



# *Carrboro*

## **FARMERS' MARKET**

locally grown • nationally known

### **Recipe of the Week**

July 22, 2006

### **2 Simple Tomato Recipes in honor of our Annual Tomato Tasting** *from Sheila Neal, Market Manager*

#### **Tomato Salad with Cucumbers and Red Onion**

##### **Ingredients**

2 pound tomatoes\*, any variety, color or size, cut into chunks or wedges  
1/2 pound any variety of cucumbers\*, sliced thin  
1 red onion\*, cut in half and sliced thin into half moons  
4 cloves of garlic\*, peeled and smashed  
1/2 cup red wine vinegar  
Extra virgin olive oil for drizzling  
Large handful of basil leaves\*  
Fresh cheese like Chapel Hill Creamery's Farmer Cheese\* or Celebrity Dairy's goat's cheese\*  
Salt and pepper to taste

##### **Procedure**

Combine tomatoes, cucumbers, onion, garlic and red wine vinegar. Add salt and pepper to taste and let sit for 5 minutes.  
Meanwhile tear the basil into small pieces. Give the salad a taste. Does it need more salt or pepper? Give it a good toss and drizzle with the olive oil so the vegetables are glistening in a light coat of the oil. Add the basil and crumble the cheese on top.  
For a more substantial meal you can add a day old baguette or crusty bread and let it soak up the tomato juices. Then you have Panzanella or bread salad.

Serves 6

\*found at Market

#### **Quick Pasta with Tomatoes, Garlic and Basil**

##### **Ingredients**

1 pound linguine or any other pasta you like  
3 pounds ripe tomatoes\*, skins on and diced  
4 cloves garlic\*, peeled and sliced thin  
1 bay leaf\*  
Large handful of basil\*, torn into small pieces  
Parmesan cheese for grating or a fresh cheese like Chapel Hill Creamery's Mozzarella or Farmers' Cheese\*, cut into cubes  
1/4 cup extra virgin olive oil  
Salt and pepper to taste

\*found at Market

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**Procedure**

Get a gallon of water on to boil. Once boiling, add 2 tablespoons salt. Once water comes back to a boil, add pasta. Cook until it's done.

Meanwhile, heat extra virgin olive oil in a pan on medium low heat. Add garlic and a little salt. Sauté without getting color on the garlic and until it is soft. Add tomatoes and bay leaf. You can also add some chili flake here if you want it spicy. Add a little more salt. Cook for about 7 minutes or until tomatoes break down. Your pasta should be done now and you can add it directly to the pan with the tomatoes. Toss well. If you are doing the fresh cheese, add it here and toss. Taste for salt and pepper. Divide onto 4 plates and add basil and Parmesan cheese.

Serves 4

# **2006 Tomato Tasting**

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## **Today in the Gazebo**

**8:30 am until the tomatoes run out**

Come and taste 64 varieties of tomatoes grown by our farmers. Be sure to pick up a ballot and vote for your favorite tasting tomato. We'll announce the winners next week.

*Carrboro*

## **FARMERS' MARKET**

**Mid-Week Cooking Demo**  
**Wednesday, July 26, 4 – 5:30 pm**

Come taste and see Marilyn Markel of A Southern Season prepares with what's at Market that day.

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

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

Southern Village Farmers' Market · Thursdays opening May 4 – Aug. 31, 4 - 7 PM

[www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)

[www.southernvillagefarmersmarket.com](http://www.southernvillagefarmersmarket.com)

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