

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

Recipe of the Week

July 14, 2007

**Cucumber Salad with Yogurt and Mint**  
*from Sheila Neal, Market staff*

**Ingredients**

4 slicing cucumbers, peeled if desired and sliced 1/8 inch-thick  
2 tablespoons lemon juice  
1 clove garlic, peeled  
2 teaspoons salt  
Cracked black pepper  
1/2 cup yogurt  
1 cup mint, torn into small pieces  
Extra virgin olive oil to drizzle

**Procedure**

Put sliced cucumbers in a bowl. Using a garlic press, press the garlic clove into the bowl with the cucumbers. Add the lemon juice, salt and crack some black pepper to taste, and toss. Let sit for about 10 minutes. Add the yogurt. Right before serving, check for seasoning, toss in the mint and drizzle with olive oil. Serve immediately. Serves 4 as a side dish

\*Available at Market

Continued on other side

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We need information. The Carrboro Farmers Market has been providing recipe handouts at the Market for 3 years. We need to take our temperature.

How is the **Recipe of the Week** serving you? Please take a moment and answer these questions. Tear off this part of this week's sheet and put it in our customer survey box. Thanks – a bunch.

**Kids' Event at Southern Village Farmers' Market**  
**Let's Make Blackberry-Buttermilk Sherbet**  
**with Sheri Castle of Creative Cooking with Sheri Castle**  
**Thursday, July 19, 2007**  
**4:30 PM**

This event was originally scheduled for Thursday, July 12 but has been rescheduled for July 19.

**Save the Date!**  
**Annual Tomato Tasting**  
**Saturday, July 21, 8:30 AM 'til the 'maters run out.**

Come sample over 60 varieties of tomatoes ranging from conventional to heirloom varieties. This event showcases the abundance of tomatoes that grow in a 50-mile radius of the Market. Once having sampled the tomatoes, you can vote for your favorite slicing and cherry varieties. The winners will be announced the following week. There will be tomato recipes on-hand and the Master Gardeners will also be there to offer tomato-growing tips.

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Do you use the recipes as a shopping list? At the Market? Yes No At the grocery store? Yes No

Do you share the recipes with friends and family? Yes No

Did you know that the recipes are posted on our web site? Yes No

Tell us something you would like us to know: