

July 2, 2011

MARKET THYMES

www.abbotsfordfarmandcountrymarket.com

Market manager Bruce Fatkin, 604-996-1542



Today's Highlights

- ◆ We have strawberries, yeah!
- ◆ New vendor today, Jam'N'Music with jams & jellies from their own fruit,
- ◆ New monthly prize package— Rugby 7s, AgriFair, Airshow and EcoDairy.
- ◆ Music by Willie & the Other Guy.



Rhubarb Bread

Still some rhubarb in the Friesen Farm booth. Here's another use for it. Thanks to Barb from WigglePie Crafts for sharing this one.

Don't forget that you can cut rhubarb and freeze it for future use.

Ingredients:

- 2 cups brown sugar
- 2/3 cup oil
- 1 egg
- 1 cup buttermilk
- 1 tsp vanilla
- 1 tsp salt
- 1 tsp baking soda
- 2 ½ cups flour
- 2 cups rhubarb - chopped in ¼" pieces



Blend brown sugar, oil, egg and buttermilk until smooth.

Add vanilla, salt, baking soda and flour. Beat until smooth.

Stir in the rhubarb.

Pour mixture into two greased loaf pans. Sprinkle tops with white sugar if desired.

Bake at 325 F (160 C) for 65 minutes or until toothpick comes out clean.

Rhubarb has been used for medical purposes (primarily as a laxative) by the Chinese for thousands of years and appears in *The Divine Farmer's Herb-Root Classic* compiled about 2700 years ago.

For centuries the plant has grown wild along the banks of the river Volga in Russia. The expense of transportation across Asia caused rhubarb to be highly expensive in medieval Europe where it was several times the price of other valuable herbs and spices including cinnamon, opium and saffron.

Rhubarb first came to North America in the 1820s with European settlers.

Today's Vendors

FARMS/GROWERS/PRODUCERS

Red Roof Nursery
Rockweld Farms Chicken
Friesen Farm
Country Village Fruits and Veggies
Redl's Homegrown Beef
Virk Farm
Wyndson Farm
Fredon Greenhouses
Little Qualicum Cheeseworks
Abundant Acre Family Farm
Richmond Specialty Mushrooms
Ohm Organic Farm
Valley Gold Honey
Secret Garden
Applebarn Pumpkin Farm
A V Farm
Sunlight Blossoms

FOOD PRODUCERS

Grab-A-Java Coffee
Culinary Blossom
Ilios Dressing

FOOD PRODUCERS

Judy's Country Kitchen
Simply Delish Soups & Salads

The Ivy Oven
Fort Langley Bakery
Jam'n'Music-*NEW*

ARTS & CRAFTS

Choi's Pottery
Face Painting by Tanya-*NEW*
Coralwear Creations
Shipwrecked Treasures
Lilac Rain Crafts
WigglePie Crafts
Pampered Planet
Hugo & Annie's Hobby Shop
Bead Craze
Gems in Bloom
Fresh-N-Home



30th Annual

Berry Beat Festival

Next Saturday/Sunday

Berry Beat takes over the downtown next weekend with stage entertainment, food including the United Church strawberry shortcake social, kids zone activities, a street dance Saturday night, Lego master Robin Sather, a giant garage sale and a classic car show & shine.

Saturday 10 am—8 pm

Sunday 11 am to 4 pm

TWU Study at Our Market



Beginning this week, you may be approached by one of two people involved in an on-going series of studies about farmers markets. Dr. Tracy Stobbe (left) is an assistant professor at Trinity Western University's School of Business. Her research focuses on issues of agriculture in the urban fringe including land values, farm practices, the ALR, and direct-marketing of farm products to consumers. The current research on farmer's markets is designed to answer questions pertaining to farmers' market consumers including their purchasing habits, their reasons for shopping at a farmers' market and the distance they travel to reach the farmer's market. Data collection and surveying is taking place at markets across the Vancouver region and Fraser Valley this summer (including Abbotsford) by



Dr. Stobbe and research assistant Breanna Siebring who also helps run the weekly market in Bellingham.

Monthly Draw Package - Summer Play



Two day-passes to experience the Abbotsford Rugby 7s tournament and international festival at Rotary Stadium - Exhibition Park on July 23rd.

www.abbotsfordsevens.com



Family pass including parking to the Abbotsford AgriFair July 28 to August 1.

www.agrifair.ca



Family camp and entry pass to the Abbotsford International Airshow August 12—14. As a bonus, the winning family will receive a pass to the City of Abbotsford Chalet to enjoy complimentary food and refreshments while watching the aerial performances from front-row seats.

www.abbotsfordairshow.com



Bakerview EcoDairy Family Tour Pass (includes: 2 adults & up to 4 children to age 18) & Gift Certificate for 2 litres Vitala Milk & Carton of Vitala Eggs at the Nutrifoods Market.

www.ecodairy.ca

Draw date is July 17th

Enter as often as you wish, by \$1 donation to the Abbotsford Food Bank

Market members receive 2-for-1 entries into the prize draw

We wish to thank Tourism Abbotsford and the Summer Play promotion partners for their invaluable help in putting together this prize package which includes admission to the Rugby 7s Festival, AgriFair, and Abbotsford International Airshow. Also our thanks to the Bakerview EcoDairy and Nutriva Group for their support.



Bakerview EcoDairy—Part of current Prize Package

The first demonstration farm of its kind in Canada is right here in Abbotsford. The Bakerview EcoDairy is a multi-faceted agricultural experience that is gaining popularity as a tourism destination.

The winner of this Summer Play prize package will receive a family guided tour which includes:

- ◆ The fun film A Day in the Life of Vicki the Cow at the EcoDairy
- ◆ A browse through the big story boards that depict dairy farming history and how things are done differently at the EcoDairy
- ◆ A moooving face-to-face tour through the dairy barn—home of the Vitala cows
- ◆ An udderly fascinating view of a robotic milker in action
- ◆ A tour of the new Avatar Anaerobic digester

This tour for two adults and up to 4 children is available during regular business hours at the EcoDairy Learning Centre (Tuesday through Saturday 10:00 to 5:00, Sundays and holidays 11:00 to 5:00)

www.ecodairy.ca 1356 Sumas Way, 604-557-5481

Bakerview
ECODAIRY