



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

Basil
Broccoli
Beans
Beets
Blackberries
Blueberries
Carrots
Chard
Corn
Cucumber
Eggplant
Garlic
Green Onions
Herbs
Lettuce
Kale
Onions
Parsley
Peas
Peppers
Potatoes
Raspberries
Tomatoes

Top 10 Reasons to Buy Local!

1. Local food is fresher and tastier
2. Enjoy delicious foods that are only available in-season
3. Strengthen the local economy and keep your dollars close to home
4. Meet the farmers who grow your food
5. Protect your health and the environment with food produced sustainably
6. Support farmers who are committed to the humane treatment of animals
7. Discover "new" specialty products that will impress your dinner guests
8. Support the future of family farms and food security in British Columbia
9. Keep good agricultural jobs in your community
10. Protect natural beauty and green spaces by preserving farmland

Celebrate Farmers
Appreciation Week!
September 8-15



Buy Local at a Farmers' Market

bcfarmersmarket.org

Why Local?

Your Family

When you provide your family with juicy peaches, hormone-free chicken and crisp baby carrots, eating healthy becomes very easy, not to mention incredibly enjoyable. By spending your food dollars at the market you are investing in you and your family's health.

Our Farmers and Communities

When farmers sell at the market they get to bring home 100% of the retail price – this means that your money stays and works in the community. By supporting local farmers you are voting with your dollar to keep BC farmers farming, and safeguarding BC's agricultural land for future generations.

Our Environment

The fresh produce sold at BC farmers' markets usually travels less than 300km to get to you. Compare this to the average North American meal, which travels 2,400km to get from field to plate and contains ingredients from 5 countries in addition to our own. All that transportation results in a lot of fossil fuels being burned, which contributes, to air pollution, acid rain and climate change.

Zucchini Coconut Chocolate Chip Cookies

Ingredients

1 cup all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
4 Tbsp coconut oil or butter melted and cooled to room temperature
1/4 cup dark brown sugar
1/4 cup granulated sugar
1 large egg
1 teaspoon vanilla extract
1 cup shredded zucchini
2 cups old fashioned oats
1/2 cup sweetened coconut flakes
3/4 cup semisweet chocolate chips

Directions

Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper

In a medium bowl, whisk together flour, baking soda, and salt. Set aside.

In a large mixing bowl, combine coconut oil and sugars, mix until smooth. Add egg and vanilla extract. Next, add the shredded zucchini. Mix until combined.

Slowly add flour mixture until just combined. Stir in oats, coconut, and chocolate chips.

Drop cookie dough by heaping tablespoonfuls, 2 inches apart, onto prepared baking sheet. Bake for 10-12 minutes or cookies are slightly golden around the edges and set. Remove cookies from pans; cool completely on wire racks.

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Feature Food: Zucchini/Summer Squash

Zucchini and summer squash come in an array of shapes, sizes and colours, there are over 100 varieties grown today. They are related to the cucumber and melon family and are actually a fruit. They are very easy to grow and a single plant can produce enough fruit to feed a small army!

Nutrition: Summer squash are full of nutrients and loaded with fiber. 1 cup contains about 20 calories, 1.5 grams of protein, 4.2 grams of carbohydrates and 1.4 grams of fiber. They also contain lots of beneficial antioxidants, and vitamins C, B6, B2, A and K as well as manganese, potassium, magnesium, folate, and phosphorus. Zucchini also contain a lot of natural pectin, a type of water soluble fiber that helps regulate blood sugar levels.

How to choose: Look for zucchini that are small to medium-sized (no longer than 6 to 8 inches). They should be firm and free of nicks and cuts. Really fresh zucchini will bristle with tiny hairs.

How to store: Keep zucchini tightly wrapped in the refrigerator.

How to use: zucchini is good grilled, roasted, steamed, pan-fried, or raw. It also adds a boost to sweet breads and muffins.



Zucchini Noodles with Pesto

Ingredients

4 small zucchini, ends trimmed
 2 cups packed fresh basil leaves
 2 cloves garlic
 1/3 cup extra-virgin olive oil
 2 teaspoons fresh lemon juice
 1/4 cup freshly grated Parmesan cheese
 Kosher salt and freshly ground black pepper,
 to taste
 Cherry or grape tomatoes, optional



Directions

Cut the squash into thin strips using a julienne peeler, spiralizer or carefully with a knife. Sprinkle the squash with 1/2 tsp salt, toss gently, and place in a colander to drain for 20 minutes. Carefully squeeze the squash over the colander to release excess liquid and pat dry with a clean kitchen towel.

Combine the basil and garlic in a food processor and pulse until coarsely chopped. Slowly add the olive oil in a constant stream while the food processor is on. Stop the machine and scrape down the sides of the food processor with a rubber spatula. Add the lemon juice and Parmesan cheese. Pulse until blended. Season with salt and pepper.

Combine the zucchini noodles and pesto. Toss until zucchini noodles are well coated. Top with tomatoes, if using. Serve at room temperature or chilled.