

The Market News

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UPCOMING EVENTS

Welcome. We're open for business every Saturday from 8 a.m. to 1 p.m., rain or shine, offering a special event every week.

Today at the Market

Celebrate Father's Day. First 100 dads will enjoy a specially designed cookie. Draw for a \$50 gift certificate for dads.

June 23 Join us for a strawberry dessert with all donations going to West Carleton Food Bank.

June 30 Canada Day celebration & glass painting demo. Kids' Club will start at 9:30 with games, races, hand & face painting, telescope demo, and costume competition.

July 7 The Market's Birthday party and pressed flowers demo.

FARMERS' FACEBOOK

Get to know some of the remarkable farmers and artisans that serve us each week.

Mali's Eggrolls. Malivanh lemsisanith immigrated to Canada over 20 years ago but returns each winter to her island home in Laos at the mouth of the Mekong River. Mother of 9, grandmother of 15, Mali has become a cult-personality of the Market, serving up her famous eggrolls, springrolls, pad thai, chicken curry and several other Asian dishes. Why do people line up? Mali says "Fresh ingredients, no MSG, secret spices, good price and they like it when I yell at them."

Back Forty Artisan Cheese. Starting in 2000 with a small flock of Icelandic sheep, Jim Keith and Liz Harker now handcraft 7 award-winning ewe milk cheeses in their farmhouse-commercial kitchen tucked away in the hills of Lanark Highlands. Ribbons at the Royal Winter Fair, rave reviews from magazine 'foodies' across Ontario, served at Rideau Hall – but only we can buy it direct from Jim & Liz here!

Kidstuff. Deb Woeller handcrafts kids' clothing. Using pre-shrunk, easy-care fabrics and comfortable, generous fits, summer styles include sundresses and Capri sets with matching hat & hair accessories. Cooler weather brings out sweatshirts, mitts and hats – including the famed 'Way Cool Banff Hat' that has become a distinctive headgear of a Carp marketer.

Wendy Booth Photography. Wendy has been a professional wildlife/nature photographer since leaving Nortel in 1994. Her new "Mouse" collection illustrates her ability to capture 'personalities' from many hours of patient observation, waiting for just that right moment. Still a film shooter, Wendy says, "I prefer to spend my days outside with nature rather than editing images in front of a computer".

THIS WEEK'S RECIPE

Summer's salutary salads satisfy seemly spirits.

MARINATED FETA SALAD

½ lb. local feta – try Back Forty's
1/3 c. olive oil
1 large clove garlic, minced
1 ½ T. chopped fresh mint
1 local tomato

1T. chopped fresh parsley
1 T. capers
local salad greens

– Connaught has early ones from their greenhouse

Slice feta thinly and lay out in a shallow dish. Heat olive oil & garlic to release fragrance. Cool completely. Stir mint, parsley & capers into oil. Pour oil over feta and marinate at room temp. for ~1 hr. Serve on top of greens with tomato chunks and drizzle all with marinade.

Recipe inspiration from a regular & local customer

WHY LOCAL IS BEST

"Shopping should not be a supermarket snatch and grab affair"

Slow Cooking-not so fast food, 2004I

Local food is slow food – food produced by artisans for artisans. Farmers' markets allow us to restore dignity to our food – how it's made and how it's eaten.

Slow Food is an international non-profit organization founded in 1986 in response to the standardizing and frenetic effects of fast food on our culture. It now involves over 80,000 people in 104 countries. You can learn more and get connected to the local chapter through www.slowfood.com. It encourages an artisanal approach to food – fresh, local products from small, sustainable farms, the fostering of distinctive regional flavours and the restoration of traditional methods of processing and cooking.

One fabulous example of slow food at our market is Back Forty Artisan Cheese. "Artisan is a specific category of cheese-making in France," says Jim. "To qualify, it must remain small-scale, use fresh local milk and traditional hand-crafted methods." As Jim speaks of working with the curds, noting differences in spring and fall milk and describing the skills of curing and aging his cheeses, it is clear you are meeting a true artisan. The Market is privileged to have a community of such food artisans – bakers, confectioners, apiarists, makers of hand-made preserves, salad dressings, pates – and many others.

Slow down and taste the difference