

July 23, 2011

## MARKET THYMES

www.abbotsfordfarmandcountrymarket.com

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### Today's Highlights

- ◆ Peaches & apricots in the market for the first time this season.
- ◆ Music by Colin Kady—his first time at the Abbotsford market.

### First of the Peaches in the Market

*The first of the season peaches and apricots find their way to the market today alongside cherries, strawberries, raspberries and blueberries. To celebrate, a couple recipes you can try.*

#### Layered Cheddar Fruit Salad

Ingredients:

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1 tablespoon Valley Gold honey
- 1 1/2 cups shredded Cheddar cheese, divided
- 4 cups shredded lettuce
- 3 cups fresh peaches - peeled, pitted and sliced
- 3 cups sliced fresh strawberries
- 3 cups blueberries



In a small bowl whisk the mayonnaise, sour cream and honey together.

In a large bowl toss 1 cup of the cheese with the lettuce.

In a 2 1/2 quart glass bowl, layer half of the lettuce mixture, peaches, remaining lettuce mixture, strawberries, blueberries and remaining cheese.

Spread mayonnaise mixture over the top or serve on the side.

Chill well before serving.

#### Fresh Peach Ice Cream Sundae

Ingredients:

- ◆ 2 tablespoons unsalted butter
- ◆ 1/4 cup packed brown sugar
- ◆ 2 cups sliced peaches
- ◆ 1/4 teaspoon cinnamon
- ◆ Vanilla ice cream, for serving
- ◆ 1/2 cup chopped toasted walnuts or pecans



Melt butter in a skillet over medium heat. Add sugar and stir until dissolved.

Add peaches and cinnamon; cook until just softened, about 3 minutes.

Spoon over scoops of ice cream and top with nuts. Serve immediately.



## Today's Vendors

### FARMS/GROWERS/PRODUCERS

Goat's Pride Dairy  
Eagle Bluff Orchards  
Red Roof Nursery  
Gelderman Farms Pork  
Friesen Farm  
Country Village Fruits and Veggies  
Virk Farm  
Derek Kingston Farm  
Little Qualicum Cheeseworks  
Abundant Acre Family Farm  
Richmond Specialty Mushrooms  
Ohm Organic Farm  
Fleenor Farm  
Valley Gold Honey  
Secret Garden  
Applebarn Pumpkin Farm  
A V Farm  
Wyndson Farm

### FOOD PRODUCERS

Fort Langley Bakery  
Grab-A-Java Coffee  
Cady's Cakes and Bakes  
Ilios Dressing  
Gesundheit Bakery  
Grizzly Kettlecorn

### FOOD PRODUCERS

Judy's Country Kitchen  
Simply Delish Soups & Salads  
The Ivy Oven  
Aji Gourmet Products  
Royal Herbs

### ARTS & CRAFTS

Beads by Betty  
Mountain Farms Soap  
WigglePie Crafts  
Pacific Life Chiropractic  
Shipwrecked Treasures  
Pampered Planet  
Gems in Bloom  
Shake-A-Paw Treats-*NEW*



### **Congratulations to Matthew Welsh**

Matthew has won the Summer Play monthly gift pack. He and family members will be enjoying the Rugby 7s tournament, AgriFair, AirShow and Bakerview EcoDairy.



Our next prize draw kicks off today. This is your chance at over \$300.00 in products from our vendors in what we are calling a Vendor Super Pack.



### **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

## Vendor Super Pack



**Culinary Blossom** (gourmet jellies, chutneys, sauces from local fruit, edible flowers)

- \$50.00 shopping spree

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**Wiggle Pie Crafts** (knitted, sewn and crocheted baby items)

- \$50.00 shopping spree

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**Valley Gold Honey** (honey from our own hives)

- \$30.00 shopping spree

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**Eagle Bluff Orchards** (quality Okanagan tree fruits)

- 20 pound box of mixed fruits – peaches, nectarines, plums, apples and pears.

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**Friesen Farm** – (large range of local, certified organic veggies and salad greens)

- Vegetable pack from current fresh stock, retail value up to \$30.00

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**Dampened Planet** (earth friendly cleaning solutions)

- \$35.00 shopping spree

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**Red Roof Nursery** (Nicomen Island grown landscape and bedding plants)

- \$40.00 shopping spree

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Greenhouse grown peppers, tomatoes, strawberries. Orchard tree fruits, and small fruits)

- \$30.00 worth of product from current stock

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**Mountain Farms Soap** (handmade natural soaps, bath and body products)

- Gift basket with selection of products, minimum value \$30.00

## Sustainable Saturdays Booth at the Market.



Look for the Sustainable Saturdays booth in the market this summer. Over the next number of weeks, several local groups will participate in this educational booth. You can learn about the choices you can make to incorporate sustainability into you lifestyle. Whether it is recycling,

composting, helping to maintain critical habitat, or cutting back on your carbon emissions by using the vehicle less, there are many small things you can do to contribute to a big impact.

Stop and say hi, participate in the interactive displays and learn.



### 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.