



*Carrboro*  
**FARMERS' MARKET**  
locally grown • nationally known

**Recipe of the Week**

**September 30, 2006**

**Crock-Pot® Applesauce**  
*from* **Sheila Neal, Market staff**

I had an abundance of apples and was curious about ways to use my Crock-Pot®. And that was how this recipe was born. It is easy, nutritious, and makes the house smell good. There are a variety of apples at the Market (listed below) that will work well with this. I eat this alone, mixed with yogurt and sprinkled with granola and toasted almonds, on top of peanut butter toast, or as a topping for ice cream. It would also be good with oatmeal as the days get cooler. You could just as easily do this on the stove on very low heat but it will cook much faster.

**Ingredients**

5 pounds apples\* – Gala, Stayman, Winesap, Arkansas Black are good choices. Use one variety or a mix.

1 cinnamon stick

1 lemon plus extra juice for acidified water

1/4 cup water

Pinch of salt

**Procedure**

Peel, core, and cut apples into large chunks. Place them in water with the extra lemon juice until you have prepped them all. Peel the lemon rind into thick strips with a peeler being careful to get as little pith as possible. Juice the lemon, straining the seeds. Combine the apples, lemon zest and juice, water and salt in the pot, place it on the lowest setting and cook until soft at least 3 hours. You can let it go awhile. I've cooked the sauce for 6 hours just because I was gone and it was fine. Give it a stir when you check on it, the top apples look like they're not cooking (but they are!) and the ones underneath are really soft. You can remove zest and cinnamon stick or leave it. I'm lazy so I leave it. This has kept in my fridge, covered, for 2 weeks. Yields 8 cups.

\*available at Market

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Carrboro Farmers' Market · Saturdays, 7 – Noon through Dec. 23  
Carrboro Farmers' Market · Wednesdays, 3:30 – 6:30 PM through Oct. 18  
Southern Village Farmers' Market · Thursdays, 4 - 7 PM, re-opens May 2007

# **Market Updates**

The **Wednesday Market** is open 3:30-6:30 PM  
through **October 18**

**Cooking Demo** October 11, 4 – 5:30 with Dorette Snover

The **Saturday Market** is open 7-Noon  
through **December 23**

Our **Southern Village Market** is closed for the season. It  
will re-open May 2007

## **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: carrots, celery, leeks, Brussels sprouts, winter squashes, celeriac, kale, collards, mustard greens, turnip greens, spinach, arugula, salad greens, turnips, beets, broccoli, cabbage, sweet potatoes, fresh herbs, pecans, locally-raised meats, goat and cow's milk cheeses, breads, bread crumbs, pies, cakes, and jams.