

December 17, 2011

MARKET THYMES

www.abbotsfordfarmandcountrymarket.com

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Highlights

Debit machine at the Market Info booth—cash available on site.

Several Market vendors have Christmas shopping specials today. See page 3 for details.

Free Gingerbread House kits available courtesy **Fort Langley Bakery**. Kids can build and decorate a house with the help of our craft activity volunteers.



Mushroom and Vegetable Soup with Bacon

Ingredients:

- 2 medium carrots, diced
- 2 stalks celery, diced
- 2 medium zucchini, diced
- 6 medium mushrooms, sliced
- ¼ onion, diced
- 1 cup fresh or frozen corn
- 100 g bacon, diced
- 1 Litre vegetable or beef stock
- 200 ml water
- 540 mL (19 oz) tin crushed or diced tomatoes
- 540 mL (19 oz) tin of your favourite beans or chickpeas
- 50 g vermicelli pasta cut into short pieces
- 1 tbsp crushed garlic
- Black pepper and Oregano to taste
- Olive oil



Method:

- Heat oil over medium heat,
- Add garlic, bacon and onion –sauté until onion is clear,
- Add carrots and celery – sauté for 5 minutes, stirring,
- Add zucchini and mushrooms – sauté for further 5 minutes, stirring,
- Add stock, tomatoes, beans or chickpeas and water. Cover and simmer gently for 15 minutes,
- Add corn, pasta, pepper and oregano and continue to simmer for a further 10 minutes.



Today's Vendors

FARMS/GROWERS/PRODUCERS

Friesen Farm/Applebarn
Abundant Acre Family Farm
Richmond Specialty Mushrooms
Country Village Veggies and Fruit
Goat's Pride Dairy
Rockweld Farm Chicken
Valley Gold Honey

FOOD PRODUCERS

Fort Langley Bakery
Ukrainian Club of Abbotsford
Gesundheit Bakery
Ilios Dressings
Big Mac's Gourmet Specialties
Richmond Specialty Mushrooms
Culinary Blossom
Jam 'N' Music
The Ivy Oven

ARTS & CRAFTS

Beads by Betty
Clay Mates
Shipwrecked Treasures
Beads Deep Cards
Dingolay Glass Creations
Serenity Now Soaps
Magnetite Jewelry by Gina
Inspiring Memories
Brenda Lowe Crafts-NEW
Royal Relief-NEW
Hugo and Annie's Hobby Shop
Jean Jury Crafts
Coralwear Creations
One of One Woodwork-NEW



Winter Markets

Today is our last market for 2011.

To kick off the New Year we will be back with more winter markets on:

January 21

February 4 & 18

March 17 and 31

April 28



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

Vegetable Bean Soup

Ingredients:

1 can white beans, drained.
50g/2 oz unsalted butter
1 large onion, finely chopped
1 clove garlic, finely chopped
1 large carrot, peeled and finely chopped
1 celery stalk, finely chopped
1 liter / 2 pints vegetable stock
1 can chopped tomatoes, with juice
Tiny pinch of dried thyme
1 tsp sugar
1 bay leaf, fresh or dried
salt and pepper
2 tbsps finely chopped flat leaf parsley



In a large saucepan or stock pot melt the butter, add the onion and cook slowly until translucent, stirring constantly. Add the garlic and cook for a further 2 minutes taking care not to burn. Add the carrots and celery and cook for a further five minutes. Add the stock, beans, tomatoes, thyme, sugar, bay leaf and bring to the boil. Reduce to a simmer. Cook gently for 30 mins, or until the carrot and celery are tender - avoid over stirring to prevent the beans breaking up. Remove the bay leaf. Place half the soup into a food processor and purée. Stir the purée back into the pan and season to taste. To serve, ladle into warmed soup bowls and garnish with the parsley



VENDOR SPECIALS

Goat's Pride Dairy is featuring their award winning Cranberry Caprabella feta. This cheese is great with white wine and would go well on a Boxing Day green salad topped with some leftover turkey. One dollar off the regular price this Saturday.

Spend 20.00 at the **Clay Mates** booth and chose a free Christmas ornament from the bin.

Trisha at **Jam 'N' Music** is featuring Organically grown fruit pies made with spelt flour, and dairy free Spelt Shortbread Cookies dipped in Belgium Dark Chocolate. She will also have Gluten-free Peanut Brittle and Belgium Dark Chocolate Almond Bark

At **Coralwear Creations** - eco chic coffee sleeve gift set for \$9.00 (\$1.00 off). This includes the coffee sleeve and insulated coffee cup, 3 styles to choose from.

Shipwrecked Treasures has 6 new pendants that are one of a kind and they will be on sale for \$20.00 (that's half price). Leslie has made these unique designs with pure silver, enamelling and white sapphires.

Big Mac's Gourmet Specialties re-joins us for this market. Mac is offering hot pepper jams they make great hostess gifts and Christmas appetizers with a nice cheese and crackers. Buy 3 and get a 4th free; that's 15 dollars for 4 jars. Also, as an alternative to cranberry sauce – cranberry chutney on sale for 6 dollars – regularly 8.

Lonnie at **Dingolay Glass** is suggesting you drop by her booth and look at the fused glass hair pins. They make great stocking stuffers and are on for half price.

Joanne at Culinary Blossom has a complimentary holiday gift bag with every purchase while quantities last.

Beads by Betty will give shoppers 10% off everything in the booth, no minimum purchase required.





Hearty Soup, Tuscan Style

Ingredients:

- 15 mL (1 tbsp) extra virgin olive oil
- 1 large onion, diced
- 2 carrots, diced
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 10 mL (2 tsp) dried oregano leaves
- 5 mL (1 tsp) dried basil leaves
- 2 mL (1/2 tsp) hot pepper flakes (optional)
- 125 mL (1/2 cup) rice
- 1 can (796 mL/28 oz) crushed tomatoes
- 750 mL (3 cups) chicken or vegetable broth
- 1 can (540 mL/19 oz) beans (mixed or your favourite), drained and rinsed
- 1 pkg (300 g/10 oz) chopped spinach - frozen or fresh

Directions:

In soup pot, heat oil over medium heat and cook onion, carrots, celery, garlic, oregano, basil and hot pepper flakes for about 10 minutes or until softened. Stir in rice to coat.

Add tomatoes, broth, beans and spinach; bring to boil. Cover and simmer for about 40 minutes or until rice is tender.

- ◆ Slow cooker variation: Combine all the ingredients in slow cooker and cook on low for 6 to 8 hours or on high for 3 to 4 hours.
- ◆ Frozen vegetable option: Omit spinach and add 500 mL (2 cups) frozen mixed vegetables.

