

Farmers Market Nutrition Coupon Program News

June 24th

Week 1 and 2

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What's In Season at the Sechelt Market?

- Broccoli
- Broad Beans
- Cauliflower
- Chard
- Cucumbers
- Chinese vegetables
- Chives
- Cilantro
- Garlic Scapes
- Goose Berries
- Green Onions
- Herbs
- Lettuce
- Kale
- Kohlrabi
- Peas
- Potatoes
- Radishes
- Rhubarb
- Salad greens
- Spinach
- Strawberries
- Tomatoes

Welcome to the Market Season!

Welcome to the first week of the Nutrition Coupon Program. We are excited to have this wonderful program here in Sechelt for the second year in a row and hope the season brings on a bountiful harvest.

This year we will be offering several skill building opportunities throughout the spring and fall and encourage you all to take part in as many of the workshops as possible. We will also be encouraging you to take part in the workshops and events taking place in the community. The Live and Learn program,

which is part of the One Straw Society hosts many workshops throughout the year which we will be advertising in this newsletter and will have funds available for anyone who wants to attend.

If you have ideas or suggestions for workshops or if you have a skill you would like to share with the group please let us know and we will try and make it happen.

Look in these newsletters to see what workshops are being offered or ask at Bellies and Babies or the Infant Development group.

Don't let this savoury treat e-'scape' you!

Don't let these curly shoots go to waste! Eat garlic scapes at their peak: Right now!

First question about scapes: what are they?!

They are in fact 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 and an unusual culinary option. If you aren't exactly sure how to use them, just treat them like a green vegetable.

Here are 7 different ways to use scapes:

1. **Steam** them like asparagus. As soon as they're limp, toss with butter, salt and pepper.
2. **Sauté** them with butter. Just heat up a pan, toss in some butter and cook until tender.



3. **Stir-fry** them. Chop them up into bite-sized pieces and add to your favourite wok dishes.
4. **Sprinkle** them on a pizza or a pasta dish.
5. **Pickle** them.
6. **Infuse** them into vinegar to create a homemade base of salad dressing.
7. **Grill** them. Toss the scapes in oil and salt and pepper and put them on your grill once it's hot. Grill for a few minutes until they are caramel brown.

Garlic Scape Pesto Hummus

Ingredients:

1 -2 cups garlic scapes
 Juice from 1 -1 ½ lemons
 1 can chickpeas, drained.
 1 /8 - 1 /4 teaspoon cayenne pepper
 1 /2 cup extra virgin olive oil
 1 teaspoon salt
 2-3 cups "tender" greens such as spinach, arugula, spicy greens mix
 ½ cup finely grated parmesan or Romano cheese
 ½ cup pine nuts, walnuts or almonds
 (Optional)

Method:

1. Cut and remove tops from 1 -2 cups of scapes and reserve as decorations; cut scapes in 2" lengths.
2. Process with olive oil in a food processor until finely chopped.
3. Add drained chickpeas, lemon juice, cayenne pepper and salt to taste.
4. Process until chickpeas are finely ground.
5. Add 2-3 cups spinach, spicy greens or arugula, whatever you have. Process until finely ground and well integrated into the sauce.
6. Add parmesan cheese and pine nuts. Process until finely ground and well integrated into the sauce.



Serve as...

1. A dip with crunchy vegetables, crackers, or rye crisps
2. A pesto sauce on pasta or as a base sauce on homemade pizza
3. A topper, spread on fish or chicken and bake!

Farmers Market Shopping Tips

1. Know what is in Season in 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. Learn what grows in your area and when and talk to the growers about what will be coming to market in upcoming weeks. This newsletter is a great place to look to see what is in season.

2. Go Early!

For the best selection, go to the farmers market early. The best goods go first. Things like eggs and berries tend to sell out early so if you want these things try to get to the market shortly after it opens.

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.

Since you know what you're likely to find at the farmers market, you can do a bit of meal planning and shop accordingly. Not only will this make your market experience easier, it will save you time and stop you from buying vegetables that won't get eaten.

5. Plan for Spontaneity.

Yes, you'll fare better if you plan your trip to the farmers market. However, you need to leave a bit of wiggle room for those strawberries you didn't know would be at market so early, or the garlic scapes you've never tried before. Trying new things is part of the fun of going to farmers markets.

6. 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.



We want to hear from you! Please bring us your stories, pictures and favorite market fresh recipes from you and your families market experience.