

- The Beet -

A Publication of Market Central, Inc.



Enriching the Charlottesville City Market since 2003



August 1, 2013

Cooking Class Wrap-Up: Cooking with a Whole Chicken

by *Becky Calvert*

Market Central's expansion of our cooking class offerings continued on a recent Saturday afternoon thanks to Erica Hellen of [Free Union Grass Farm](#) showing participants how to break down a whole chicken. Using chickens Erica & her partner Joel raised, the class began with Erica demonstrating the process. Making quick work of the process with a sturdy pair of kitchen scissors, her curved scimitar knife and her fingers to loosen & pull, in almost no time Erica had turned a whole chicken into legs, wings, thighs, breast, neck & tenders, and a carcass left to use for stock, narrating as she went along. Holding the chicken by a leg, she advises using gravity to your advantage, making small exploratory cuts first - gently slicing through the skin before applying your blade to the meat of the chicken. She also advises you consider your own anatomy when breaking down a bird - the ball and socket of our armpits are similar to the ball & socket of how a chicken leg is attached to its torso. (For a video of Erica in action, you can check out this [video](#) on Beyond The Flavor's website under their Kitchen Skills Section.)



Cooking with a Whole Chicken on July 20

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Kombucha Making

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This Week's Recipe

Vendor Profile:

Peter and Kelsey of Nugget's Raw Kombucha

Written by Eric Betthausen

Photos by Zac Fabian

Kombucha. Maybe you've never heard of it. Maybe you've heard of it but aren't sure what it is. Or maybe you've already stopped by the

Nugget's Raw Kombucha stand. You know-the one at the "top of the hill" at Saturday's City Market, within smelling distance of the donuts? Nugget's is available in several varieties-on tap, even-but this isn't what you would get at your local brewpub. The stand and the people who staff it are as effervescent as their product and always willing to answer questions. Nugget's is a labor of love for White Hall's Peter Roderick and Kelsey Hickman.



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Blackberry Cobbler

An easy to make but elegant dessert featuring fresh summer blackberries.



2013 Meet Yer Eats Farm Tour is coming Labor Day!

details to come August 3 at City Market

2013 Friends of the Market Campaign

Join today and help support Market Central! Learn more at marketcentralonline.org/friends

44,208 dollars brought to Charlottesville markets in 2012 through SNAP & Debit

3,500 Farm Tour participants over 4 years visiting 35 farms

Over 1,000 people receiving coupons, demos, and instructions about canning

Hands on preserving classes taught to 150 people

Nearly 2,000 subscribers to Market Central's bi-weekly newsletter

1 consistent advocate for a permanent home for City Market



by the numbers...

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dedicated to engaging the
Charlottesville City Market
community.

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programs.

For market operations and
space assignments, please
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managers.](#)

Market Central, Inc.
info@marketcentralonline.org
<http://www.marketcentralonline.org>
P.O. Box 6459
Charlottesville, VA 22906