

October 1, 2011

MARKET THYMES

www.abbotsfordfarmandcountrymarket.com

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Today's Highlights

- ◆ New farm vendor, One Loaf Farm with heirloom squash, mild and hot peppers.
- ◆ Applebarn will be bringing Kiwi Grapes. These "mini Kiwis" have edible skins, are slightly sweeter than regular Kiwis. They look great in a fruit salad and make a nice garnish.
- Music by John McLoughlin and Friends.



Harvest Time Corn Pancakes

We all know that pancakes are wonderful for breakfast, but try using the following recipe at dinner time.

Ingredients

- 1/2 red pepper
- 2 green onions
- 1 1/2 cups (375 mL) all-purpose flour
- 1 tsp (5 mL) salt
- 1/2 tsp (2 mL) baking soda
- 3 eggs
- 1 1/2 cups (375 mL) buttermilk
- 2 cups (500 mL) fresh corn niblets
- 1/2 cup (125 mL) grated Asiago or Fontina cheese
- 2 1/2 tsp (12 mL) each butter and vegetable oil



1. Finely dice red pepper and thinly slice green onions. Set aside. In a large bowl, using a fork, stir flour with salt and baking soda. In another large bowl, whisk eggs with buttermilk. Pour wet ingredients over dry ingredients. Stir together with a fork and mix just until combined. Then, using a spatula, gently fold in pepper, onions, corn and cheese.
2. Heat 1/2 teaspoon (2 mL) each butter and oil in a large, wide frying pan, preferably non-stick, over medium heat. When melted, pour or ladle in about 1/4 cup (50 mL) batter for one pancake. Using the back of a spoon or ladle, form batter into a small circle. Do not spread out too thinly. Add 1 or 2 more pancakes to pan. Cook until bubbles form on tops of cakes and edges start to brown, from 2 to 3 minutes. Using a wide spatula, flip pancakes over. Don't pat pancakes down with spatula while they cook. Cook until pancakes are puffy and undersides are golden, about 2 more minutes. Remove to a large plate and cover with foil to keep warm. Or keep warm in a 200F (100C) oven. Repeat until all of batter is used, adding butter and oil as needed.

Great with a Gelderman Farms pork roast.

Today's Vendors

FARMS/GROWERS/PRODUCERS

Apple Barn Pumpkin Farm
Gelderman Farms Pork
Valley Gold Honey
Secret Garden
One Loaf Farm-*NEW*
Friesen Farm
Wyndson Farm
Country Village Fruits and Veggies
Redeemer's Garden
Little Qualicum Cheeseworks
Abundant Acre Family Farm
Richmond Specialty Mushrooms
Ohm Organic Farm
Fleenor Farm
A V Farm

FOOD PRODUCERS

Fort Langley Bakery
Ilios Dressing
Big Mac's Gourmet Specialties
Gesundheit Bakery
Karla's Specialteas
Judy's Country Kitchen
The Ivy Oven
Grab-A-Java Coffee

ARTS & CRAFTS

WigglePie Crafts
A. Brown Designs
Shipwrecked Treasures
Hugo & Annie's Hobby Shop
Love Bomb



*Perennial market favourite
Sylvain le Musician with
partner Rochelle and their
newest addition.*

Now a trio.



First Winter Market Dates Set

Our last outdoor market is
October 15th, two Saturdays
from today.

We go inside the church for a
series of winter markets.
Dates for the remainder of
2011 have been confirmed.
They are:

October 29,
November 5
December 3 & 17.

Watch for 2012 dates to
follow.

*Congratulations to Allison Trout,
winner of the Sizzlin' Summer monthly
prize pack. Allison is pictured at right
receiving her Weber barbeque from
Rick Neufeldt, store manager, and
Bruce Konrad, co-owner of Blackwood
Building Supplies.*

*Allison also won \$50.00 worth of
product from Redl's Homegrown Beef
and \$50.00 from Gelderman Farms
Pork.*

