

July 2008

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# eat local caledon

## Children's Day at the Inglewood Farmer's Market – Wed. July 30<sup>th</sup>

Wednesday July 30<sup>th</sup> will be Children's Day at the Inglewood Farmers' Market. Children's activities will be ongoing for the whole market time (4-7pm) and will include a Farmers' Market Scavenger Hunt, complimentary Kawartha Dairy Ice Cream, and hands-on raspberry juice making (beware of stains!).

## A Great First Month for the Inglewood Farmers' Market

The combination of a great venue, an impressive selection of vendors and superb community support has led to a successful inaugural month for the Inglewood Farmers' Market. And it's gaining momentum! Many people have started to make shopping at the market part of their weekly routine and more and more vendors are joining in as the season goes on.

Over the next couple weeks at the market you can expect to find raspberries, vegetables, herbs, perennial plants, naturally raised meats (e.g. beef, lamb, elk, wild boar), organic breads, fresh teas, preserves, fudge, honey and more. Adding to the market atmosphere each week are live musical entertainment and a weekly local meat BBQ.

The market is held every Wednesday from 4-7 pm at the Inglewood General Store. This Wednesday July 16<sup>th</sup> is featuring bluegrass music by Rev. Dr. Randy Benson of Claude Presbyterian Church and a local elk barbecue. So come on out and make supporting our local producers and shopping for fresh, local foods part of your weekly routine!

## Don't Forget Your Peas & Carrots

It's the middle of summer, and a greater variety of local vegetables are coming into season. Some of the vegetables that you can expect in July include peas, carrots, zucchini, spinach, lettuce, green onions, cucumber, broccoli and beans.

Peas are one of the most ancient crop vegetables, and have been cultivated for thousands of years. The first wild peas are believed to have come from India. It is known that in the early second century there were over 37 varieties of peas available in Rome. By 1600, peas were being grown all over the New World. Peas are a good source of folacin, Vitamins A & C, fibre and potassium.

Carrots are very nutritious, and provide an excellent source of fibre and folacin, as well as beta-carotene (which converts to Vitamin A in the body).

Having originated in or around Afghanistan, the carrot is another ancient vegetable. It is estimated that it was being cultivated before the time of Christ. Carrots were not originally orange, and rather were yellow, purple or red. The vegetable became orange in the 1500's when Dutch agriculturalists cross-bred yellow and red varieties in order to develop a carrot in honour of the House of Orange (the Dutch Royal Family). Orange carrots are now the most common variety.

Check out the next section for some recipe ideas for these ancient veggies.

Source: Foodland Ontario, [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca)

Caledon Countryside Alliance Sustainable Caledon



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## Recipes – Peas & Carrots

### Thai Carrot Salad with Peanuts

Servings: 4

3 cups grated carrots

*Chili Vinaigrette:*

1/4 cup rice vinegar

3 tablespoons fresh lime juice

1 tablespoon fresh orange juice

1 tablespoon orange zest

1 tablespoon chopped fresh cilantro

3 tablespoons pure maple syrup

1/4 teaspoon red chili flakes

1 cup chopped peanuts

Finely chopped fresh mint, for garnish

In a food processor, blend all the vinaigrette ingredients. Add the chili flakes last, adding them a little at a time to taste. Wash the carrots with a brush and grate into a large bowl. Add half the dressing, saving the rest for another use; it will keep, refrigerated, for up to 1 week. Marinate for 15 to 20 minutes before serving. Garnish with chopped peanuts and mint.

### Pea & Spinach Soup

Source: [www.seasonalontariofood.blogspot.com](http://www.seasonalontariofood.blogspot.com)

1 cups shelled peas (2 cups of peas in the pod)

1 1/2 cups water

1/2 teaspoon sea salt

2 to 3 cups fresh spinach

2 tablespoons sunflower seeds

1 tablespoon sunflower seed oil OR butter

1/4 teaspoon black peppercorns, crushed

1 tablespoon grated Parmesan cheese

OR 2 slices of goat cheese

Shell the peas, and put them in a large pot with the water and sea salt. Wash and pick over the spinach, and rinse it well again and drain it. Remove any limp or slimy leaves and any coarse stems, but tender stems can be left, as they will purée.

Bring the peas to a boil. When they have cooked for 4 or 5 minutes, add the spinach. Cook for another minute or two, until all the vegetables are just tender.

Put the vegetables and their cooking water into a blender with the sunflower seeds, oil or butter, and pepper. Purée until very smooth. Serve garnished with the cheese.

### Carrot Ice Cream

8 medium-sized carrots

1 litre milk

200 g sugar

Pinch of salt

Peel the carrots and cut into small pieces. Place them in a food processor or blender and process. Strain and mix the juice with the milk and sugar. Cook over a medium heat for 15 minutes or 5 minutes in the microwave, stirring from time to time. Then leave to cool. Add a pinch of salt, whisk lightly and chill in the freezer for 3 hours, stirring every hour.

### Carrot Hummus

1 cup(s) carrot(s), chopped

1 can(s) beans, garbanzo (chickpeas), rinsed and drained

1/4 cup(s) tahini (sesame seed paste)

2 tablespoon lemon juice

2 clove(s) garlic, quartered

1/2 teaspoon cumin, ground

1/4 teaspoon salt

2 tablespoon parsley, snipped

In a covered small saucepan cook carrots in a small amount of boiling water for 6 to 8 minutes or until tender; drain. In a food processor combine cooked carrots, garbanzo beans, tahini, lemon juice, garlic, cumin, and salt. Cover and process until mixture is smooth. Transfer to a small serving bowl. Stir in parsley.

Cover and chill for at least 1 hour or for up to 3 days. If too thick, stir in enough water, 1 tablespoon at a time, until dipping consistency. Serve with assorted dippers.

### Peas with Garlic Scapes & Cream

Servings: 2

Source: [www.seasonalontariofood.blogspot.com](http://www.seasonalontariofood.blogspot.com)

1 litre (1 quart) unshelled peas (2 cups shelled peas)

2 garlic scapes

1 teaspoon minced fresh savory

1 tablespoon butter

1/4 teaspoon sea salt

freshly ground black pepper

1/4 cup heavy cream

1/2 teaspoon flour

Shell the peas, and put them in a pot with water to just cover.

Chop the garlic scapes finely, and mince the savory.

Turn the peas on to cook over medium-high heat; about 10 minutes. Meanwhile, heat the butter in a small skillet, and add the chopped garlic scapes and the savory. Cook over low heat until soft and slightly coloured; about 10 minutes. Have the flour mixed into the cream, standing by.

Drain the peas well and add them to the skillet with the cream. Cook for another 5 minutes until just thickened. Serve at once.

### Buttered Minted Peas with Rice

1 cup sushi-type rice

1 1/3 cup water

1/4 teaspoon salt

2 cups shelled peas (1 quart or 1 litre in the pod)

1 tablespoon butter

1 tablespoon minced fresh mint leaves

Black pepper to taste

Put the rice, water and salt in a rice cooker. When the rice has cooked for about 10 minutes, or more precisely, when the rice is looking well on the way to being cooked, with just a skim of water over the surface, and still boiling fairly steadily, add the peas and 2/3 of the butter and mint to the pot.

When the rice cooker has turned itself off, let it sit for about 5 minutes. Add the remaining butter and mint along with a good grind of black pepper, and stir it up. Serve hot.