

August 4, 2010

## MARKET NEWS

WWW.LANGLEYCOMMUNITYFARMERSMARKET.COM  
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### Highlights

- ◆ Chilliwack Corn in the market.
- ◆ Langley Environmental Partners Society WaterWise booth.
- ◆ Music by *Messytone*.

### It 's Blueberry Season

#### BLUEBERRY, APRICOT AND SWEET ONION SALAD

*The onion, berries, apricots, and Arugula are all available in the market today.*

- ½ cup sliced sweet red or white onion
- ¾ teaspoon kosher or sea salt
- 1 cup fresh blueberries
- 8 pitted and halved apricots
- 5 tablespoons olive oil
- 2 cups (packed) fresh Arugula
- 2 tablespoons blueberry dressing (recipe follows)

In a bowl, combine onion and salt; let stand at least 2 hours (can be prepped and refrigerated up to 3 days).

Preheat broiler or grill. Arrange apricot halves on a broiler pan, skin side up; brush with 1 tablespoon of the olive oil. Broil until skins begin to brown, about 3 minutes. Cool; cut in 1/4-inch slices; set aside.

To prepare blueberry dressing: In a cup, whisk the remaining 4 tablespoons olive oil and 2 tablespoons of the Blueberry Vinegar (recipe below).

Rinse salted onion; drain. In a bowl, toss Arugula with half of the blueberry dressing; arrange on four serving plates. In the same bowl, combine blueberries and onion; toss with the remaining dressing; arrange on serving plates, dividing equally. Garnish with apricot strips.

Blueberry Vinegar: In a blender, combine 1 cup fresh or frozen blueberries, 1/2 cup sugar and 2 cups white wine vinegar. Blend until puréed, strain. Refrigerate.



# Today's Vendors

## FARMS/GROWERS/PRODUCERS

Chilliwack Corn King-*NEW*  
Chanthorn Orchids  
Blueberry Junction  
Golden West Farms  
Country Village Fruit and Veggies  
Glen Valley Artichoke Farm  
Eagle Bluff Orchard  
Farmhouse Natural Cheese  
Sull Farm  
Glen Valley Organic Farm  
The Organic Farm Connection  
Glenwood Valley Farms  
Rockweld Farm  
Natural Village Farm  
Empire Valley Beef

## FOOD PRODUCERS

Liquid Arts—cold drinks-*NEW*  
Fort Langley Bakery

## FOOD PRODUCERS

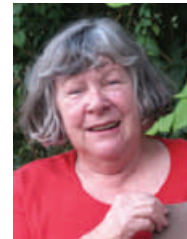
Aji Gourmet Products  
The Ivy Oven  
Bite Me Buffalo Smokies

## ARTISANS

Frogs Not Included  
Serendipity's Antiques & Treasures-*NEW*  
Shipwrecked Treasures  
Serenity Now Soaps  
Diva Dawg Clothing  
The Beadin' Path  
Crystyles by Beth C.



**Congratulations to Sandra McKenzie, the Vendor Gift Pack winner from last Wednesday.**



Sandra includes Gelderman's Pork among her favourite vendors, although her family enjoys the access to "good, local food" provided by the market.

**The BC Blueberry Council** offers these tips for storage and handling of berries.

### **Fresh Blueberries**

- Fresh blueberries should be stored covered in the refrigerator and will keep up to ten days. Berries should be washed just before using.

### **Frozen Blueberries**

- For longer storage simply freeze blueberries in their original containers (Yes! It is really this easy), or if you prefer, transfer to plastic bags or containers. Rinse frozen berries when ready to use.
- Remember to add frozen blueberries to your recipes, do not thaw first.
- Unused portions of frozen blueberries should be returned to the freezer promptly.

Properly stored, frozen blueberries will last up to two years.



# Vancity