

June 23, 2010

MARKET NEWS

WWW.LANGLEYCOMMUNITYFARMERSMARKET.COM



Highlights

- Three vendors with Strawberries and there may be a few Raspberries as well.
- For those who 've been asking, Valley Gold Honey has creamed honey today.
- Service Canada Youth Employment Centre info booth.
- Music by MessyTone.



Strawberries are Ready—Yeah!

Here in the Fraser Valley we've suffered through a long cool spring. The strawberry crops were a few weeks behind. What a difference even a short run of good weather can make, especially in our fertile growing area.

Last week the Apple Barn Pumpkin Farm had some greenhouse-grown strawberries in the market for the first time this season. Today Maan farm and Country Village Fruits are on site with the first of the field-grown supply.

Consider ordering a flat or two and breaking out the freezer bags. Come next December and January, they will make a great treat and reminder of the summer of 2010.

Strawberry facts

Strawberries have been in active cultivation since the 17 century.

New plants are commercially propagated from the runners of older plants.

The strawberry is the only fruit with its seeds on the outside.

As of 2007, nearly 4 Million metric tones of berries are commercially produced world-wide.

Along with the obvious uses including fresh and frozen fruit, jams and food-flavouring, strawberries are used in dried form by the bakery industry and in small amounts as food colouring.

Strawberries are a great source of vitamin C and a cup of strawberries contains only 45 calories.

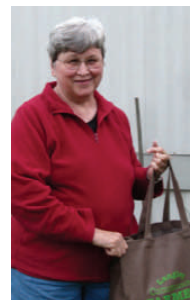


Today's Vendors



Congratulations to the Winner

Grace Darney won the Vendor Gift Pack last week. This is Grace's first year at the Langley market. She enjoys augmenting her home garden with fresh produce and fruit.



KidsZone Volunteers Wanted

We are looking for volunteers to help organize kids activities for a couple hours on market days. Volunteers can contribute a few hours during the season or a few each week. We'll match our schedule to your availability.

Talk to the market manager today or call 778-245-0980.

FARMS/GROWERS/PRODUCERS

Chanthorn Orchids
Country Village Fruit and Veggies-
NEW
Huis Farm Mushrooms
Old World Exotics-*NEW*
Apple Barn Pumpkin Farm
Farmhouse Natural Cheese
Glen Valley Organic Farm
Valley Gold Honey
The Organic Farm Connection
Glenwood Valley Farms
Secret Garden
Natural Village Farm

FOOD PRODUCERS

Two Guys with Big Peppers
Ace Curries to Go
A Bread Affair
Ivy Oven

FOOD PRODUCERS

Aji Gourmet Products
Bite Me Buffalo Smokies
Fort Langley Bakery

ARTISANS

Iva's Green Art
Clothing-*NEW*
Josh Jenkins
Photography-*NEW*
Dingolay Creations
Mountain Farms Soap
Crystyles By Beth C.
Shipwrecked Treasures
Diva Dawg Clothing
Magnetite Jewelry
Endymian Collective
Gems in Bloom
Fresh-n-Home Products

Strawberry Smoothie

- 1—1 1/2 cups fresh strawberries, sliced
- 1 cup unsweetened pineapple chunks
- 1 cup low fat milk or soy milk
- 2 tsp. Honey (ask Leah at Valley Gold Honey which flavour)
- 1/2 cup low fat vanilla yogurt

Place ingredients in a blender or food processor in the order that they appear above. Blend until smooth. Makes 2 servings. Try it at breakfast.

Variations include adding other fruit (e.g. blueberries), or flavoured yogurt.

