

October 15, 2011

## MARKET THYMES

www.abbotsfordfarmandcountrymarket.com

Market manager Bruce Fatkin, 604-996-1542



### Today's Highlights

- ◆ Member Appreciation day at the market. Member-only specials at several booths. List of vendors and specials available at the market info booth.
- ◆ Music by Classical Surprise—their first time at our market.



### Thanks for Another Great Summer

It is time once again to transition to our indoor winter markets series. As we wrap up our 8<sup>th</sup> outdoor season in downtown Abbotsford there are some solid reasons to remain happy with what we have accomplished and optimistic about the future.

We began this season on May 7<sup>th</sup>, in the rain, with thirty-eight vendors participating in the market. That is far greater than any previous season opener. Throughout the summer we have enjoyed a vendor participation rate that is nearly 25% more than the 2010 season. This means more shopping choices and more diversity of product for our customers.

And our customers have responded by attending in larger numbers as well. Many of our regulars have introduced us to family, friends and neighbors with who they were sharing the market for the first time.

It is gratifying to see how often the seats under the big Prospera tent are filled with folks visiting, enjoying a snack from the United Church concession and listening to the live music.

And it is always a joy to overhear vendors sharing cooking tips, recipes, canning hints, sewing tips and other information with customers; and to have the customers respond with some interesting tidbits of their own.

So it is time to head inside the church for a series of winter markets that begin in two weeks on October 29<sup>th</sup>. We have a good selection of vendors participating in these markets so will be able to continue to provide a diversity of product as we move through the rest of 2011 and into the New Year.

Thank you to the dedicated volunteers who work with us every week in many ways to make this market happen. Thank you to our management team who work each week to handle the logistics involved with keeping the market open. Thank you to our Board of Directors who oversee the market operation and have set a positive course for everyone to follow. And thank you vendors and customers for your on-going support.

Ann Friesen, Friesen Farm, President



## Today's Vendors

### FARMS/GROWERS/PRODUCERS

Apple Barn Pumpkin Farm  
Gelderman Farms Pork  
One Love Farm  
Valley Gold Honey  
Secret Garden  
Friesen Farm  
Goat's Pride Dairy  
Abundant Acre Family Farm  
Richmond Specialty Mushrooms  
Ohm Organic Farm  
Fleenor Farm  
A V Farm

### FOOD PRODUCERS

Fort Langley Bakery  
Ilios Dressing  
Big Mac's Gourmet Specialties  
Karla's Specialteas  
The Ivy Oven

### FOOD PRODUCERS

Gesundheit Bakery  
Aji Gourmet Products  
Judy's Country Kitchen  
Grab-A-Java Coffee  
Goodies by Thelma- *NEW*

### ARTS & CRAFTS

A. Brown Designs  
Love Bomb  
Shipwrecked Treasures  
Magnetite Jewelry by Gina  
Dingolay Glass  
Choi's Pottery  
Hugo & Annie's Hobby Shop  
Pampered Planet  
Serenity Now Soaps  
Coralwear Creations



### Winter Market Dates Set

In two weeks from today (Oct. 29) we begin our winter season with vendors both inside and outside the church.

Dates are:

October 29

November 5

December 3 & 17

January 21

February 4 & 18

March 17 & 31

April 28.

## Kale



Until the end of the Middle Ages, kale was one of the most common green vegetables in all of Europe. Curly leafed varieties of this cabbage already existed along with flat leafed varieties in Greece in the fourth century BC. During World War II, the cultivation of kale in the U.K. was encouraged by the ***Dig for Victory*** campaign. The vegetable was easy to grow and provided important nutrients to supplement those missing from a normal diet because of rationing.

Kale is staging a popularity come-back in North America because of its healthy-eating implications. Kale is very high in beta carotene, vitamins K and C and lutein. Reasonably rich in calcium. kale and other brassicas like broccoli also contain sulforaphane (particularly when chopped or minced), a chemical with potent anti-cancer properties.

Still some Kale in the market this weekend (Friesen and Ohm Organic Farms).



We found a simple Kale recipe in a book titled *Are You Hungry Tonight?*. It is a book of Elvis Presley's favourite foods published by a division of Random House Publishing in 2004.

### **Fresh Kale with Cheese**

Ingredients:

2 pounds (900 g) fresh Kale

2 teaspoons salt

3 strips bacon (have you tried Gelderman Farms bacon yet?)

2 tablespoons flour

½ cup milk

¼ cup chopped onion

1/8 teaspoon ground black pepper

½ teaspoon sugar

1 cup grated cheddar cheese (substituted for American cheese in the book recipe)

1 cup soft bread crumbs

Preheat oven to 375 F (190 C). Generously butter a 1 ½ quart casserole dish.

Thoroughly wash the Kale and cut off the tough stems.

In a large saucepan bring ½ inch of water and 1 ½ teaspoons of salt to a rapid boil. Add the Kale, cover the pan, reduce the heat and cook for 15 – 20 minutes or until the Kale is tender. Drain well and chop the Kale into large pieces.

In a large skillet over low heat cook the bacon until it is about half done. Drain the bacon on paper toweling and remove all but about 2 tablespoons of fat from the skillet.

Over low heat, stir the flour into the bacon fat. Gradually blend in the milk. Cook, stirring constantly until thickened and smooth.

Remove the skillet from the heat and stir in the onion, remaining salt, black pepper and sugar. Pour the sauce over the Kale and mix well.

Place about half the Kale into the prepared casserole dish and sprinkle with ½ cup of the cheese. Cover with the remaining Kale. Combine the remaining cheese with the bread crumbs and sprinkle over the Kale. Arrange the bacon on top.

Bake for 30 minutes or until the bacon is crisp and the cheese is melted.