

The Market News

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UPCOMING EVENTS

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

Today at the Market

Vegetable Day. Several of our vegetable growers will provide samples and recipe cards: Borsht & pickled beets from McGregor's, Broccoli salad from Bergeron's, Cooked Red Cabbage from Acorn Creek. There will also be a presentation by Anne Armitage of Picture Perfect Pets on animal portraits.

Aug 11/12 Garlic Festival: Sat 8am to 3 pm and Sun. 10 am to 3 pm. Over 100 vendors including 20 producers of local garlic. Celebrity chefs, seminars, garlic braiding, a booth to sample the many garlic varieties available, and 2 food courts.

Aug 18 Corn Fest - taste the local varieties.

Aug 25 Pottery – demo by Liz of Pine Ridge Studio

FARMERS' FACEBOOK

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

Riverside Organic Garden. David & Inez McCreery grow 40 varieties of vegetables using organic methods on their deep clay soil on the banks of the Mississippi River. Next week, be sure to sample some of their 8 types of garlic representing Korea, Japan, Russia, Germany, France, Czechoslovakia, Italy & Canada. David, our market's President, studied horticulture at university and spent over 30 years with Parks Canada where he led planning of parks for Ontario & Atlantic regions.

Picture Perfect Pets. Anne Armitage, working from her waterfront cottage in Constance Bay, creates animal portraits for pet owners. With a degree in fine arts from Nova Scotia College of Art & Design, she contributed a chapter in a book on animal portraits published in Jan 2007. Anne researches each commission by spending time to appreciate each subject's personality. Then, working with her own photographs of the pet, she can take up to 100 hours to create the pencil & acrylic portrait.

Miss Shugga. When still a little girl, Susie Shapiro dreamed of having a cookie business and now she and Chris Coughlan dazzle us with new shortbread ideas – up to 10 new varieties each week- from traditional to sophisticated and sometimes a bit 'wacky'. Using several types of sugar, high quality butter & no artificial flavours, Susie offers traditional Scottish shortbread along with several cheese, herb and other savoury styles and Belgian chocolate shortbread. Susie is particularly pleased to have developed a sweet roasted garlic cookie – just in time for next week's Garlic Festival.

THIS WEEK'S RECIPE

'petite potatoes present perfectly'

THE SIMPLEST POTATO SALAD serves 4-6

4 green onions
3 T. olive oil
1 T. white wine vinegar
1-½ lbs. new small potatoes
¾ c. mayonnaise
3 T. snipped chives

Whisk together oil & vinegar. Add onions. Cook & drain potatoes. Immediately toss with oil & vinegar mixture. Allow to cool. Stir in mayonnaise & chives. Salt & pepper to taste. Chill to serve.

Thanks to Deb Woeller

WHY LOCAL IS BEST

Local Food: The Reign of Terroir.

In early March 2007, a one-day conference was held at the University of Toronto called "Terroir – A Sense of Place". Bringing together Ontario's top chefs, restaurateurs, vintners & food media, it celebrated local product by examining how specific soils, geography & micro-climates can give unique characteristics to our food. Lauded chef, Jamie Kennedy, the event's keynote speaker, sees Canada as having a very young food culture that is only now blossoming. So, we need to learn the concept of 'terroir' from the French, Italians & other Europeans where local food is treasured for giving a smack, a tang of the soil – le gout de terroir.

Soil maps of the Ottawa Valley reveal a rich & diverse resource. Food tastes will differ because of variations in mesoclimate: soil composition, type of organic life in topsoil, depth to bedrock, drainage & aspect (sun exposure). But we cannot take the health of these soils for granted. Industrialized farming is rapidly 'mining' our soils. Immense damage is being done, leading to compaction, erosion, salinization, loss of organic life and ultimately a complete loss of fertility. In sharp contrast, the small farms represented at Carp Farmers' Market are committed to preserving healthy soils. Ask Carp growers about the sustainability practices they employ to build up their soil fertility.

The distinctive flavours of the food you buy at Carp derive from the soils on each farm. One potato is not the same as another. Try out a variety of vendors and celebrate 'le gout de terroir'.