

July 16, 2011

MARKET THYMES

www.abbotsfordfarmandcountrymarket.com

Market manager Bruce Fatkin, 604-996-1542



Today's Highlights

- ◆ The Reach Gallery and friends in the market.
- ◆ Last chance to enter for a prize package including Rugby 7s, AgriFair, Airshow and EcoDairy. Entries by donation of a Loonie to the Food Bank.
- ◆ Music by John McGloughlin and Friends.



Brie Pecan Rollups with Raspberry Sauce

Ingredients

- 6 skinless, boneless Rockweld Farms chicken breast halves
- 1 pound Brie cheese – or ask Bonita at Little Qualicum Cheeseworks
- 1 cup chopped green onion
- 2 cloves garlic, crushed
- 2 cups finely chopped toasted pecans
- 1 egg, beaten
- 1/2 cup water
- 2 cups fresh raspberries
- 1/4 cup white sugar
- salt and pepper to taste
- 1/2 cup olive oil



Directions

- ◆ pound the chicken to flatten,
- ◆ soften Brie in microwave,
- ◆ in a medium bowl combine the Brie, green onion and garlic and mix together
- ◆ spread about 1/4 cup of this mixture onto each chicken breast half. Roll up and secure with toothpicks,
- ◆ combine egg and 1/4 cup water in a small bowl and whisk together to make egg wash,
- ◆ place toasted pecans in a shallow dish or bowl. Dip each chicken roll in egg wash, then roll through the pecans, coating on all sides,
- ◆ heat oil in a large skillet over medium high heat and cook chicken rolls for 15 minutes, turning to brown on each side. When browned, cook for an additional 15 minutes, until cooked through and chicken juices run clear.

To Make Raspberry Sauce:

- ◆ place raspberries, sugar and 1/4 cup water in a blender and blend for 3 to 4 minutes, then pour through a sieve to remove seeds,
- ◆ remove cooked chicken rolls from skillet to paper towels to drain,
- ◆ when drained, transfer to a serving plate and drizzle with raspberry sauce.

-see also a *refreshing berry drink recipe* on page 4.

Today's Vendors

FARMS/GROWERS/PRODUCERS

Red Roof Nursery
Rockweld Farms Chicken
Friesen Farm
Country Village Fruits and Veggies
Virk Farm
Redl's Homegrown Beef
Fredon Greenhouses
Osprey Organic Farm-*NEW*
Little Qualicum Cheeseworks
Abundant Acre Family Farm
Richmond Specialty Mushrooms
Ohm Organic Farm
Fleenor Farm
Esther Webster Hanging Baskets-*NEW*
Valley Gold Honey
Secret Garden
Applebarn Pumpkin Farm
A V Farm
Wyndson Farm

FOOD PRODUCERS

Grab-A-Java Coffee
Majestic Cakes and Pastries
Ilios Dressing
Gesundheit Bakery

FOOD PRODUCERS

Judy's Country Kitchen
Simply Delish Soups & Salads
The Ivy Oven
Fort Langley Bakery
Royal Herbs

ARTS & CRAFTS

Mountain Farms Soap
Dorothea Creates
Magnetite Jewelry by Gina
Pacific Life Chiropractic
Shipwrecked Treasures
Pampered Planet
Bead Craze
Gems in Bloom
Fresh-N-Home
Shake-A-Paw Treats-*NEW*



Congratulations to market member

Terry Broadworth

Terry has won a family day-pass to AgriFair including parking.

Terry's name was chosen in a random market members-only draw for the AgriFair passes.

Membership information is available at the market info tent.



The Reach Gallery and Friends in the Market



Joining us at markets through July and most of August is staff from The Reach Gallery Museum. The Reach is Abbotsford's new center for cultural and creative innovation. This state of the art gallery is capable of hosting traveling exhibitions, is the showplace for local and regional art and artifacts. Several interactive displays and activities originate from The Reach throughout the year and it is a great place to hold special meetings and social events.

Joining Reach staff at the markets this summer will be a selection of visual artists from the Central Fraser Valley showing and sharing their talents.

Monthly Draw Package - Summer Play



LAST CHANCE TO ENTER THIS DRAW



Two day-passes to experience the Abbotsford Rugby 7s tournament and international festival at Rotary Stadium - Exhibition Park on July 23rd.

www.abbotsfordsevens.com



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

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



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

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

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.



Berry Surprise

Ingredients

- 1 cup strawberries
- 1 cup pineapple chunks
- 1/2 cup raspberries
- ◆ 2 tablespoons frozen limeade concentrate, thawed

Directions

In a blender, combine strawberries, pineapple chunks, raspberries and limeade. Blend until smooth. Pour into glasses and serve.

Open House Today at Goat's Pride Dairy

A chance to visit an operating organic goat farm today from noon to 4:00

- ◆ Visit the goats
- ◆ See where the cheese is made
- ◆ Cheese tasting
- ◆ Kids activities
- ◆ Explore a salmon spawning stream and nature trail

Goat's Pride is located at 30854 Olund Road (from Mt. Lehman Road—turn right on Hawkins and right again on Olund. Goat's Pride is at the bottom of the hill, just after the road turns left.)
604-854-6261, www.goatspride.com

