



Carrboro & Southern Village **FARMERS' MARKET**

Recipe of the Week featuring **Baby Turnips** **April 2, 2005**

Baby Turnips in Maple Cream Sauce From Sheri Castle of Creative Cooking with Sheri Castle

2 pounds small, young white turnips
3 tablespoons chicken broth
3 tablespoons real maple syrup, preferably Grade B
1 tablespoon grainy Dijon mustard
3 tablespoons crème fraîche or Maple View Farm heavy cream
Salt and freshly ground black pepper, to taste

1. Trim the greens from the turnips, leaving about 1-inch.
2. Cook the turnips in a pot of boiling, salted water until just tender, about 12 to 14 minutes. Transfer the turnips with a slotted spoon to a bowl of ice water. When the turnips cool enough to handle, rub off the peeling and set the turnips aside.
3. Whisk together the chicken broth, syrup and mustard in a medium saucepan over medium-high heat.
4. Add the turnips and let them reheat gently, stirring so that the sauce coats and glazes the turnips.
5. Remove the saucepan from the heat and stir in the crème fraîche.
6. Season the turnips with salt and pepper.
7. Serve immediately.

Makes 4 to 6 servings

What's in season at the Market?

Below are items you can expect to arrive at Market sometime between April and mid June

Asparagus, arugula, beets, bok choy, broccoli, cabbage, cow's milk cheeses, green onions, goat's cheese, greenhouse items like tomatoes, strawberries, zucchini, squash, and basil; green onions, herbs, kale, lettuces – baby lettuce mix, Boston bibb, hydroponic bibb, red leaf, and oak leaf; locally raised meats – beef, chicken, lamb, and pork; mustard greens, oriental vegetables, peas, pea shoots, pecans, radishes, shitake mushrooms, spinach, field strawberries, turnips, watercress, baked goods, bedding plants, crafts, fresh-cut flowers, honey, jams and jellies.

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 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
www.southernvillagefarmersmarket.com