

## MARKET MUSINGS

By Jan Freedman

Summer has finally arrived!

It seems that the summer solstice, just past, has indeed brought us the beginning of hot, humid temperatures. This weather heralds the beginning of berry season, with the first ones being bright red, luscious strawberries.

With last Saturday featuring our annual Strawberry Festival, the Market had gorgeous strawberries as far as the eye could see. Since this is just the beginning of the strawberry season, our farmers will be offering local strawberries for some weeks to come. They will be followed by raspberries and then blueberries later in the summer.

Keep an eye out for the marvelous golden raspberries that Peter, of Oakridges Finest, grows.

I'd like to introduce one of our new vendors this season. His name is Emerson Kalbfleisch and his business is called L&H Wooden Fixtures. Emerson started his business out of a desire to accessorize kitchens with a creative design, as well as to add space to any kitchen.

Born in Calgary, he moved with his family to Oak Ridges when he was six-years-old and has lived in the Aurora area since then. He spent his summers at the Richmond Hill Canoe Club, both as a professional athlete and a volunteer for their summer programmes. He attended Cardinal Carter High School and then Georgian College in Barrie, as well as Ryerson University for a Bachelor of Commerce degree.

His other career in the automotive industry took him to Waterloo for a year before he settled in Newmarket with his wife, Nicole, in 2011. Nicole, who grew up in the Midland area, helps Emerson at his booth when she is not busy as a professional esthetician.

When Emerson is not occupied crafting his wooden designs, he enjoys cooking. His passion for cooking comes from his grandparents on both sides of the family. His grandmother taught him everything he knows about home cooking and baking. His grandfather's passion and flair for fine cuisine and adventurous cooking opened his eyes to food that he might otherwise not have tried.

The design and inspiration for his wooden pot racks goes hand in hand with Emerson's passion for food. Currently, he offers 3 variations on his pot racks as well as mounted racks and various shelving solutions. He works extensively with re-claimed and recycled wood, as well as new lumber, if desired.

Since Emerson is of German heritage and actually lived in Germany for 6 months, he is contributing a recipe for a wonderfully delectable and comforting German dish:

### BEEF ROULADE

6 strips of beef cut roulade style or sirloin or rump roast cut into 6 inch strips, 3 inches wide and ½ inch thick. Hammer to size if necessary.

Pickles (garlic dills if possible)

One pack of bacon

German mustard

Rice

One box beef broth

2 cups white wine

Butchers twine or

skewers

1 onion

Lay out strips of beef and spread generously with mustard on side facing up. Sprinkle salt and pepper and some rice on top of mustard. The rice will cook on its own. Cut up pickles and onion into wedges. Lay bacon on mustard (1-2 pieces).

Place some pickle and onion at top, taking care not to use too much as it will be hard to roll. Roll beef with all ingredients and secure rolls with butcher twine or skewers.

Heat a deep pan or Dutch oven to medium-high heat and add oil. Sear the roulade rolls until brown on all sides, about 10 minutes. Do not crowd the pan ? do 2-3 roulades at a time. Place browned roulade aside when seared. Reduce heat and add the roulade back

into the pan, stacking if necessary. Add the wine and enough stock to bring the liquid to just under the top of the roulade. Braise for about 45-60 minutes. Check for tenderness at 45 minutes. Roulade should be fork tender when done.

Our next Special Event at the Farmers' Market will be in two weeks, on July 6th. It is the 6th annual Kerry's place KPAS Appreciation Day together with our annual Art in the Park Day, co-ordinated for the 4th year by artist Deborah Campo on behalf of both groups.

The Art in the Park portion will feature the work of approximately 20 visual artists from 8 a.m. ? 2 p.m. The ?Moose on the Loose? portion of the event will feature four bands playing at the band shell all day. The four bands are The Manatee Band, Patty McLaughlin with the Song Circle Musicians, Graceland Revival, and Zingalo.

The KPAS Appreciation Day runs in the park from 11 a.m. ? 2 p.m. and will feature a B.B.Q. as well as horse drawn wagon rides and numerous games and activities for children. If last year's event was any kind of yardstick, this will be a very exciting and rewarding day for all.

For those of you looking for that delicious strudel, or the tasty Montreal bagels, be sure to come to the Market on June 29, when John Abraham will next be there. He's coming on the last Saturday of each month as well as on September 14th.

See you at the Market!