

# **Carrboro & Southern Village Farmers' Markets**

## **Recipe of the Week** featuring **Early Season Lettuce**

### **March 26, 2005**

#### **Simple Green Salad Seasoned with a Chapon**

**From Kelly Clark, Carrboro & Southern Village Farmers' Market Staff**

Early season lettuce asks us to be subtle and practiced in our preparation. Using a *chapon*, which is a stale heel of French bread rubbed with garlic, is one way to subtly flavor a salad.

Some tricks of the trade:

- Use a large, deep salad bowl
- Wash lettuce carefully. Dry thoroughly
- Know what you like
- Splurge on a high quality extra virgin olive oil and vinegar
- Apply oil and vinegar to your salad, drop-by-drop, bit by bit
- Toss gently
- Taste as you go
- Recognize what you like
- A simple green salad relies on your tastes
- Some days smooth, others tart
- Experiment

Serves 4

- 1 heel stale French bread
- 1 large clove garlic, peeled, root end trimmed
- 2 heads lettuce, or equivalent, washed, gently dried and torn into bite size pieces
- Extra virgin olive oil
- Sherry vinegar
- Salt
- Pepper

Rub cut end of garlic all over the stale heel of French bread until bread feels juicy from the garlic. This is the *chapon*.

Put lettuce leaves and chapon in large, deep salad bowl. Sprinkle with olive oil. Toss gently. Taste. Add vinegar, a dash of salt, and several grinds of pepper. Toss gently. Taste. Add oil, vinegar, salt, or pepper to taste. Toss gently.

Discard chapon.

Serve immediately.

# **What's Happening at the Market?**

**Saturday, April 2, 2005**

**Best of the day with Sheri Castle**

**8:30 – 11 AM**

Come see what this local cooking instructor does with Market Ingredients

**Wednesday, April 13, 2005**

**Carrboro's Mid-Week Market Opens**

**3:30 – 6:30 PM**

**Thursday, April 14, 2005**

**Southern Village Farmers' Market Opens**

**with New Hours**

**3:30 – 7 PM**

**Saturday April 23, 2005**

**Carrboro Farmers' Market Seedling Event for Kids**

**8:30 – 11 AM**

Kids, come and get a seedling to take home and plant. We'll take a picture of you with your seedling. Then, when your plant has grown, come back with what it yielded and we'll display all your hard work for others to see.

**Carrboro & Southern Village Farmers' Markets  
locally grown ~ nationally known**

Carrboro Farmers' Markets on the Town Commons · Sat. 7 AM – 12 PM & Wed. 3:30 – 6:30 PM  
Southern Village Farmers' Market on the Village Green · Thur. 3:30 – 7 PM

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