

September 3, 2011

## MARKET THYMES

www.abbotsfordfarmandcountrymarket.com

Market manager Bruce Fatkin, 604-996-1542



### Today's Highlights

- ◆ Big Mac's Gourmet Specialties returns to the market
- ◆ New monthly prize pack. Enter to win a barbeque from Blackwood Home Hardware and product from Gelderman Farms Pork and Redl's Homegrown Beef. Entry is by minimum donation of a Loonie to the Abbotsford Food Bank.
- ◆ Music by Rumi.



### Plums



We've noticed some great looking plums in the market lately. The plum is cultivated widely around the world. Beyond eating fresh or making jams and jellies, the plum renders a juice that can be fermented into wine. When distilled, this produces a brandy known in Eastern Europe as Slivovitz or Palinka among other names. In central England, a cider-like alcoholic beverage known as Plum Jerkum is made from plums.

### Vanilla Poached Plums

#### Ingredients:

- 2 cups unpeeled, pitted plums, halved
- 1 – 1 ½ tsp vanilla extract
- 1/4 cup sugar
- 1 1/2 teaspoons lemon juice
- 2 teaspoons margarine

#### Directions:

Place plums in a 1 quart baking dish, add sugar, vanilla and lemon juice, tossing gently to coat.

Dot with margarine, cover and bake at 400 F (205C) degrees for 20 minutes or until plums are tender, stirring once.

*Very easy plum sauce recipe on last page of the newsletter.*



## Today's Vendors

### FARMS/GROWERS/PRODUCERS

Eagle Bluff Orchards  
Gelderman Farms Pork  
True Leaf Farm-*NEW*  
Warmerdam Cut Gladiolus  
Secret Garden  
Friesen Farm  
Valley Gold Honey  
Country Village Fruits and Veggies  
Virk Farm  
Little Qualicum Cheeseworks  
Abundant Acre Family Farm  
Richmond Specialty Mushrooms  
Ohm Organic Farm  
Fleenor Farm  
Applebarn Pumpkin Farm  
A V Farm  
Wyndson Farm

### FOOD PRODUCERS

Fort Langley Bakery  
Ilios Dressing  
Big Mac's Gourmet Specialties

### FOOD PRODUCERS

Jam 'N' Music  
Gesundheit Bakery  
Judy's Country Kitchen  
The Ivy Oven  
Aji Gourmet Products  
Grab-A-Java Coffee  
Culinary Blossom

### ARTS & CRAFTS

Mountain Farms Soap  
Pampered Planet  
Shipwrecked Treasures  
Annamaria Potamiti  
Serenity Now Soaps



**From apples to zucchini, the market abounds with produce and prepared foods.**



## Dog Daze Next Saturday

Next week at the market it's Dog Daze. All our well-mannered canine friends bring your owners to visit with some special folks including:

- ◆ K9H2O – the people who offer aquatic therapy and recreation for dogs,
- ◆ Life Without a Leash – obedience training,
- ◆ Multi Menu – totally Canadian-made pet foods,
- ◆ Beth's Pet Care – pet sitting and walking,
- ◆ Shake A Paw Treats – all human grade dog treats,

And we will add more to the list before the September 10<sup>th</sup> market.

Know of a non-profit group who would like to host a dog wash next Saturday? We'd like to hear from them.

**Dog Daze is sponsored by the new Petslife Magazine.**

[www.petslifemagazine.ca](http://www.petslifemagazine.ca)



## Monthly Draw Package



## SIZZLIN' SUMMER PRIZE PACK

Enter to Win



Weber Q120 portable gas grill valued at approximately \$200.00. Features 189 cu. in. porcelain-enameled cooking surface, electronic igniter, in-lid thermometer and fold-out work areas with tool holder.

**Plus:** Gelderman Farms Pork  
- \$50.00 worth of product of winner's choice,

**and:** Redl's Homegrown Beef  
- \$50.00 worth of product of winner's choice.

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Enter at the Market Info Booth

Entries by minimum \$1.00 donation to the Abbotsford Food Bank

(market members receive 2-for-1 entries)

Random draw after the September 24th market from all entries received .

Gelderman Farms Pork

[www.geldermanfarms.ca](http://www.geldermanfarms.ca)

Blackwood Home Hardware

33050 South Fraser Way

[www.homehardware.ca](http://www.homehardware.ca)

Redl's Homegrown Beef

[www.redlbeef.ca](http://www.redlbeef.ca)



## Plum Sauce

This sauce has many uses including a dipping sauce for chicken and a baste for pork. Use your imagination.

### Ingredients:

- ◆ 2 pounds ripe plums
- ◆ 1/4 cup honey
- ◆ 1 tablespoon grated fresh ginger
- ◆ 1 tablespoon water
- ◆ 1 tablespoon minced fresh garlic
- ◆ 1/2 teaspoon red chili paste, or more to taste
- ◆ 1/4 cup soy sauce

Pit and chop the plums.

Place them in a medium-size saucepan along with the honey, ginger, water, garlic and chili paste. Bring to a boil, then reduce the heat and simmer until the plums are soft, about 15 minutes.

Remove from the heat and stir in the soy sauce.

Puree the mixture in a blender or food processor.

If necessary, the sauce can be thickened with a little cornstarch and water.

This recipe makes about 4 cups.

What you don't use after a few days can be frozen for up to a year.

