

August 18, 2010

MARKET NEWS

WWW.LANGLEYCOMMUNITYFARMERSMARKET.COM
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Langley
Community
FARMERS
MARKET

Highlights

- ◆ Two Guys with Big Peppers back this week.
- ◆ Chilliwack Corn in the market.
- ◆ Music by Langley's Chicks With Sticks clarinet ensemble.

Grilled Artichoke with Lemon Aioli

Glen Valley Artichoke Farm, as the name would imply, specializes in fresh and preserved artichoke products. They have graciously shared this recipe with us. And they have more recipes and lots more information about this edible thistle.

Ingredients:

Glen Valley artichokes
juice of 1 lemon
1 tablespoon olive oil
1 tablespoon balsamic vinegar
1 clove garlic (chopped)
salt and pepper to taste



Directions:

1. Cut the top off of the artichoke.
2. Trim the outer leaves with scissors.
3. Cut the artichokes into quarters.
4. Remove the fuzzy centers and scratchy leaves.
5. Soak in lemon water until ready to cook.
6. Cook in a pot of salted water until tender.
7. Drain and squeeze out the excess water.
8. Toss the artichokes with the olive oil, balsamic vinegar, garlic, salt and pepper.
9. Grill the artichokes until golden brown.

Lemon Aioli

Ingredients:

1/2 cup mayonnaise
1 clove garlic (chopped)
1 lemon (juice and zest)

Mix all ingredients well.



Today's Vendors

FARMS/GROWERS/PRODUCERS

Glen Valley Artichoke Farm
Chilliwack Corn King
Valley Gold Honey
Chanthorn Orchids
Apple Barn Pumpkin Farm
Golden West Farms
Country Village Fruit and Veggies
Eagle Bluff Orchard
Farmhouse Natural Cheese
Glen Valley Organic Farm
The Organic Farm Connection
Glenwood Valley Farms
Rockweld Farm
Natural Village Farm
Empire Valley Beef

FOOD PRODUCERS

Salvation Army Culinary School
Two Guys with Big Peppers

FOOD PRODUCERS

The Ivy Oven
Aji Gourmet Products
Liquid Arts—cold drinks-
NEW
Fort Langley Bakery
Bite Me Buffalo Smokies
Ace Curries to Go

ARTISANS

Frogs Not Included
Love Bomb
Serendipity's Antiques &
Treasures-*NEW*
Shipwrecked Treasures
Crystyles by Beth C.
Magnetite Jewelry



Congratulations to Liana Kaushakis, the Vendor Gift Pack winner from last Wednesday.



Liana won on her very first visit to our market.

Simply fill out an entry form at the Market Information booth for your chance to win.

The Artichoke

The **Globe Artichoke** (*Cynara cardunculus*) is a perennial thistle originating in Southern Europe around the Mediterranean.

Artichokes were cultivated in Sicily during the Greek occupation, the Greeks calling them *kaktos*. In this period the leaves and flower heads, which cultivation had already improved from the wild form, were eaten. The Romans, who called the vegetable *carduus* received the plant from the Greeks.

The Dutch introduced artichokes to England, where they grew in Henry VIII's garden in 1530. They were brought to the United States in the 19th century, to Louisiana by French immigrants and to California by Spanish immigrants

Artichokes can be made into a herbal tea. Artichoke tea is produced as a commercial product in Vietnam. And artichoke is the primary flavor of the Italian liqueur Cynar.

This diuretic vegetable is of nutritional value because of its exhibiting aid to digestion, strengthening liver and gall bladder function. It also reduces cholesterol levels.



Vancity