

August 2009
Issue 2

Upcoming...
August 20th
is the Market
Corn Roast

August really is the beginning of the bounty of the Ontario harvest. Look forward to the following fruits & vegetables appearing at the Market this month:

apples
apricots
beets
broccoli
cabbage
carrots
cantaloupe
corn
cucumber
eggplant
garlic
leeks
nectarines
plums
potatoes
tomatoes
watermelon
zucchini

Caledon Farmers' Market



MARKET RECIPE IDEAS

Lamb Souvlaki - Makes 10 skewers

Ingredients

- 10 (6 to 8-inch) sturdy rosemary sprigs, for skewering
- 5 pounds boneless leg of lamb
- 4 garlic cloves, minced
- 2 rosemary sprigs, leaves stripped and chopped
- 4 tablespoons extra-virgin olive oil
- 2 teaspoons salt
- 2 lemons, cut into wedges for garnish

Directions

1. Soak the rosemary sprigs in water for at least 1 hour prior to grilling the souvlaki.
2. Trim the leg of lamb of any excess fat and cut into 1 1/2 inch cubes. Place the cubes in a mixing bowl. Add the garlic, chopped rosemary, olive oil and salt and toss to coat. Refrigerate for at least 1 hour and up to 12 hours.
3. Remove the lamb from the refrigerator and skewer 4 pieces onto each rosemary sprig.
4. Heat a grill top for 5 minutes. Place the souvlaki on the grill and cook 1 1/2 to 2 minutes per side. Keep warm in a low oven until all are finished, serve with lemon wedges.

Mediterranean Potatoes

Ingredients:

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|--------------|--------------------------------|
| Potatoes | Large Onion |
| Zucchini | Handful of fresh chopped herbs |
| Sweet Pepper | Juice of one lemon |

Directions:

1. Peel and dice potatoes, then boil or steam until just cooked. Drain and set aside.
2. Slice zucchini, sweet peppers and a large onion and gently fry in olive or nut oil until soft.
3. Stir in diced cooked potatoes and a handful of fresh chopped herbs (e.g. rosemary, cilantro, oregano, parsley). Cook gently for a few minutes.
4. Then add the juice of a whole lemon to the pan and stir. Heat for a further minute and serve hot!

www.caledon.ca/farmersmarket

Market Vendors...In Their Own Words

Whole Village



Whole Village Farm is a 191-acre organic vegetable farm located at 20725 Shaws Creek Rd, 5 minutes south of Orangeville. We grow over 150 varieties of 50 different vegetable crops, including cauliflower, broccoli, zucchini, potatoes, garlic, onions, tomatoes, spinach, peas, string beans and many, many more. We also grow several varieties of dried beans, as well as oats and wheat.

Our 4-acre garden is taken care of mostly by hand, and with the assistance of our two Suffolk workhorses, Sam and Sally. Though we still rely on the tractor for certain jobs, we're slowly moving away from our reliance on fossil fuels. We've found that working with draft horses is not only better for the health of the planet, but also benefits the health of the garden (less soil compaction) and our personal health (less exhaust fumes to breathe in or roaring engines to listen to), not to mention our bottom line (less fuel bills)!

Aside from attending the Bolton Market on Thursdays, we also offer a Community Supported Agriculture (CSA) program. Through the CSA, people can become a member of the farm, receiving a box each week of whatever is ripe in the garden. Come talk to Graham, Yehuda, Amy, Maurizio or Shannon if you're interested.

Sprouts and Superfoods



Enthusiastic horticulturist Thomas Elcome and majestic raw food nutritionist Mark Handy joined forces to create Sprouts and Superfoods. Our goal is to provide you with the highest quality, organic, freshest and most nutrient dense foods known to mankind and to educate you on how to feel more energetic, have more fun, and to be happier!

Together we offer juicy organic sunflower sprouts, pea shoots, wheatgrass, raw mouth-watering chocolates and vegan 'sugar-free' cheesecakes, chia and hemp seeds, cashews, goji berries, dulse, chlorella and much much more.

Thomas Elcome has a magic green thumb and had been gardening in the Orangeville area for decades. Mark Handy eats lots of sprouts and has more fun than anyone he knows. We are hosting two life-changing speakers at the end of the summer, David Wolfe and Dr. Brian Clement. Ask us for details!

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