



*Carrboro & Southern Village*

## **FARMERS' MARKETS**

locally grown • nationally known

**Recipe of the Week** featuring **Cucumbers**  
July 23, 2005

**Cold Cucumber Soup with Herbs**  
From Sheri Castle of *Creative Cooking with Sheri Castle*

This soup is incredibly refreshing on hot, muggy days. You may use any type of cucumber you like, although the varieties with few seeds work best. Leaving some of the skin adds color, texture, and flavor to the soup.

Although some sort of dairy is required, you can vary it according to your preference. Whole dairy makes it richer of course. If you prefer tangy and lower fat soup, use buttermilk (especially our local and amazing Maple View Dairy buttermilk.)

If the soup is a bit bland for your taste, shake on a little hot sauce or stir in a bit of your favorite salsa.

1 pound small, firm cucumbers  
1 tablespoon white wine vinegar  
2 teaspoons salt  
2 cups whole-milk yogurt or sour cream  
1/2 cup whole milk or buttermilk  
2 tablespoons chopped dill, plus more for garnish  
2 tablespoons chopped mint, plus more for garnish  
1 to 2 cloves fresh garlic  
Salt and pepper

1. Peel half of the cucumbers, but leave the skin on the rest. Halve all of the cucumbers lengthwise and scrape out and discard the seeds. Coarsely chop or grate the cucumbers and toss with the salt. Transfer to a sieve and let stand over a bowl for 30 minutes.
2. Transfer the drained cucumbers and 2 tablespoons of the liquid to a food processor or blender.
3. Add the sour cream, milk, garlic, dill, and mint. Purée until smooth. If the soup is too thick, add a little more of the reserved cucumber liquid.
4. Refrigerate until well chilled, at least one hour and up to one day.
5. Season to taste with additional salt and pepper.
6. Serve cold and garnished with additional herbs.

Makes 4 servings

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# Tomato Tasting Today

8:30 AM until the 'maters run out

Step into the Gazebo and try the more than 50 varieties grown by our farmers. Then, cast a ballot for your favorite tomato. We'll let you know which 'mater won next week.

*Tune In, Turn On, But Don't Drop Out*

## **The Farmers' Market Review**

on 103.5 WCOM, Carrboro's community station, every Wednesday morning at 8:30. This is our weekly radio show about farmers, markets, the agricultural community, and our community.

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)

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