

February 4, 2012

MARKET THYMES

www.abbotsfordfarmandcountrymarket.com

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Highlights

- ◆ Fresh produce includes potatoes, onions, garlic, salad greens, apples.
- ◆ Two new vendors—Left Over Hippies Incense and Persongico.
- ◆ BC Hydro energy saving booth on site—activities for kids and adults.
- ◆ Debit machine at the Market Info booth—cash available on site.



Community
Futures South Fraser

Carrot-stuffed Baked Potatoes

Ingredients:

4 large (baking) potatoes
2 cups of raw carrots – scrubbed and finely diced
1 cup onion – finely diced
2 tsp. Olive oil
Pinch dried basil
¼ cup parsley (fresh if available)
Salt and pepper to taste
Chives – finely chopped for topping prior to serving



Directions:

Preheat oven to 205C (400°F).

Scrub potatoes well, dry, pierce with fork in several places. Set potatoes in oven to bake.

Meanwhile simmer diced carrots in water until tender. While carrots cook, sauté onions in oiled skillet. When clear, pour onions into deep bowl, set aside.

Remove carrots from heat when tender, drain very well (reserve some liquid), and mash. Pour into bowl with onions.

When potatoes are soft to squeeze, remove from oven (don't turn off heat), slice off about 1/3 of the top of the potato. Discard skin from this portion and place the flesh into the bowl with vegetables. Also partially hollow out the remaining potatoes and add this flesh to the bowl. Add basil, and combine all ingredients with a fork. If mix is too dry, add a little carrot juice or soymilk. Season to taste and add parsley.

Refill potato shells, set in cookie sheet and reheat.

Serve topped with chives.

Today's Vendors



Winter Markets

Welcome back. Seems like it has been a long time.

Sorry we had to cancel the January market. We were concerned about the road and side-walk conditions.

To finish off the winter markets season:

February 18

March 17 and 31

April 28

Weekly outdoor markets begin May 12th.

FARMS/GROWERS/PRODUCERS

Friesen Farm/Applebarn
Redl's Homegrown Beef
Richmond Specialty Mushrooms
Goat's Pride Dairy
Richmond Specialty Mushrooms

FOOD PRODUCERS

Big Mac's Gourmet Specialties
Ukrainian Club of Abbotsford
Gesundheit Bakery
Ilios Dressings
The Ivy Oven

ARTS & CRAFTS

Shipwrecked Treasures
Gracious Gowns and Gifts
Serenity Now Soaps
Magnetite Jewelry by Gina
Left Over Hippies Incense-
NEW
Persongico-*NEW*
Hugo and Annie's Hobby Shop
Beads by Betty



Cash available on site.
Debit machine at the market info booth.



Potato Oatmeal Muffins

Ingredients:

1 ¼ cup mashed potatoes
2 eggs – slightly beaten
2 cups all-purpose flour
½ cup margarine
1 cup rolled oats
1 cup white sugar
1 cup milk
5 tsp baking powder
1 tsp. cinnamon
1 tsp. baking soda
¼ tsp. nutmeg
2 tsp vanilla
1 tsp. salt



Directions:

In a medium bowl, combine oats and milk, set aside.

In a large bowl, mix flour, sugar, baking powder, baking soda, salt, cinnamon and nutmeg. To the oats mixture, add melted margarine eggs, vanilla, and potatoes. Stir until well mixed. Add wet ingredients to dry and stir only until moistened.

Fill greased muffin cups ¾ full and bake in oven at 190 °C (375 °F) for 20 minutes.

Makes 18 muffins.