



Carrboro
FARMERS' MARKET
locally grown • nationally known

Recipe of the Week

October 21, 2006

Grated Turnip, Sweet Potato and Apple ~ Hot or Cold
from Kelly Clark, Market staff

Sometimes it's best just to let the fruits and vegetables speak for themselves. These three enhance each others flavor, and they all like butter.

Ingredients

1 small sweet potato*
2 medium-sized turnips*
1 medium apple*
1 tablespoon butter
Salt and pepper to taste

Procedure

Peel the turnips and the sweet potato. Peel (if you want to) and core the apple. Coarse grate each, keeping them in separate piles.

In a skillet, melt the butter over medium heat and add the sweet potatoes. Toss to coat with butter and sauté for 2 minutes. Add the turnips and toss with the sweet potatoes, sautéing for 3 minutes. Add the apples and continue sautéing until the turnips and sweet potatoes have lost their raw crunch, but are not mushy. Add salt and pepper to taste. Serve hot with your favorite meat or meat-free loaf.

If you wanted to make this a salad, rather than a side dish, toss with your favorite vinegar and a little extra virgin olive oil, and chill. Correct the seasonings before serving.

Serves 2

*available at Market

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www.carrborofarmersmarket.com
www.southernvillagefarmersmarket.com
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We can help you create your Thanksgiving menu
with local ingredients. Come visit our

Annual Thanksgiving Market

**Tuesday, November 21, 2006
3-6 PM at the Town Commons**

Here's a taste of what you can expect at this Market: arugula, beets, broccoli, Brussels sprouts, carrots, celery, collards, celeriac, eggs, fresh herbs, kale, leeks, mustard greens, salad greens, spinach, turnips and turnip greens, sweet potatoes, winter squashes, pecans, locally-raised meats, goat and cow's milk cheeses, breads, bread crumbs, pies, cakes, jams, fruit butters, and relishes.

**Carrboro Farmers' Market
"Late Fall" Hours
November 4 – December 23
8 AM – Noon**

Starting November 4, the Market will observe "Late Fall" hours, opening at 8 and continuing until Noon.

Carrboro Farmers' Market · Saturdays, 7 – Noon thru Dec. 23
Carrboro Farmers' Market · Wednesdays, re-opens April 2007
Southern Village Farmers' Market · Thursdays, re-opens May 2007