

Fresh & Fabulous - Summer at the Farmers' Market

By: Susan Eckerle Curwood

Summer is here – it's time to head to the Farmers' Market! Every Saturday morning, my husband and I pile in the car with our dog to head for the market to replenish our supply of garden-fresh goodies.

A trip to the Farmers' Market means buying fresh apple fritters from our favourite vendor, sitting in the outdoor picnic area to catch up on the latest gossip and, of course, exchanging recipes for the best ways to eat our tasty produce. It's rare that we visit the market without running into friends and neighbours.

Farmers' Market goodies can be the perfect gift year round. I love to buy bunches of fresh basil for an enormous batch of homemade pesto, which I freeze in one-cup containers. Pesto has far more uses than simply a pasta sauce – it is great as a topping for fish or chicken, as a sandwich spread, or just smeared liberally on some fresh, crusty Italian bread.

Homemade Pesto

- 2 cups firmly packed fresh basil leaves
- 4 cloves garlic
- ¼ cup pine nuts
- ½ cup grated Parmesan cheese
- ½ cup extra virgin olive oil
- ¼ tsp salt
- ¼ tsp black pepper

In a food processor, combine basil, garlic, pine nuts, Parmesan cheese, salt and pepper, pulsing to form a paste. With the machine running, slowly add the olive oil until the pesto is of the desired consistency – not liquid, but smooth enough to spread. Enjoy!