

# - The Beet -

A Publication of Market Central, Inc.



Enriching the Charlottesville City Market since 2003



June 13, 2013

## Get Involved with Market Central



As fresh vegetables begin filling our weekly markets, Market Central continues to expand programs and offer more ways for you to connect with the farmers markets. We often have people ask us how they can get more involved in Market Central (a question we love hearing) so we want to let everyone know about wonderful opportunities to work with Market Central and connect with the market on a deeper level.

### [Market Central cooking classes...](#)

Becky Calvert serves up samples of homemade salad dressings at a recent market demo.

Did you know that we hold cooking classes throughout the summer? For the last two years, Market Central has sponsored canning classes through a grant from the Ball Canning company. In response to demand, we've expanded our class schedule to include more topics of interest to home cooks.

Stay tuned, because we have a canning class coming up, too - but you can sign up for these classes right now (see section below)!

### [Market demonstrations...](#)

Market Central holds occasional cooking demonstrations at the

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### **Bok Choy and Apple Slaw**

*A unique use of bok choy that is both bright and fresh and perfect for summertime.*

City Market Saturday morning. Stopping by and tasting some samples is great, but did you know that you can teach one? We are always looking for great volunteers who have a seasonal recipe to share and demonstrate at the market.

### *Recipes...*

Speaking of recipes, have you seen our [new recipe section](#) on our website? It's looking good but could use many more seasonal recipes. Send us your best ideas for using market goods and we'll publish and share our favorites.

### *Friends of the Market...*

If you like what we are doing and want to support our efforts further, please consider becoming a *Friend of the Market*. More information will be available at the Market and on our website on June 22.

### *We love hearing from you...*

Please stop by our table at the market any day to chat with us about your ideas. We want to hear your thoughts or how we could help you as a patron or vendor. Our ears are always open!

We hope this has given you some great ways to get more involved with Market Central and as always we are open to new ideas and partnerships. Please contact us anytime by visiting our table at the markets or emailing [info@marketcentralonline.org](mailto:info@marketcentralonline.org).

## **Upcoming Cooking Classes**

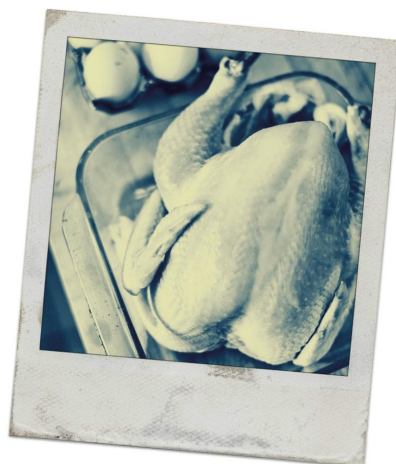
### **Cooking Class: Breaking Down a Whole Chicken**

Monday, June 17 | 6:00pm - 8:00pm  
\$60 | The Charlottesville Cooking School

In this hands on class, Erica Hellen of Free Union Grass Farm will teach you to break down a whole chicken. Each participant will receive one of Erica's pasture raised chickens to learn on and will take home the results of their new skills.

#### About the instructor:

Erica Hellen runs Free Union Grass Farm with her partner, Joel Slezak, where they raise pastured chickens, ducks, eggs & beef. Having worked on farms since her high school days in Oklahoma, Erica's life has been a wide ranging experience in farming, including a stint at Polyface Farms helping to process 30,000 chickens in a summer.



**Sign up here to reserve your spot.**

**You won't want to miss this!**

Market Central is kicking off our 2013 Fundraising Campaign - **Friends of the Market** - at the June 22 City Market. Not only will you be able to become a **Friend** at our table, we will have awesome Market Central giveaways as well as cooking demonstrations and tastings all morning. More information to come soon, but mark your calendars now because you won't want to miss this!



Market Central, Inc. is a non-profit organization dedicated to engaging the Charlottesville City Market community. [Contact Market Central](#) for information about our programs.

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

## Cooking Class: Summer Soups, Salads, and Appetizers

Tuesday, June 18 | 6:00pm - 8:00pm

\$45 | The Haven

In this hands on class participants will make Grilled peach salad, She-crap soup and Fried squash blossoms using fresh, local ingredients while learning a few tricks of the trade from one of Charlottesville's premier chefs, Ian Redshaw, Chef de Cuisine at L'etoile Restaurant.

### About the Instructor:

Ian Redshaw began his culinary career at the age of 13 with a classic French apprenticeship at Nancy's Landing in Waconia, MN. After attending culinary school at The Culinary Institute of America, he went to be the sous chef at Mercato in Red Hook NY, under the tutelage of Francesco Buitoni, 7th generation pasta maker of the Buitoni pasta family. Currently the Chef de Cuisine at L'etoile Restaurant in Charlottesville, Ian works with local, fresh ingredients to create Virginia influenced French cuisine.



[Sign up here to reserve your spot.](#)

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## Gift Certificates! Perfect for that foodie friend!



Did you know that you can buy gift certificates for the Charlottesville City Market?

Use your debit card to purchase at the Market Central table - just stop by!