrids. But our local farms demonstrate a wonderful diversity including varieties first developed in Canada, Italy, France, Russia, Czechoslovakia, Japan, & Korea. Be sure to stop by the Tasting table in the Events tent to sample some varieties and give your rating.

So, it's a win-win situation. You can support the local economy & sustainable agriculture – but you also go home with a superior product – fresh local garlic.

UPCOMING EVENTS

The Carp Farmers' market is open for business every Saturday, 8 a.m. to 1 p.m., rain or shine, with a special event every weekend.

Next Week, Aug 18 Corn Fest - we will have 3 of the region's major sweet corn farmers. There will be a chance to sample the local varieties.

Aug 25 Pottery - Liz Allison of Pine Ridge Studio will be throwing clay on the pottery wheel and showing us samples of the various steps in the process.

Eco-Savvy Weddings – info will be available on how to make your wedding environmentally friendly.

Sept 1 Melon Day – recipes and tasting of a variety of local melons.