

September 1, 2010

## MARKET NEWS

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### Highlights

- ◆ New vendor in the market selling edible flowers, edible flower jams and more.
- ◆ Local and Chilliwack Corn in the market.
- ◆ Music by Rumi.

### Squash

#### Fruit Stuffed Squash

##### Ingredients:

- 1 large acorn or other squash, halved and seeded
- 1/4 cup water
- 3 tablespoons butter, melted
- 1/2 to 1 teaspoon lemon juice
- 1/2 teaspoon ground cinnamon
- 3 tablespoons cup brown sugar, firmly packed
- 1/2 cup chopped mixed dried fruit and nuts (your choice)
- 1 large pear or Granny Smith apple - peeled, cored, chopped

Cut squash in half lengthwise (from stem to end). Use a spoon to scoop out the seeds and stringy stuff in the center of each squash half. Score the insides of each half several times with a sharp knife.

Place squash, cut side down, in a large baking pan or dish; pour water into bottom of pan around the squash. Bake 20 to 30 minutes. Remove from oven. **NOTE: You want the squash to cook 1/2 done before stuffing.**

Meanwhile, in a bowl, combine butter, lemon juice, cinnamon, brown sugar, fruit and nut mixture, and chopped apple or pear.

Divide mixture evenly among partially cooked squash and return to oven for 30 minutes or until tender when flesh is poked with a fork.



# Today's Vendors

## FARMS/GROWERS/PRODUCERS

Culinary Blossom-*NEW*  
Glen Valley Artichoke Farm  
Chilliwack Corn King  
Valley Gold Honey  
Chanthorn Orchids  
Nathan Creek Farm-*NEW*  
Apple Barn Pumpkin Farm  
Golden West Farms  
Country Village Fruit and Veggies  
Eagle Bluff Orchard  
Farmhouse Natural Cheese  
Glen Valley Organic Farm  
The Organic Farm Connection  
Glenwood Valley Farms  
Rockweld Farm  
Natural Village Farm  
Empire Valley Beef  
FOOD PRODUCERS  
Salvation Army Culinary School  
The Ivy Oven

## FOOD PRODUCERS

Liquid Arts—cold drinks  
Fort Langley Bakery  
Bite Me Buffalo Smokies  
Aji Gourmet Products

## ARTISANS

Frogs Not Included  
Gems In Bloom  
Serendipity's Antiques & Treasures  
Elagaince Jewelry  
Shipwrecked Treasures  
Crystyles by Beth C.  
Magnetite Jewelry  
The Potter's Shed  
Take It Easy Wear-*NEW*



Congratulations to Carol Smith, the Vendor Gift Pack winner from last Wednesday. Carol makes the trip from Aldergrove to shop at the market each week.



*Simply fill out an entry form at the Market Information booth for your chance to win.*

## SQUASH

Archaeological evidence suggests that squash may have been first cultivated in what is now Mexico and northern South America some 8,000 to 10,000 years ago. Squash was one of the "Three Sisters" planted by Native Americans. The Three Sisters were the three main indigenous plants used for agriculture: maize (corn), beans, and squash. These were usually planted together, with the cornstalk providing support for the climbing beans, and shade for the squash. The squash vines provided ground cover to limit weeds.

Summer squashes, including zucchini are harvested during the growing season, while the skin is still soft and the fruit rather small; they are eaten almost immediately and require little to no cooking. Winter squashes (such as butternut, acorn and spaghetti) are harvested at maturity, generally the end of summer, often cured to further harden the skin, and stored in a cool place for eating later. They generally require longer cooking time than summer squashes. In addition to the fruit, other parts of the plant are edible. Seeds can be eaten directly, ground into paste, meal, "nut" butter, even a fine flour, or pressed for oils. The blossoms are an important part of native American cooking and are also used in many other parts of the world.

