

October 8, 2011

MARKET THYMES

www.abbotsfordfarmandcountrymarket.com

Market manager Bruce Fatkin, 604-996-1542

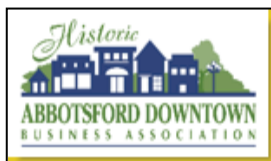


Today's Highlights

- ◆ Lots of pumpkin, squash and gourds in the market now.



- ◆ Jam 'N' Music back in the market.
- ◆ Music today by Greenwood.



Bean and Squash Soup

Here's a very hardy soup that will be particularly appreciated on a cold, wet winter day.

- 1 1tbsp vegetable oil
- 1 onion, chopped
- 2 cloves garlic , minced
- 1 tsp dried basil
- 1/4 tsp each salt and pepper
- 1can (19 oz/540 mL) red kidney beans, drained and rinsed
- 4 cups vegetable stock
- 2 cups cubed peeled squash
- 1/2 green bell pepper, chopped
- 1/2cup fresh or frozen corn kernels

Preparation

In large saucepan, heat oil over medium heat; fry onion, garlic, basil, salt and pepper, stirring occasionally until softened - about 5 minutes.

Add kidney beans, mashing about one-third of them.

Add vegetable stock and squash; bring to boil. Reduce heat and simmer until squash is tender, about 10 minutes.

Add green pepper and corn; heat through.



Today's Vendors

FARMS/GROWERS/PRODUCERS

Abundant Acre Family Farm
Redl's Homegrown Beef
Apple Barn Pumpkin Farm
Secret Garden
One Love Farm-*NEW*
Friesen Farm
Wyndson Farm
Country Village Fruits and Veggies
Little Qualicum Cheeseworks
Richmond Specialty Mushrooms
Ohm Organic Farm
A V Farm

FOOD PRODUCERS

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

ARTS & CRAFTS

WigglePie Crafts
Magnetite Jewelry by Gina
Shipwrecked Treasures
Hugo & Annie's Hobby Shop



It is Thanksgiving weekend and the market is the place to pick up the best Fraser Valley produce for your special dinner including a selection of pumpkins, squash and even decorative gourds to give the table a festive touch.



First Winter Market Dates Set

After next week's outdoor market 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.

Thanksgiving

The origins of our Thanksgiving celebrations in Canada can be traced back through a couple paths.

In 1578, explorer Martin Frobisher, who had been trying to find a northern passage to the Pacific Ocean, returned to Newfoundland safely from an unsuccessful search. He held a formal ceremony to give thanks for surviving the long treacherous journey. Years later, the tradition of a feast would continue as more settlers began to arrive in Canada.

Thanksgiving can also be traced to the French settlers who came to New France with explorer Samuel de Champlain in the early 17th century. They would join the local indigenous population in celebration of the end of harvest season.

As many more settlers arrived in Canada, more celebrations of good harvest became common. New immigrants into the country, such as the Irish, Scottish and Germans, would also add their own traditions to the harvest celebrations.