



**NEWS RELEASE**

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**TRIANGLE FARMERS' MARKETS HOST HOLIDAY MARKETS FOR A LOCAL THANKSGIVING:**

<http://trianglefarmersmarkets.wordpress.com/>

**Cary, NC – November 4, 2010** –Enjoy a truly delicious, local Thanksgiving by shopping pre-Thanksgiving markets on Tuesday, Nov. 23 at five Triangle area markets. The Carrboro Farmers' Market, Durham Farmers' Market, Eno River Farmers' Market in Hillsborough, S. Estes Farmers' Market in Chapel Hill and the Western Wake Farmers' Market (WWFM) in Cary are all hosting holiday markets to provide shoppers with the freshest, locally and sustainably grown foods available.

Together, the markets have created a web site as a resource for a local Thanksgiving, complete with details on each of the markets' hours, offerings, guest chefs and special events, and recipes. Visit <http://trianglefarmersmarkets.wordpress.com/> and be sure to bookmark it as recipes will be added over the coming weeks.

Farmers and artisans at each of the markets will feature a variety of seasonal produce, as well as meats, eggs, cheeses, desserts, flowers and more for a wonderful Thanksgiving celebration. Shoppers can go local with help from the N.C. 10% Campaign, which is putting together a holiday menu featuring local foods from local farms as prepared by local chefs. A limited number of copies will be available at each of the farmers' markets on Nov. 23.

"The goal is to get more people thinking about our farmers and local food," said Sarah Blacklin, manager of the Carrboro Farmers' Market. "We want them to think, 'Where is my farmers' market?' when they are planning their weekly menu and 'Where is my farmers' market?' when they are planning for their holidays. Partnering with our sister markets in the area is a great way to involve the community and get more support for eating locally."

Most of the markets will be closed on Sat., Nov. 27, for Thanksgiving weekend, but the Carrboro Farmers' Market will be open.

Here is one recipe featuring seasonal, local farmers' market ingredients that would be perfect for your local Thanksgiving feast, and it tastes best if made one day ahead, which is ideal for the busy host!

**Roasted Winter Squash and Sweet Potato Soup with Apple Butter Cream**

*Makes 12 servings*

- 3 pounds winter squash
- 1 pound small sweet potatoes
- 4 TBS butter
- 2 large leeks, white and tender green parts, chopped and rinsed (about 2 cups)
- 1 large carrot, peeled and chopped (about 1 cup)
- 2 stalks celery, chopped (about 1/2 cup)

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2 tsp garam masala spice blend  
1/2 tsp ground ginger  
1/2 tsp ground coriander  
4 cups vegetable or chicken stock  
2 sweet-tart apples, such as Granny Smith, peeled, cored and chopped  
3 short thyme sprigs  
2 tsp kosher salt, plus more to taste  
1 cup apple cider, plus more as needed  
2 TBS freshly grated ginger  
2 TBS brown sugar, or to taste  
1/4 to 3/4 cup half and half or whole milk, as needed  
Apple Butter Cream to garnish (recipe below)

1. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper. Cut the squash in half from top to bottom. Scoop out and discard the seeds. Place the halves cut-side down on the prepared baking sheet. Arrange the sweet potatoes around the side of the pan. Roast until the squash is easily pierced with a knife and the potatoes are soft when gently squeezed, about 45 minutes. (Check the sweet potatoes after 30 minutes as they might cook more quickly. Larger squash and pumpkins will take 1 hour or longer.) Let cool enough to handle. Scoop the flesh from the squash shells into a large bowl. Peel the sweet potatoes and add them to the bowl.
2. Melt the butter in a soup pot or large saucepan over medium heat. Add the leeks, carrot, celery, and a pinch of salt. Cook, stirring often, until very soft, but not browned at all, about 12 minutes. Stir in the garam masala, ground ginger, and coriander and cook, stirring, for 1 minute.
3. Add the stock, apples, thyme, and salt. Bring to a boil over medium-high heat, reduce the heat, and simmer until the apples very are soft, about 20 minutes.
4. Stir in the squash, sweet potatoes, cider, grated ginger, and brown sugar. Simmer for 10 minutes. Discard the thyme stems.
5. Working in batches, purée the soup in a blender and return it to the pot, or purée the soup directly in the pot with an immersion blender. Taste the soup and add more salt or brown sugar, if needed.
6. Whisk in the half and half. Gently rewarm the soup over low heat, but don't let it boil. Serve warm, topped with a little Apple Butter Cream.

### Apple Butter Cream

1/4 cup apple butter  
1 cup crème fraîche

Whisk together the apple butter and crème fraîche in a small bowl. Cover and refrigerate until needed. Whisk before using.

Make-Ahead Note: The soup tastes best when made at least one day ahead. Cool, cover, and refrigerate for up to three days. Reheat gently and check the seasoning before serving.

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### About the Farmers' Markets and the 10% Campaign

All the markets are grower-only/producer-only markets, which means that all the foods are grown by area farmers and all the crafts made by local artisans. Each market supports local, sustainable agriculture and provides the Triangle with access to healthy, local, sustainably grown and produced foods.

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#### *Carrboro Farmers' Market*

Carrboro, N.C., is home to the nationally recognized Carrboro Farmers' Market. Recently highlighted by both Bon Appétit and Audubon Magazine as one of the top markets in the country, Carrboro Farmers' Market celebrated its 31<sup>st</sup> season in 2009. The market is open Saturday mornings year round, from 7 am (or 9 am, depending on the season) to noon and Wednesday afternoons, 3:30 pm to 6:30 pm, from April 14 through late November.

#### *Durham Farmers' Market*

The Durham Farmers' Market, founded in 2000, is an all local, producer-only farmers' market. The Durham Farmers' Market is open year round every Saturday from 8 am-12 pm (10 am-12 pm depending on the season) and Wednesdays from 3:30 to 6:30 pm, May to September. Market is open rain or shine!

#### *Eno River Farmers' Market*

The market is open Saturdays 8 am-12 noon in historic downtown Hillsborough and offers an online farmers' market during the spring and summer high season.

#### *S. Estes Farmers' Market*

South Estes Farmers' Market was started in April 2008 by Farmers of Orange, a state non-profit organization created for local farmers by local farmers. Every dollar spent goes directly to our farmers and crafters. The Saturday market is 8 am-noon, April-November, 10 am-noon December-March. The Tuesday market is 3-6 pm May-November.

#### *Western Wake Farmers' Market*

WWFM is in its second season in Cary at Carpenter Village Marketplace, and is now open year-round on Saturdays. The market is open from 8 am-12 pm April-November and 9 am-12 pm December-March, rain or shine. The market's mission is for all people in the community to become educated about and benefit from locally grown food. WWFM is a 501(c)3 non-profit organization.

#### *N.C. 10% Campaign*

Help build North Carolina's local economy by spending 10% of your existing food dollars on locally produced foods. Learn more about this Center for Environmental Farm Systems initiative at [www.nc10percent.com](http://www.nc10percent.com).

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