

June 30, 2010



## MARKET NEWS

WWW.LANGLEYCOMMUNITYFARMERSMARKET.COM



### Highlights

- Three vendors with Strawberries.
- First of the Okanagan Cherries arrive today.
- Momma Nellies Goodies Salsa back after a long absence. Our manager voted it the world 's best salsa!
- Music by Rumi.

### First of the Raspberries in the Market

An individual raspberry weighs about 4 g, on average and is made up of around 100 drupelets, each of which consists of a juicy pulp and a single central seed. Raspberry bushes can yield several hundred berries a year. Unlike blackberries a raspberry has a hollow core once it is removed from the receptacle.

In our home gardens and for hand-picked farm berries, the fruit is typically harvested when it comes off the plant easily and has turned a deep color (red, black, purple, or golden yellow, depending on the species and cultivar). This is when the fruits are ripest and sweetest.



The flowers can be a major nectar source for honeybees and other pollinators. The leaves can be used fresh or dried for herbal and medicinal teas. They have an astringent flavour, and in herbal medicine are reputed to be effective in regulating menstrual cycles.

### Raspberry Salsa

With apologies to Janelle at Momma Nellies Goodies, who makes an amazing vegetable-based salsa, here is an alternate idea using our great local Raspberries.

- ◆ 2 Cups. fresh Fraser Valley Raspberries
- ◆ 1/4 Cup chopped sweet onion
- ◆ 3 teaspoons finely chopped jalapeno chile peppers
- ◆ 1 clove minced garlic
- ◆ 1/4 Cup chopped fresh cilantro
- ◆ 1/2 teaspoon white sugar
- ◆ 3 Tablespoon lime juice

In a medium bowl, mix together raspberries, sweet onion, jalapeno chile peppers, garlic, cilantro, white sugar and lime juice. Cover and chill in the refrigerator at least 1 hour before serving.



# Today's Vendors

## FARMS/GROWERS/PRODUCERS

Chanthorn Orchids  
Country Village Fruit and Veggies-  
*NEW*  
Huis Farm Mushrooms  
Gelderman Farms Pork  
Maan Farms  
Apple Barn Pumpkin Farm  
Eagle Bluff Orchard-*NEW*  
Farmhouse Natural Cheese  
Glen Valley Organic Farm  
Valley Gold Honey  
The Organic Farm Connection  
Glenwood Valley Farms  
Secret Garden  
Natural Village Farm  
Virk Farm

## FOOD PRODUCERS

Two Guys with Big Peppers  
Momma Nellies Goodies  
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  
Barbara Cartile Soaps  
Frogs Not Included  
Shipwrecked Treasures  
Diva Dawg Clothing  
Magnetite Jewelry  
Gems in Bloom  
Love Bomb  
Fresh-n-Home Products  
The Potters Shed



## **Congratulations to the Winner**

Erin Perry won the Vendor Gift Pack last week. Erin and her family use the market to support their mainly organic diet. So they like the fresh produce vendors and also visit the A Bread Affair booth regularly.



*Visit the market info booth and fill out an entry form. You could be today's winner.*

## **Volunteers Welcome**

### Positions open include:

- ◆ Help with market set-up and tear-down. This includes some moderate lifting, setting up market tents and traffic barriers, electrical cords, etc., assisting with market layout including marking vendor booth and other activity areas.
- ◆ Supervise and assist in Kids Zone helping with scheduled activities and drop-in use of materials. It could also include designing and coordinating activities for the Zone.
- ◆ Greet vendors and entertainers and direct them to their booths. Greet customers, staff market information booth, handout market newsletters.
- ◆ Assist with set up and hosting special events (may include preparation and serving of food and drinks).

Volunteers need not commit to all market days or to full market-day hours as there is flexibility in our needs and expectations. For more information or to volunteer talk to our market manager.

