

July 21, 2010

## MARKET NEWS

WWW.LANGLEYCOMMUNITYFARMERSMARKET.COM



### Highlights

- ◆ Pacific Parklands Foundation at the market to talk about the recreation, education and nature conservation opportunities in our regional parks. They also have hands-on activities for the children.
- ◆ New Okanagan fruit vendor, Golden West Farms joins us.
- ◆ Music by Ray Pullen– his first appearance at the market.



### Gooseberry Recipes

We've noticed that Applebarn Pumpkin Farm has Gooseberries in the market on a consistent basis. This is not a common berry in this part of the country. In fact it grows much better in climates that get good strong winters.

However, we asked Applebarn about this product and they were happy to share some information and a couple recipes.

#### Gooseberry Crumble

Place 4 – 5 cups of raw berries in an ovenproof dish and sprinkle generously with sugar.

Crumble Topping:

Mix 1 ½ cups of flour and 1/3 cup of butter until it resembles fine breadcrumbs, Stir in 1/3 cup brown (yellow) sugar and ½ tsp ground cinnamon,

Bake at 180 C (350F) until the top is browned and the fruit begins to bubble – approx 30 minutes.



#### Gooseberry Sauce

A savory sauce to serve with fish, especially salmon or with pork or lamb.

4 – 5 cups gooseberries

1 medium onion – finely chopped

Little or no sugar to taste

Cook in a 180C (350F) oven for about 30 minutes (until the berries bubble).

Puree the mixture and serve warm or cold.



# Today's Vendors

## FARMS/GROWERS/PRODUCERS

Limbert Mountain Farm-*NEW*  
 Chanthorn Orchids  
 Blueberry Junction-*NEW*  
 Country Village Fruit and Veggies  
 Apple Barn Pumpkin Farm  
 Eagle Bluff Orchard  
 Farmhouse Natural Cheese  
 Golden West Farms-*NEW*  
 Sull Farm  
 Valley Gold Honey  
 Glen Valley Organic Farm  
 The Organic Farm Connection  
 Glenwood Valley Farms  
 Rockweld Farm  
 Natural Village Farm  
 Empire Valley Beef-*NEW*

## FOOD PRODUCERS

Fort Langley Bakery  
 Ace Curries to Go  
 Momma Nellies Goodies  
 A Bread Affair  
 Two Guys With Big Peppers

## FOOD PRODUCERS

Aji Gourmet Products  
 Bite Me Buffalo Smokies  
 The Ivy Oven

## ARTISANS

Frogs Not Included  
 Josh Jenkins Photography  
 Crystyles by Beth C.  
 Shipwrecked Treasures  
 Diva Dawg Clothing  
 Iva's Green Art  
 Magnetite Jewelry  
 Love Bomb  
 Fresh-n-Home Products  
 Meditative Images  
 Gems in Bloom  
 Fresh-N-Home



## KidZone Volunteer Opportunity

The market features an area set aside for the next generation market shopper to get out of the sun for a while. It features a black-board, sidewalk chalk and colouring.

But this zone could be much more with volunteers to develop and assist with activities for the younger set.

If you or someone you know has an interest in working with children in this sort of a setting, please feel free to approach us to discuss this further.



## Gooseberries

A close relative to Currants, **Gooseberries** are derived mostly from two species: the European gooseberry, native to the Caucasus Mountains and North Africa; and the American gooseberry, native to northeastern and north-central United States and adjacent parts of Canada. Gooseberries are best known for their use in desserts such as Gooseberry Fool and Gooseberry Crumble. In some countries, like Portugal, gooseberries are very appreciated as a beverage, being mostly used mixed with soda, water or even milk.

Residents who moved here from the prairies are more familiar with this berry than those of us who are native to the coast.

