



*Carrboro*  
**FARMERS' MARKET**  
locally grown • nationally known

**Recipe of the Week** featuring **Spinach**  
March 25, 2006

**SPINACH, SCALLION, AND ASPARAGUS SALAD**  
from **Dorette Snover of C'est Si Bon Cooking School**

*Listen. Birds singing, bees blooming, flowers buzzing!  
Let's paint, plant, craft, build, and wash! Preferably by, say, noon.  
And we will have worked up quite an appetite. Yearn no more.*

*Essences of locally grown reed slender asparagus, buttery and crunchy lettuce varieties, crinkly deep-green spinach, sweet-to-the-bite strawberries, tart and ready rhubarb, and springy green onions drive us to new heights. Feed your awakening senses, linger and savor on a warm thought of spring.*

This salad takes on a Moroccan flavor with the combination of olive oil, fennel, cumin, and citrus. We'll be making this for our Soft Shell Crab class on Saturday, April 8 at 7 pm - please join us!  
[www.cestsiบอน.com](http://www.cestsiบอน.com)

**Ingredients**

2 pounds fresh spinach\*, washed, de-stemmed, and gently torn into bite-size pieces  
4 large scallions\*, finely chopped  
1 1/2 pounds asparagus\*\*, trimmed and bias sliced into 2" lengths  
6 tablespoons olive oil  
1/2 teaspoon crushed fennel seed  
1/2 teaspoon crushed cumin seed  
1/2 teaspoon paprika  
1/2 cup fresh chopped mixed herbs\*, such as parsley and/or mint  
Salt and cayenne pepper to taste  
1/4 cup freshly squeezed lemon juice

**Procedure**

Bring a medium saucepan of cold, salted water to a boil over high heat. Ready a bowl of ice water in which to plunge the briefly cooked asparagus. Add the aforementioned vegetable and boil for about 2 minutes, so it still retains a pleasant bite. Combine the dressing ingredients in the prettiest salad bowl you have; add the scallions and the cooled and drained asparagus. Salad can be held this way in the fridge (or in your arms) for 3-4 hours. Toss in the spinach just prior to serving. Serve in love or with pita, if desired.

**Serves 8**

\*available now at Market

\*\*asparagus appears at Market in late April and early May

**continued on back**

We are glad to be back at Market and we hope you are too. Be sure to check out the article in the March issue of Audubon Magazine about Farmers' Markets (there's a copy at the Information Booth.)

In addition, take a look at the page titled "Cream of the Crop." You will find our Market listed as one of the top 10 Markets in the country. We couldn't have achieved this honor without your support. Thank you.

### **Wondering Where to Park?**

If the lots adjacent to the Market are full, never fear. Here is a list of other places to park, all within a quarter mile of the Market.

#### **Municipal Lots**

On Laurel Street

On West Weaver Street

#### **Street parking in designated spots**

On Laurel Street

On Bim Street

On Fidelity Street

#### **Local Business Lots**

**(During Saturday Market hours only please!)**

Akai Hana, 206 West Main Street

RBC Centura, 300 West Weaver Street

The Venable Building, 302 West Weaver Street

Carrboro Farmers' Market · Saturdays 7 – Noon until Dec. 23

Carrboro Farmers' Market · Wednesdays opening April 12-Oct. 18, 3:30 – 6:30 PM

Southern Village Farmers' Market · Thursdays opening May 4 – Aug. 31, 4 - 7 PM

[www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)

[www.southernvillagefarmersmarket.com](http://www.southernvillagefarmersmarket.com)

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