



Carrboro & Southern Village

FARMERS' MARKET

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Recipe of the Week

June 17, 2006

Beets and Fennel M \acute{e} lange *from Kelly Clark, Market Staff*

Individually all of the vegetables in this recipe have a wonderful flavor. Thrown together they produce a powerful taste that tells you they were meant for each other. And the color! This dish has a palette that you know must be good for you.

Ingredients

4 medium red beets*
4 medium golden beets*
4 medium Chioggia beets*
4 small fennel bulbs*
Fennel fronds*
1 red onion*
2 oranges
Sherry vinegar
Salt

Procedure

Preheat oven to 400 degrees

Cut the tops off of the beets, leaving about a half-inch of stem. Set the greens aside for another use. Wash the bulbs well, then keeping each type separate; put them in tin foil pouches, being sure to crimp all seams well so the juices don't spill out.

Cut the green tops off the fennel bulbs, saving the small tender inner fronds, closest to the bulb. Trim the root end so it is flat. Take off any bruised outer layer of the fennel, then set the bulb on its root end and slice it in half along its widest diameter. Put these in a tin foil pouch.

Trim a red onion of its outer skin and root, cut the onion in half through its root end, and then cut the onion into wedges. Put these into a foil pouch. Put all the pouches into the oven and cook for 1 hour.

While the beets, fennel and onions are cooking, trim the rind from one of the oranges, removing all the white pith, then cut the orange into wedges and set aside. Juice the other orange and set aside. Take the small fennel fronds and chop fine.

*available at Market

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Remove the vegetable pouches from the oven. Carefully open the pouches, especially so the beet juice doesn't run all over your counter! Trim off the top of the beet and slide the skin off, pinching the root end off in the process. Quarter the beet and put it in a bowl. Do this with each beet. Rough chop the fennel and add it to the bowl. Add the onions, orange wedges and orange juice to the bowl. Splash some sherry vinegar over the fruit and vegetables and add salt to taste, and then toss to blend. Sprinkle the fennel fronds over the top and toss one more time.

This can be eaten hot right away or let it cool to room temperature or serve it cold.

Serves 4

Carrboro

FARMERS' MARKET

Mid-Week Cooking Demo

Wednesday, June 21, 4 – 5:30 pm

in the Gazebo

Come taste and see what Market manager, Sheila Neal, prepares with what's at Market that day.

Southern Village

FARMERS' MARKET

Thursdays 4 –7 PM on the Village Green

We have a weekly drawing for prizes from Market Street Merchants. While you shop look for the box to enter your name for the drawing. The box will be located at a different vendor's booth each week. Need not be present to win.

June 22nd prize:

\$25 Gift Certificate to Pazzo

Carrboro Farmers' Market · Saturdays, 7 – Noon until Dec. 23

Carrboro Farmers' Market · Wednesdays, 3:30 – 6:30 PM until Oct. 18

Southern Village Farmers' Market · Thursdays, 4 - 7 PM until Aug. 31

www.carrborofarmersmarket.com

www.southernvillagefarmersmarket.com

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