

Farmers Market Nutrition Coupon Program News

July 21st-August 3rd

Week 5-6

In this Issue:

<i>Preserving the Harvest</i>	1
<i>Vegetable of the week</i>	1
<i>Recipes</i>	2

What's In Season at the Sechelt Market?

- Basil
- Beans
- Blue Berries
- Cabbage
- Cauliflower
- Chard
- Cucumbers
- Garlic
- Green Onions
- Herbs
- Lettuce
- Kale
- Onions
- Peas
- Potatoes
- Radishes
- Raspberries
- Salad greens
- Strawberries
- Tomatoes
- Zucchini

Preserving the Harvest

The harvest season is well underway with more fruits and vegetables ripening and ready at every market. The question is; how do you make this time of year, with all its bounty, last through the cold, wet winter?

There are many ways to preserve the harvest, from canning and freezing to drying and cold storage techniques.

Freezing is one of my favorite ways of keeping summer last all winter. It is quick, especially with berries and fruit and you often don't need to add any extra ingredients (sugar, vinegar etc.) to make them last all winter. However, many people do not have the freezer space required to do this, therefore we are going to help out by hosting a number of workshops

and events throughout the summer and fall to help you preserve summer!

Strawberry Jam : Thursday August 1st at 1:00 in the Sunshine Coast Community Services Kitchen.

Blackberry Jam: Thursday August 22nd at 1:00 in the Gibsons Recreation Center

Tomato Salsa: Thursday September 12th Location to be decided Stay Tuned

Tomato Salsa: Thursday September 26th Location to be decided so Stay Tuned

Other events and workshops will be advertised throughout the summer and fall, please let us know what you would like to learn

Give PEAS a Chance

Pass the Peas Please!

Who doesn't love the taste of a sweet, crunchy green pea? Raw or cooked, shelled or whole, peas add flavor, texture, and color with their delicate, sweet taste; interesting shapes and trademark green. Peas also provide essential nutrients and are an excellent source of vitamins K and B6 and folic acid.

In general, you'll find three types of fresh peas available at the market right now: English, sugar snap, and snow.

- English peas (also called shelling peas, green peas, or garden peas) are the most common. Their pods are inedible, so the peas must be shelled before eating. Try them in soups and stews or fresh in salads.
- Sugar snap peas have a thicker, edible shell. As its name denotes, this particular variety is



sweet like sugar and makes a distinctive sound when its shell is broken. Sugar snap peas can be eaten both raw and cooked.

- Snow peas, seen often in Chinese cooking, are flatter, thinner, and more translucent than the others. They are consumed in their entirety, and no shelling is required. They are delicious raw or lightly steamed in salads.

Recipes

Three Pea Stir-Fry

Servings: 4 side-dish servings

Perfect along side rice and BBQ Salmon or Chicken for a simple and delicious summer supper.

Recipe from: Epicurious.com



Ingredients

- 1 tablespoon vegetable oil
- 1 large garlic clove, minced
- 1 tablespoon finely chopped peeled fresh ginger
- 1/4 teaspoon dried hot red pepper flakes
- 6 oz sugar snap peas, trimmed and cut diagonally into 1-inch pieces
- 6 oz snow peas, trimmed and cut diagonally into 1-inch pieces
- 1 cup fresh or frozen green peas
- 1 teaspoon soy sauce
- 1 teaspoon Asian sesame oil
- 1 tablespoon sesame seeds, toasted

Method

Heat vegetable oil in a 12-inch nonstick skillet over medium-high heat until hot. Add garlic, ginger, and red pepper flakes and stir-fry until fragrant, about 1 minute. Add sugar snaps and snow peas and stir-fry until crisp-tender, about 3 minutes. Add fresh or frozen peas and stir-fry until hot, about 2 minutes. Remove from heat, then stir in soy sauce and sesame oil and sprinkle with toasted sesame seeds.

Basil Pesto with Lemon

Makes about 1 1/5 cups

Pesto is a wonderful and versatile sauce! Serve on pasta, or pizza, serve with corn on the cob or steamed new potatoes, use as a spread on sandwiches or use to make a dip for fresh vegetables.

Pesto freezes well: Place in a zip-lock bag and squash to make a thin layer. Freeze flat and break off pieces as needed

Ingredients

- 2 tablespoons pine nuts or walnuts
- 3 cups packed, fresh, basil leaves
- 2 garlic cloves, very finely chopped
- 2 tablespoons fresh lemon juice
- 2 teaspoons finely grated lemon zest
- 1/3 cup extra-virgin olive oil
- 1/3 cup freshly grated, Parmesan cheese
- Salt and freshly ground pepper to taste

Method

1. In a small skillet, toast the nuts over moderate heat, shaking the pan occasionally, until golden brown, about 2 minutes; let cool.
2. In a food processor, pulse the pine nuts with the basil leaves, garlic, lemon juice, lemon zest and 6 tablespoons of the olive oil until combined. Add the Parmesan cheese and pulse until smooth. Scrap the pesto into a bowl and season with salt and pepper.



Workshops

August 1st at 1:00:

Strawberry Jam: Sunshine Coast Community Serves Center.

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.