

Farmers' Market OF THE MONTH



With Benjamin Dent, chairman
Kent Farmers' Market Association



Whitstable Farmers' Market takes place at St Mary's Community Hall, Oxford Street, in the heart of Whitstable, on the second and fourth Saturdays of the month, from 9.30am to 2pm.

Market manager, Becky Richards, has an environmental policy that supports not just small local farmers, but farmers working with nature to reduce environmental damage and food miles.

"Although we have a fantastic High Street, we have found there is a growing demand for the 'market experience' of buying top-quality foods from the farmers themselves," she explains.

There are 13 to 15 stalls, selling organic and free-range meat, herb plants, interesting organic breads, locally made cheese, jams and chutneys, organic fruit juices, dried fruit, olives dressed with local herbs, plus home-made Italian food.

There's also a Fair Trade café with home-made cakes and guest craft stalls, and the market operates a plastic carrier bag-free policy, so the stallholders all sell re-usable calico shopping bags.

Roz (above) works with Martin Mackey at Ripple Farm Organics, near Wye, growing organic vegetables and salad greens. She says: "I love bringing the best of fresh organic vegetables to the heart of Whitstable," she says.

Food File

Many stalls from the market will also be attending the Whitstable Oyster Festival, the EPICentre local food event, held on 25 to 27 July at Whitstable Harbour. Turn to page 87 for further information.

Next month: Maidstone.

Ripple Farm stalls are found both at Whitstable and Wye Farmers' Markets and they also run a box delivery scheme. Tel: 01227 730898 or visit our website for details: www.kent-life.co.uk.



Recipe of the month

2008 is the International Year of the Potato, and with the long days and the sun continuing to shine, new potatoes can serve as a worthy accompaniment to any summer dish or barbecue – plus, you have the added bonus that you don't have to peel them. If you are having a summer gathering, the following recipe can serve up to six, or just adapt it to suit your party size.

JULY

Warm potato salad

- 1kg new potatoes
- 2 finely sliced spring onions
- 4 rashers of bacon
- ½ tbsp garlic-infused oil
- ½ tbsp wholegrain mustard
- 1 tsp white wine vinegar



Method

1. Cook the potatoes for 20 minutes in a pan of boiling salted water. Once drained, cut to size as required
2. Put the potatoes into a bowl and add the finely sliced spring onions
3. Cook the bacon until crispy in a pan with the garlic-infused oil and remove from pan, leaving it to one side until ready for serving
4. Remove the oil from the heat and mix in the mustard and vinegar. Add the potatoes and spring onions and ensure all the ingredients are coated
5. Serve the warm potato salad by crumbling most of the bacon into the bowl and mix it again. Finally, sprinkle the remaining bacon on top

Pick of the month's produce

This exciting growing season means that a fantastic variety of vegetables are available. Berries are well on their way, as are peas and beans. Our pick of the best of this month's produce is:

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| Broad beans | Peas | Beetroot |
| Aubergine | Spring Cabbage | Loganberries |
| Tay berries | Red/black currants | Squid |
| Crab | Salmon | Peppers |
| Lamb | Courgettes | Spinach |
| French beans | New potatoes | Carrots |
| Asparagus | Cherries | Broccoli |
| Strawberries | Grey Mullet | |
| Sea Bass | Lettuce | |

