



www.ottawafarmersmarket.ca

Phone 613-239-4955

September 14, 2008

Today Pretty Peppers

Today we celebrate the wonderful variety of Peppers available to us from the local growers, from big, juicy sweet green, red, yellow and orange peppers to small, hot Chili peppers. The "Scoville scale" is a measure of the 'hotness' of a chili pepper, a measure of the concentration of the chemical compound *capsaicin*. The name comes from the scientific classification of the pepper plant that belongs to the genus *Capsicum*. Sweet peppers have a Scoville rating of zero whereas the hottest chillies, such as Habaneros have a rating of 300,000 or more. How to beat the heat if you bite into one a little too hot? Have something oily and/or sweet such as a fruit flavoured yogurt. Since capsaicin is an oil water actually spreads the heat further.

Grandparent Winners

Last week we had a contest for the oldest Grandmother and Grandfather attending the Market. The winners were:

Alice Gorman – age 93

Audre Vunsan – age 84

May you both enjoy many, many more trips to the Market!

Winners of Last Week's Basket
Draw

Jarrott Holtzhauer

Barbara Skinner

Don Gregory

Make sure you put in a ticket
when you visit the Market!

At the Demo Table

Join Chef Marc at the demo table today at 11:00 when he will prepare **Peperonata**, and again at 1:00 to watch him make **Roasted Pepper Stuffed with Goat Cheese**
Weather Permitting

*Next Sunday: Come and find out all about the "Allium" Family.
See you Thursday 1 – 6 pm*

ACORN CREEK GARDEN FARM

Andy and Cindy Terauds produce, and sell directly to the consumer, approximately 850 varieties of 60 different fruit and vegetable crops, including several unusual ones. They bought their land located at 928 Oak Creek Road in Carp in 1978 and started selling strawberries in 1981. They haven't stopped since then and now cultivate 72 of the 100 acre farm. Many vegetables are grown on sand so that equipment can be driven in the fields soon after a rain. Their crops are grown on Carp clay-loam soil, which you can't play with when it is wet because it will turn into bricks, but makes for better tasting produce. This is because soil particles hold nutrients to their surface. If you add up the surface area of each grain of sand in a cubic centimetre it totals about 25 sq. meters. A cubic centimetre of clay has a total surface of about 25 sq. kilometers. This huge difference allows a lot more nutrients to be held and available to the plant roots when needed, resulting in better tasting produce. At their booth and farm shop you will find 120 varieties of melons and carrots (for which they are known), tomatoes, peppers (including the hottest in the world), potatoes, eggplant, lettuce, beans, zucchini, edible gourds, August strawberries, 75 preserves made by Cindy and much more.

Did you know?

Bhut Jolokia, at 1,000,000 Scoville Units, is the hottest pepper in the world. Jalapenos are 4000 to 6000 Scoville Units. The previous world record is Sevina Red Habenero at 530,000 Scoville Units. Acorn Creek is currently working on growing the Bhut Jolokia; if successful they may be growing the first Bhut Jolokia in Canada.

Today's Recipe

Habenaro Gold

(Pepper Jelly)

From the BERNARDIN cookbook

1/3 cup finely sliced dried apricots
3/4 cup white vinegar (5% acidity)
1/4 cup EACH: finely chopped red onion, red bell pepper and seeded Habanero or Jalapeno peppers
3 cups granulated sugar
1 pouch liquid pectin

In large stainless steel saucepan, combine apricots and vinegar. Cover, let stand at least 4 hours. Add red onion, red and habanero peppers and sugar. Over high heat, stirring constantly, bring to full rolling boil that cannot be stirred down. Stir in pectin. Boil hard, stirring constantly, for 1 minute. Remove from heat, skim off foam and stir to disperse peppers.

Ladle jelly into hot sterilized jars, leaving ¼ inch headspace. Seal immediately. Store in cool, dark place for up to 1 year. Makes 6 x 125 ml or 3 x 250 ml jars.