



Carrboro

FARMERS' MARKET

locally grown • nationally known

Recipe of the Week

April 8, 2006

A Farmers' Market Early Spring Picnic Menu with Recipes *from Kelly Clark, Market Staff*

Fill your Market basket, spend a few minutes in your kitchen, then grab your cooler and your blanket and head to Jordan Lake to watch the sunset and enjoy the bounty of spring!

Greenhouse Cucumber* Salad with Green Garlic* and Lemon
Potato* Salad with Fresh Watercress*
Greenhouse Tomato* Cubes
Greenhouse Strawberries*
Radishes*
Goat Cheese*
Fresh cows milk cheese* of your choice
Bread*
Cake* or pie* or cookies* of your choice

Cucumber Salad with Green Garlic and Lemon

Ingredients:

1 large greenhouse cucumber*
1 stalk green garlic*
Zest of 1 large lemon, chopped fine
2 Tablespoons fresh parsley*, chopped
Juice of 1 large lemon
1/4 cup olive oil
1 teaspoon Dijon mustard
Salt
Ground green (or black) peppercorns

Procedure:

Thinly slice the cucumber and put into a bowl. Trim the green garlic of its darker green portion and root end, leaving the white and some of the light green part. Slice in half lengthwise, and wash well, then chop the green garlic very fine. Add the green garlic, lemon zest and parsley to the bowl. Mix separately the lemon juice, olive oil and Dijon mustard. Pour over the cucumbers and toss to mix well. Season with salt and pepper to taste.

*available at Market

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Potato Salad with Fresh Watercress

Ingredients:

7-8 small, waxy potatoes*
3 Tablespoons olive oil
2 Tablespoons sherry vinegar
1/2 teaspoon salt
Ground green (or black) peppercorns
1 bunch fresh watercress*

Procedure:

Wash the potatoes and steam until just done. While the potatoes are steaming, whisk together the olive oil, vinegar, salt and pepper and set aside. While the potatoes are still warm, peel them if you'd like, cut into quarters, pour the dressing over them and toss to coat well. Season with additional salt and pepper to taste. Wash the watercress and remove the largest part of the stem and root end, and gently pat dry. Right before serving, toss the watercress with the potatoes. You could substitute any spring lettuce(s)* for the watercress.

*available at Market

The Wednesday Market Opens next Wednesday

April 12, 2006 3:30 – 6:30 pm

Celebrating its 10th season

Dorette Snover of C'est Si Bon Cooking School in Chapel Hill will be in the Gazebo from 4-5:30 pm demonstrating dishes using Market Ingredients. Come taste the difference cooking with fresh, local ingredients makes.

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

Carrboro Farmers' Market · Wednesdays 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
www.southernvillagefarmersmarket.com
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