

# MARKET MUSINGS

**By Jan Freedman**

As we welcome 2016, the vendors of the Aurora Farmers' Market and Artisan Fair wish everyone a happy and healthy new year. We hope that this year brings wonderful things for all Aurorans and for the Market as well.

In the world of food, 2016 has been declared the Year of Pulses. Pulses are described as "leguminous seeds" and include lentils, garbanzo beans and split peas as some examples. They are very high in protein and considered to be very healthy. So let's begin the New Year with a simple recipe for a lentil soup.

## LENTIL SOUP with GARLIC:

8 oz. red lentils, rinsed and drained

2 onions, finely chopped

2 large garlic cloves, finely chopped

1 carrot, finely chopped

2 TBSP. olive oil

2 bay leaves

Generous pinch dried marjoram or oregano

6 1/4 cups vegetable stock

2 TBSP. red wine vinegar

Salt and freshly ground pepper

Celery leaves, to garnish

Put all ingredients, except the red wine vinegar, seasoning and garnish into a large, heavy pot. Bring to a boil over medium heat, then lower heat and simmer for 1½ hours, stirring occasionally to prevent sticking.

Remove the bay leaves, add the red wine vinegar and salt and pepper to taste. If soup is too thick, thin with a little extra vegetable stock or water. Ladle soup into heated bowls and garnish with celery leaves. Serve with crusty bread or rolls. ENJOY!

The next Indoor Market will take place at the Armoury Building, 89 Mosley Street at Aurora Town Park from 9 a.m. to 1 p.m. on Saturday, January 9.

Here are the vendors who are expected to be in attendance. As usual there may be last minute changes to this list:

The farmers will include 19th Avenue Farm, the Abbott Family Farm, Kind Organics, Oakridges Finest and Pepperlaw Creek Farms.

The food vendors will be Attilio's Olive Oil and Antipasti, Catharina's Kitchen, Cosmo's Smoked Meats Ltd., Green River Coffee,

Nutmeg Bake Shop and John Abraham's Fair Trade coffee and olive oil plus Montreal bagels and German strudel. The artisans

attending will include Nancy Wood with fabric creations, therapy packs and knitted hats and scarves, Eva Nagy who also makes

fabric bags, jewellery holders and yoga mats, and Kibo Natural Body Care Products with her soaps and lotions. All of our vendors

look forward to seeing their customers and friends at this market to reconnect and wish you all warm New Year's greetings.

See you at the Indoor Market!