

# - The Beet -

A Publication of Market Central, Inc.



Enriching the Charlottesville City Market since 2003



May 30, 2013



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## The Summer Season is Here!

With warm weather here to stay, the City markets are bursting with activity. As we've walked around the past few Markets, we are greeted at every table by the sights, tastes, and smells of why we love Charlottesville. The Saturday City Market is packed with smiling faces of all ages enjoying the season's finest goods. Meanwhile, the Wednesday market - Farmers in the Park at Meade Park - is more serene and every bit as delicious thanks to the 20+ weekly vendors. Here it is common to see families sprawled out on the grass enjoying icy popsicles and fresh fruit.

This time of year also brings Market Central programs back to the Market community. We have opened registration for our first cooking class of the season. Erica of Free Union Grass Farm will be leading our class through the process of breaking down a whole chicken. See below for more information about this class

### *In This Issue*

[Cooking Class](#)

[Market Demo](#)

[Vendor Profile](#)

[Gift Certificates!](#)

[This Week's Recipe](#)

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### *2013 Farm Bill: Let Your Voice be Heard!*

Senator Tim Kaine will be in Charlottesville on Friday, May 31 for hear your thoughts about the 2013 Farm Bill.

This bill could have a huge impact on our local food system and farmers markets.

Learn more about the bill on the [Farmers Market Coalition Site](#) and RSVP to the event [here](#).

*Calling All Cooks!*

and to sign up. We have many more classes in the works and will be posting them soon.

We will also be holding our first Market Demo this Saturday. Becky Calvert will be demonstrating salad dressing making techniques and sampling out her delicious recipes. Be sure to stop by the Market Central table (outside the white office building) for a quick lesson and taste.

As always, we hope that you continue enjoying and taking advantage of everything that the City Markets have to offer and please reach out to us with any questions, comments, or concerns.

## Cooking Classes and Market Demos

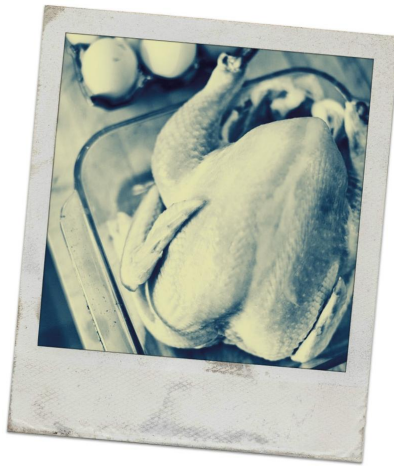
### Cooking Class: Breaking Down a Whole Chicken

Monday, June 17 | 6:00pm - 8:00pm  
The Charlottesville Cooking School  
\$50 before June 9 | \$60 after June 9

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.](#)

### Market Demo: Salad Dressings

Saturday, June 1 | 9:00am and 10:00am  
Charlottesville City Market | Market Central Table

Cooking guru Becky Calvert will be demonstrating techniques for making three unique salad dressings using fresh market ingredients. Come to Market Central's table at 9:00 or 10:00 Saturday morning to watch her work and taste her delicious results.

Market Central will be running cooking demonstrations at the City Market Saturday mornings. If you are interested in leading a demonstration (from canning to smoothie making to herb infused oils) please contact [matt@marketcentralonline.org](mailto:matt@marketcentralonline.org) or talk to us on Saturday at our market table. We'd love to work with you!

### What's at the Market?

Asparagus  
Spring Onions  
Radishes  
Kale  
Mushrooms  
Lettuce  
Spinach  
Brussel Sprouts  
Strawberries  
Eggs  
Wheat, Flours, & Beans  
Breads & Baked Goods  
Meats, Fish, & Cheeses  
Flowers & Plants  
Jewelry & Arts

### This Week's Recipe



## Spinach and Strawberry Salad

*A bright and fresh salad featuring the seasons best flavors.*



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](#).

## Vendor Profile: Cricket's Baked Goods

Arriving at Patricia Anderson's Southern Albemarle home early one morning, I had the good fortune of learning that I had timed my visit for muffin day. The heavenly fragrance of butter, lemon, and vanilla perfumed the air as I got

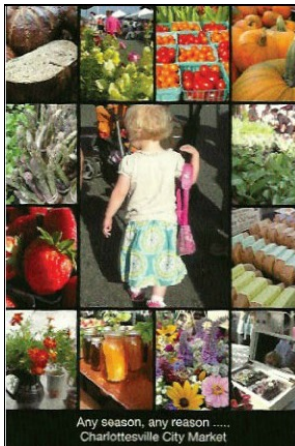


out my car - perfectly pairing a million-dollar scent with the million-dollar view from the front porch. Anderson, known to all at the Charlottesville City Market as "Cricket", greeted me and welcomed me into her neat-as-a-pin kitchen for a quick tour.

Cricket has been a vendor at the City Market for 13 years. Not long after she started selling scrumptious baked goods at the market, she realized that she needed a more efficient kitchen and bakery.

[Continue Reading...](#)

## 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!

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