

Carrboro

FARMERS' MARKET

locally grown  nationally known

Recipe of the Week

August 4, 2007

Cucumber Soup with Mint

from Sheila Neal, Market staff

This soup is refreshing and quick to put together. I'll probably make it several times in the next week as temperatures are supposed to be in the mid-90's. I've used slicers and pickling cucumbers and they've both done well.

Ingredients

2 1/4 # cucumbers*, peeled and cut into chunks
3 garlic cloves*, peeled
1/2 cup plain yogurt, I use a thicker full-fat variety like *Brown Cow*
1 1/2 teaspoons white wine vinegar
1 teaspoon salt
Cracked black pepper
1/2 cup mint*
1 tablespoon extra virgin olive oil

Procedure

Place cucumbers and garlic in food processor or blender. Process until smooth. Transfer to a large bowl. Add yogurt, vinegar, salt and a few cracks of black pepper and combine. Chop the mint and add. Stir in the olive oil. Chill for at least a half hour. Serves four as a starter.

*Available at Market

Continued on other side

We need information. The Carrboro Farmers Market has been providing recipe handouts at the Market for 3 years. We need to take our temperature. How is the **Recipe of the Week** serving you? Please take a moment and answer these questions. Tear off this part of this week's sheet and put it in our customer survey box. Thanks – a bunch.

**Mid-week Market Cooking Demo
with Marilyn Markel of Southern Season
Wednesday, August 8, 2007
4:00 PM in the Gazebo**

Come taste what Marilyn creates with ingredients found at Market that day.

Annual Tomato Tasting Results

From our July 21, 2007 event

55 Varieties sampled • **26 Farmers** who grew them • **276 Ballots** cast

And the **WINNERS** are...

Slicers: LITTLE CHEROKEE

Cherry: SUNGOLD

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Did you know we have a web site? Yes No

Do you visit our web site, www.carrborofarmersmarket.com? Yes No

Did you know the second side of our recipe of the week contains announcements regarding the Market? Yes No

Tell us something you would like us to know: