

June 16, 2010

MARKET NEWS

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Langley
Community
FARMERS
MARKET

Highlights

- Two Guys With Big Peppers hot sauces, jams and jellies in market for the first time this season.
- New Pottery vendor joins us.
- Service Canada Youth Employment Centre info booth.
- Music with a South American influence by Rumi.



Chicken Strips with Heat

Ingredients:

- 1 pound cooked chicken strips or chicken breast cut into 1" strips (*see the Organic Farm Connection about the chicken*)
- 1 cup Bar-B-Q Sauce (or your favorite prepared dipping sauce)
- 1/2 cup (250 ml) **Two Guys With Big Peppers Blackberry Habanero**
- 2 teaspoon diced onion
- 1 clove garlic, crushed
- 1 tablespoon chopped green onions



Method:

- ◆ Heat chicken strips in a skillet or in a hot oven,
- ◆ In a microwave safe dish or in a saucepan, add Bar-B-Q Sauce, onion, garlic and the **Two Guys Blackberry Habanero**
- ◆ Heat in microwave on HIGH for about 3 minutes, stirring constantly, OR bring to a boil on the stovetop, reduce heat and simmer for 5 minutes,
- ◆ Transfer to a serving dish and use chicken strips to dip. Garnish with green onions.



Today's Vendors

FARMS/GROWERS/PRODUCERS

Chanthorn Orchids
Apple Barn Pumpkin Farm
Farmhouse Natural Cheese
Gelderman Farms Pork
Glen Valley Organic Farm
Valley Gold Honey
The Organic Farm Connection
Glenwood Valley Farms
Secret Garden
Natural Village Mushrooms

FOOD PRODUCERS

Two Guys with Big Peppers
Aces Curry to Go
A Bread Affair
Bite Me Buffalo Smokes-*NEW, on-site burger and smokie cart*
Ivy Oven
Aji Gourmet Products
Fort Langley Bakery

ARTISANS

The Potter's Shed-*NEW*
Dingolay Creations
The Beadin' Path
Barbara Cartile Soaps
Shipwrecked Treasures
Diva Dawg Clothing
Magnetite Jewelry
Endymian Collective
Gems in Bloom



Park & Shop

Pay parking is in effect on market days. Customers are reminded to purchase a ticket, the minimum amount should be fine. And bring your receipt into the market. It is the same as cash at any of our vendors.

Volunteers Wanted

Want to spend some quality time with our vendors and other customers? We need your help.

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

Hot Peppers

Hot peppers are used quite widely in North American cooking. And they have been around for some time. Chili peppers, for example have been a part of the human diet in the Americas since at least 7500 BC. There is archaeological evidence at sites located in southwestern Equador that chili peppers were domesticated more than 6,000 years ago, and was one of the first cultivated crops in the Americas that was self-pollinating. Christopher Columbus was likely the first European to encounter them (in the Caribbean), and called them "peppers" because of their similarity in taste with the old world black peppers.

The substances that give chili peppers their intensity are capsaicin and several related chemicals. The "heat" of chili peppers is measured in Scoville Heat Units (SHU), which is the number of times a chili extract must be diluted in water for it to lose its heat. Bell peppers rank at 0 SHU, New Mexico green chilis at about 1,500 SHU, jalapeños at 3,000–6,000 SHU, and habaneros at 300,000 SHU. The record for the hottest chili pepper was assigned by *Guinness World Records* to the naga jolukia (from northeastern India), measuring over 1,000,000 SHU. That's hot!

