



Farmers Market Nutrition Coupon Program News

Aug 4th—Aug 17th

Blackberry Bonanza

Week 7-8

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Blackberry-apple Crisp

Blackberries!

I am sure we are all painfully familiar with the delicious, yet prickly blackberry that tends to be a bit unwieldy in our abandoned back yards and empty lots. Most of the year they are an eyesore which we try to keep at bay. However, for a few amazing months, they provide us with a free source of amazing fruit that can be frozen, preserved or baked into delicious treats for savoring during the dark, wet months of winter.

I love blackberries! Some of my favorite ways to enjoy them are for breakfast with yogurt and granola, made into jam to be enjoyed throughout the year or in an apple-blackberry crisp. What is your favorite blackberry recipe?

Filling

4 apples, cored and sliced
 3 cups blackberries (fresh or frozen)
 1/4 cup sugar
 2 tbsp corn starch

Topping

1 1/4 cup oats
 1/3 cup whole wheat flour
 1/4 cup brown sugar
 1 tsp cinnamon
 1/2 cup nuts chopped (almonds, walnuts, pecans)
 1/3 butter, softened

1. Preheat oven to 350 F
2. Combine all filling ingredients and stir well to combine. Pour filling into a large glass or ceramic baking dish.
3. Place all topping ingredients except butter in a bowl. Add softened butter and use fingers to mix into oat mixture to create a coarse meal.
4. Sprinkle topping evenly onto the filling. Place in preheated oven for 40-45 minutes until bubbly and topping is golden.
5. Allow to cool and serve warm with vanilla yogurt or ice cream for a real summer treat! Enjoy

What's In Season at the Sechelt Market?

- Basil
- Beets
- Blueberries
- Blackberries
- Cabbage
- Carrots
- Chard
- Corn
- Cucumbers
- Garlic
- Green Beans
- Green Onions
- Herbs
- Lettuce
- Kale
- Onions
- Peppers
- Potatoes
- Raspberries
- Salad greens
- Tomatoes
- Zucchini

Zillions of Zucchini

It is the time of year when zucchinis are plentiful and friends and neighbors are begging you to take them off their hands.

Zucchini seem to have an amazing quality of appearing overnight, they seem to double in size quickly and if you miss picking one you end up stuck dealing with a vegetable that seems will never be used up.

Luckily there is a plentiful supply of recipes to use up this abundant vegetable.

Zucchini have a high water content and are therefore low in calories. They are a source of potassium, folate and vitamins A and C.

Tips for buying a picking zucchini:

Small, young zucchini have the most flavour and are best for grilling, roasting, and using in salads and stews. The big zucchini are good for baking and have a higher water content.



A good way to store large zucchini is to grate and freeze it in 1 cup or 2 cup quantities ready to be made into zucchini bread, muffins or cake in the winter.

Quick Pickled Zucchini

They are great on burgers, sandwiches and lovely as an appetizer with goats cheese and crackers.

The only thing that takes time is draining the vegetables. The more water you let drain the crunchier the pickle.

Recipe adapted from:

<http://www.101cookbooks.com>



Ingredients:

- 3 medium zucchini (1 lb, 450g)
- 1 medium white onion
- 3 shallots
- 1 1/2 tbsp salt
- 1/4 cup fresh dill sprigs
- 1 small red chili (optional)
- 1/2 tsp yellow mustard seeds
- 3/4 cup cider vinegar
- 3/4 cup white wine vinegar
- 1/3 cup sugar

Method:

1. Thinly slice the zucchini, onion and shallots. Toss the vegetables with the salt in a colander and place colander in a bowl. Cover and let drain in the fridge for 3-4 hours. Stir the vegetables several

times during the draining. You are aiming to as much liquid out of zucchini as possible.

2. Once finished draining, shake excess water off vegetables and place in in a 1 liter jar with the dill, thinly sliced chili and mustard seeds.

3. Combine the vinegars and sugar in a small saucepan over medium heat. Simmer until the sugar dissolves and continue to boil for 2-3 minutes.

4. Pour the hot liquid over the zucchini and seal the jar. Let cool on the counter, then refrigerate. The pickles keep 1-2 weeks.

Zucchini Frittata

This simple combination makes a quick and satisfying brunch, lunch, or casual dinner.

Ingredients

- 4 eggs
- 2 Tbsp. milk
- 2 Tbsp. olive oil, divided
- 1 small onion, finely chopped
- 1/2 tsp. salt
- 1 clove garlic, minced
- 3 small zucchini, trimmed, halved lengthwise, and thinly sliced
- 1/3 cup grated parmesan cheese
- 2 Tbsp. minced parsley or basil
- 1/4 tsp. black pepper

Preparation:

1. In a large bowl, whisk eggs and milk until frothy.
2. In a large frying pan, heat 1 Tbsp. of olive oil over medium-high heat.

3. Add onion and salt. Cook, stirring frequently, until starting to brown, about 5 minutes. Add garlic and cook until fragrant, about 1 minute. Add zucchini and cook, stirring, until wilted, about 5 minutes.
4. Stir cheese, herbs, and pepper into the eggs. Stir in vegetable mixture.
5. Return pan to stove. Add remaining 1 Tbsp. oil and let sit until hot. Pour in egg-vegetable mixture. Reduce heat to low. Cover and cook until lightly browned on bottom, about 5-7 minutes.
6. Heat broiler, arranging a rack 6 to 8 inches below the heating element. Put frittata under broiler and cook, watching constantly, until frittata is set and top is browned, 2 to 3 minutes.
7. Run a silicone spatula around the edges, gradually working under the frittata until the entire thing is loose from the pan. Slide onto a serving plate and serve immediately.

Workshops

August 22nd at 1:00:

Black Berry Jam:

Gibsons Community Center Kitchen

September 12th:

Salsa. Location TBA

September 26th:

Salsa: Location TBA

Please contact Marlee Berman or Meghan Molnar (meghan.molnar@vch.ca) for more information.

