



# Farmers Market Coupon Program

## Participating Markets

**Roberts Creek Farm  
Gate Market:**  
Wednesdays 3:00-6:00

**Sechelt Farmers Market**  
Saturdays 9:00-2:00

## What's in Season

Broccoli  
Broad Beans  
Cauliflower  
Chard  
Chives  
Cilantro  
Dill  
Garlic Scapes  
Green Onions  
Lettuce  
Kale  
Parsley  
Peas  
Radishes  
Rhubarb  
Salad greens  
Spinach  
Strawberries

## Welcome to the Market Season

Hello and welcome to the Farmers Market coupon program. I hope everyone involved will enjoy the market experience and find a few new vegetables to cook and eat with their family and friends.

This year I am thrilled to announce that the coupons will be accepted at the Roberts Creek Farm Gate Market, as well as the Sechelt Farmers Market.

**The Farm Gate Market takes place from 3:00 to 6:00 every Wednesday at the Roberts Creek Hall until the end of October.**

One of the best parts of the coupon program is having the chance to learn new skills and try some foods that you might not have otherwise had a change to eat. This year we will once again be offering cooking, canning and other food and gardening related workshops for you to take part in. Last year we made strawberry and blackberry jam, and salsa. Please let us know what other skills you would like to learn in the kitchen. Learning to preserve the harvest is a wonderful lifelong skill that will help you eat well all year long.



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## Farmers Market Shopping Tips

1. **Know what is in season on your area.** If you know a bit of what to expect when you get to the farmers market, making decisions at each stall is much easier.
2. **Go Early!** For the best selection, go to the farmers market early. Things like eggs and berries tend to sell out early.
3. **Bring Bags.** Vendors always appreciate it if you have your own bags. It is environmentally friendly and farmers often do not supply bags for customers.
4. **Plan Your Meals Ahead of Time.** Not only will this make your market experience easier, it will save you time and stop you from buying vegetable that wont get eaten.
5. **Ask Questions and Get Advice.** If you find a vegetable that's new to you at the farmers market and want to give it a try, ask the farmer how to prepare it. For the best tips specifically ask how *they* like to eat it.

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## Feature Food: Garlic Scapes

First question about scapes: what are they?!



They are the flower stalks of hardneck garlic plants, although they do not produce flowers. The scapes are trimmed off once they form in order to ensure that all the plant's energy is going into forming a plump bulb.

When the garlic scapes are still in full curl, they are tender and succulent. Delivering a flavour that is somewhere between garlic and green onion, scapes are versatile, just treat them like a green vegetable.

Here are some ways to use them: Steam them like asparagus or sauté them with butter or olive oil. Add them to stir fry or sprinkle on pizza.

## Feature Recipe: Garlic Scape and Kale Pesto

This is excellent with grilled asparagus, carrot sticks or other raw vegetables. Toss it with warm pasta, use it as a base for a pizza or in a sandwich. You can also mix it with sour cream or plain yogurt for an interesting potato salad dressing. It will keep in the fridge for about a week

### Ingredients

- 1 slice crusty bread
- 1 cup garlic scapes, chopped
- 2 Tbsp lemon juice
- 1/4 cup fresh basil leaves or other fresh herbs (optional)
- 1/4 cup almonds, walnuts or hazelnuts, lightly toasted
- 3 cups kale
- 1/2 cup olive oil
- Salt and pepper to taste



### Directions

Warm about 1 tablespoon of olive oil in a pan and cook the bread until brown and toasty. Allow to cool, then pulse in the food processor with the nuts, scapes, kale and herbs (if using) until finely chopped. Add the lemon juice, and oil and pulse again to combine. Taste and add more lemon juice or olive oil as needed and season with salt and pepper. You can thin it with a little warm water.