

July 9, 2011

## MARKET THYMES

www.abbotsfordfarmandcountrymarket.com

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### Today's Highlights

- ◆ Eagle Bluff Orchards in with new-crop cherries.
- ◆ Apple Barn has gooseberries.
- ◆ Monthly prize package—Rugby 7s, AgriFair, Airshow and EcoDairy. Entries by donation of a Loonie to the Food Bank.
- ◆ Music by Sylvan le Musician.



### Cherries

Eagle Bluff Orchards back for the first time this season with Okanagan cherries.

The cherry is a fleshy stone fruit from the same family as plums, peaches and apricots. The red pigment in Cherries is called anthocyanin. Cherry anthocyanins have been shown to reduce pain and inflammation in rats. Anthocyanins are also potent antioxidants under active research for a variety of potential health benefits.

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### Cherry-Vanilla Milkshake

This cherry-vanilla milkshake is so thick you'll need a straw and a long spoon to enjoy it.

Ingredients:

- ◆ 2 1/4 cups pitted cherries
- ◆ 1 cup reduced-fat "light" vanilla ice cream
- ◆ 1 cup 1% or skim milk
- ◆ 1 teaspoon vanilla extract

Place all ingredients in a blender.

Blend until smooth. Stop and stir once or twice if necessary to completely blend.



More cherry recipes on page 4.

## Today's Vendors

### FARMS/GROWERS/PRODUCERS

Eagle Bluff Orchards  
Red Roof Nursery  
Rockweld Farms Chicken  
Friesen Farm  
Country Village Fruits and Veggies  
Gelderman Farms Pork  
Virk Farm  
Goat's Pride Dairy  
Fredon Greenhouses  
Little Qualicum Cheeseworks  
Abundant Acre Family Farm  
Richmond Specialty Mushrooms  
Ohm Organic Farm  
Derek Kingston Orchards  
Esther Webster Hanging Baskets-  
*NEW*  
Valley Gold Honey  
Secret Garden  
Applebarn Pumpkin Farm  
A V Farm

### FOOD PRODUCERS

Grab-A-Java Coffee  
Culinary Blossom  
Ilios Dressing  
Gesundheit Bakery  
Big Mac's Gourmet Specialties

### FOOD PRODUCERS

Judy's Country Kitchen  
Cady's Cakes and Bakes  
Simply Delish Soups & Salads  
The Ivy Oven  
Fort Langley Bakery

### ARTS & CRAFTS

Bob Ungar Woodcrafts  
Dorothea Creates  
Angelque Creations  
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  
Rain Barrels BC  
Shake-A-Paw Treats-*NEW*



### **Apple Barn Pumpkin Farm has Gooseberries.**

Gooseberries are best known for their use in desserts such as pies, fools and crumbles. Gooseberries are commonly preserved by drying, storing in sugar syrup, or as jam. Gooseberries are used to flavour drinks such as soda, water or even milk. One Montreal company even makes a Gooseberry tea.



Nice Gooseberry Chutney recipe below.

### **Gooseberry Chutney—great with lamb, pork or fish**

3 lbs of gooseberries.  
1 lb of sugar.  
½ lb of onions.  
1 pint of vinegar.  
½ pint of water.  
½ oz of salt.  
1 tablespoon of ground ginger.  
½ teaspoon of cayenne pepper

Top and tail the gooseberries, and chop roughly.

Finely chop the onions; then cook with the berries in the water until they are softened well.

Add the remaining ingredients, then simmer until the chutney becomes thick, stirring occasionally.

Bottle while still hot, and cover immediately

# 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](http://www.abbotsfordsevens.com)



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

[www.agrifair.ca](http://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](http://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](http://www.ecodairy.ca)

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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

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*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.*

## Win Family Passes to AgriFair

Look for Penny the Pig in the market today.

Fill out an entry form. Each week AgriFair draws

for a family day-pass to the Fair



July 28 to August 1.



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### Cherry Cream Cheese Recipe

Ingredients:

- ◆ 4 ounces (1/2 cup) reduced-fat cream cheese
- ◆ 1/4 cup chopped pitted fresh Eagle Bluff Orchard cherries
- ◆ 1 1/2 teaspoons confectioners' sugar
- ◆ 1 pinch ground allspice



Combine cream cheese, cherries, sugar, and allspice in a small bowl and blend together.

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### Cherry Sauce for Waffles or Pancakes

Ingredients:

- ◆ 2 cups fresh pitted Eagle Bluff Orchard cherries
- ◆ 1/4 cup water
- ◆ 1/4 cup honey – ask Leah at Valley Gold which flavour
- ◆ 2 teaspoon cornstarch
- ◆ 1 teaspoon lemon juice
- ◆ 1 teaspoon vanilla extract



Place all ingredients in blender or food processor. Blend until desired consistency is achieved.