



August 13, 2011

MARKET THYMES

www.abbotsfordfarmandcountrymarket.com

Market manager Bruce Fatkin, 604-996-1542



Today's Highlights

- ◆ Choi's Traditional Korean Pottery returns to the market.
- ◆ Enter to win over \$325 in vendor products in our monthly draw. Entry is by donation of a Loonie to the food bank
- ◆ Music by the ever popular Sylvan le Musician.

Blueberries Abound

The Johnston brothers, originally from Nova Scotia, planted native highbush blueberry seedlings on the peat bogs of Lulu Island (near Vancouver International Airport) as an experiment in the early 1920's. Their farm eventually grew to a hundred acres and the brothers began to propagate their own varieties. In the summer, they employed up to 400 pickers, many of whom were bused in from downtown Vancouver. Thus began the blueberry industry in BC.

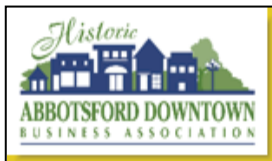
The BC Blueberry Council reports that about 700 blueberry farms account for 8,100 hectares (20,000 acres) of the richest fertile farmland in the Lower Mainland and Fraser Valley devoted to growing almost 40 million kilograms (89 million pounds) with production increasing steadily.

Each 125ml (1/2 cup) of Blueberries is all it takes to meet the recommended 7-10 servings of fruit suggested by the Canadian Food Guide.

This "super berry" is one of the best sources of antioxidants Blueberries can help slow the aging process and reduce cell damage that can lead to cancer, cardiovascular disease and loss of brain function. Blueberries also contain condensed tannins that help prevent urinary tract infections and anthocyanin a natural compound linked to reducing eyestrain.

-visit www.bcblueberry.com for more information.

And check out a couple blueberry recipes on the back page of this newsletter



Today's Vendors

FARMS/GROWERS/PRODUCERS

Valley Gold Honey
Wild Rote Garlic-*NEW*
Blueberry Junction
Eagle Bluff Orchards
Red Roof Nursery
Redl's Homegrown Beef
Friesen Farm
Country Village Fruits and Veggies
Virk Farm
Vitala Foods-*NEW*
Little Qualicum Cheeseworks
Abundant Acre Family Farm
Rockweld Farms Chicken
Richmond Specialty Mushrooms
Ohm Organic Farm
Fleenor Farm
Sunlight Blossoms
Secret Garden
Applebarn Pumpkin Farm
A V Farm
Wyndson Farm

FOOD PRODUCERS

Fort Langley Bakery
Grab-A-Java Coffee
Ilios Dressing
Culinary Blossom
Gesundheit Bakery
Judy's Country Kitchen

FOOD PRODUCERS

Simply Delish Soups & Salads
The Ivy Oven
Grizzly Kettlecorn

ARTS & CRAFTS

My Fiddle Sticks-*NEW*
WigglePie Crafts
Choi's Pottery
Coralwear Creations
A. Brown Designs-*NEW*
Serenity Now Soaps
Annamaria Potamitit -*NEW*
Shipwrecked Treasures
Pampered Planet
Mountain Farms Soap
Organic Inspired Creations
Gems in Bloom
Hedinger Leather Goods
Royal Herbs
Fresh-N-Home



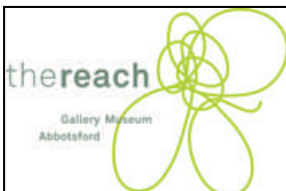
Wyndson Wins

Congratulations to Karen and Larry at Wyndson Farm. They were judged the best-dressed booth in a competition at the Farmers Appreciation Week ceremonies last Saturday.

Thanks to all the vendors who made the extra effort to help celebrate the event.



The Reach Gallery and Friends in the Market



Joining us at markets through July and most of August is staff from The Reach Gallery Museum. The Reach is Abbotsford's new center for cultural and creative innovation. This state of the art gallery is capable of hosting traveling exhibitions, is the showplace for local and regional art and artifacts. Several interactive displays and activities originate from The Reach throughout the year and it is a great place to hold special meetings and social events.

Joining Reach staff at the markets this summer will be a selection of visual artists from the Central Fraser Valley showing and sharing their talents.

Monthly Draw Package

Vendor Super Pack



Culinary Blossom (gourmet jellies, chutneys, sauces from local fruit, edible flowers)

- \$50.00 shopping spree

Wiggle Pie Crafts (knitted, sewn and crocheted baby items)

- \$50.00 shopping spree



Valley Gold Honey (honey from our own hives)

- \$30.00 shopping spree

Eagle Bluff Orchards (quality Okanagan tree fruits)

- 20 pound box of mixed fruits – peaches, nectarines, plums, apples and pears.



Friesen Farm – (large range of local, certified organic veggies and salad greens)

- Vegetable pack from current fresh stock, retail value up to \$30.00

Dampened Planet (earth friendly cleaning solutions)

- \$35.00 shopping spree



Red Roof Nursery (Nicomen Island grown landscape and bedding plants)

- \$40.00 shopping spree



Greenhouse grown peppers, tomatoes, strawberries. Orchard tree fruits, and small fruits)

- \$30.00 worth of product from current stock



Mountain Farms Soap (handmade natural soaps, bath and body products)

- Gift basket with selection of products, minimum value \$30.00

Blueberry Oatmeal Squares

- ◆ 2-1/2 cups (625 mL) rolled oats,
- ◆ 1-1/4 cups (300 mL) all-purpose flour,
- ◆ 1 tbsp (15 mL) grated orange rind,
- ◆ 1/4 tsp (1 mL) salt,
- ◆ 1 cup (250 mL) cold butter, cubed,
- ◆ 3/4 cup (175 mL) packed brown sugar.



Filling:

- ◆ 3 cups (750 mL) fresh blueberries,
- ◆ 1/2 cup (125 mL) granulated sugar,
- ◆ 1/3 cup (75 mL) orange juice,
- ◆ 4 tsp (18 mL) cornstarch.

Filling: In saucepan, bring blueberries, sugar and orange juice to boil; reduce heat and simmer until tender, about 10 minutes.

Whisk cornstarch with 2 tbsp (25 mL) water; whisk into blueberries and boil, stirring, until thickened, about 1 minute. Place plastic wrap directly on surface; refrigerate until cooled, about 1 hour.



Pastry: In large bowl, whisk together oats, flour, sugar, orange rind and salt ; with pastry blender, cut in butter until in coarse crumbs.

Press half into 8-inch (2 L) square parchment paper-lined metal cake pan; spread with blueberry filling. Sprinkle with remaining oat mixture, pressing lightly.

Bake in centre of 350°F (180°C) oven until light golden, about 45 minutes. Let cool on rack before cutting into squares. *(Make-ahead: Cover and refrigerate for up to 2 days or wrap with heavy-duty foil and freeze for up to 2 weeks.)*

Pink Blueberry Lemonade

- ◆ 1/3 cup sugar,
- ◆ 1-1/4 cups fresh blueberries, divided,
- ◆ 1/2 cup lemon juice

In 1 quart glass measuring cup, combine sugar, 2 tablespoons of the blueberries and 1/2 cup water: Microwave on high until hot, about 1 minute; stir until sugar dissolves.

Add lemon juice, and enough water to make 1 quart; chill.

Fill tall glasses with ice cubes, add chilled blueberry mixture and remaining berries, dividing equally.

Garnish with lemon slices if desired.