

July 28, 2010

MARKET NEWS

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Langley
Community
FARMERS
MARKET

Highlights

- ◆ New vendor with refurbished antique jewelry, small furniture and lamps.
- ◆ Music by *Katrina Kadosky*

Apricot Recipes

Apricots in the market this week. The apricot season is typically quite short, so don't miss out on the opportunity.

Easy Apricot Fritters

Fresh Apricot halves
1 cup sifted flour
1 Tbsp. melted butter
2 eggs
1/8 tsp. salt
2 tsp. lemon juice



Beat eggs until very light; add all other ingredients plus just enough cold water to make a batter like a heavy cream. Dust apricot halves with flour and dip in batter. Fry in deep cooking oil or shortening. Drain and dust with powdered sugar.

Apricot Pasta Salad



4 oz. fusilli (corkscrew) pasta
6 fresh apricots (3/4 lb), cut into quarters
1 whole chicken breast
2 small zucchini (1/2 lb), julienned
1 red bell pepper, julienned
1 tbsp chopped fresh basil or 2 tsp. Apricot Basil Dressing (recipe follows)

Cook pasta as package directs; drain and let cool. Combine pasta, apricots, chicken, zucchini, red pepper, and basil in bowl. Toss with dressing. Makes 4 servings.

Apricot Basil Dressing

2 apricots
2 Tbsp. white wine vinegar
1 Tbsp. sugar
1tbsp fresh basil (or 1 tsp. dry basil)
1 /4 cup vegetable oil



Combine 2 fresh ripe apricots (pitted), 2 Tbsp. white wine vinegar and 1 Tbsp. sugar in blender, whirl until blended. With blender running, slowly add 1/4 cup vegetable oil until thick and smooth. Stir in basil.



Today's Vendors

FARMS/GROWERS/PRODUCERS

Chanthorn Orchids
 Gelderman Farms Pork
 Country Village Fruit and Veggies
 Apple Barn Pumpkin Farm
 Glen Valley Artichoke Farm
 Eagle Bluff Orchard
 Farmhouse Natural Cheese
 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
 Momma Nellies Goodies
 Ace Curries to Go

FOOD PRODUCERS

Aji Gourmet Products
 The Ivy Oven

ARTISANS

Frogs Not Included
 Serendipity's Antiques & Treasures-*NEW*
 Shipwrecked Treasures
 Serenity Now Soaps
 Iva's Green Art
 Endymian Collective
 Magnetite Jewelry
 Fresh-n-Home Products
 The Beadin' Path
 Gems in Bloom
 Fresh-N-Home
 Diva Dawg Clothing
 Dr. Ken Adams
 WigglePie Crafts



Congratulations to the Vendor Gift Pack winner from last Wednesday.

Liz Tolkamp picked up a re-useable market bag filled with goodies donated by our vendors.

Fill out an entry form at the market information booth. After the market we draw a name by random draw and award the prize. We phone the winner and arrange to drop the gift pack off immediately after the market.



Apricots

There is evidence that the apricot was known in Armenia during ancient times, and has been cultivated there for so long it is often thought to be native there. An archaeological excavation at Garni in Armenia found apricot seeds in a site dating back to 3800 BC. Other sources say the apricot was first cultivated in India in about 3000 BC.

As early as the year 502 AD, apricot seeds were used to treat tumors and ulcers. In Europe, apricots were long considered an aphrodisiac, and were used in this context in Shakespeare's *A Midsummer Night's Dream*.

Research shows that of any food, apricots possess the highest levels and widest variety of the antioxidants that help prevent heart disease, reduce "bad cholesterol" levels, and protect against cancer. In traditional Chinese medicine, apricots are considered helpful in regenerating body fluids, detoxifying, and quenching thirst.

