



KATHLEEN RAKE



GIMME SOME OVEN PHOTO

RECIPE PAIRING:
Singletree Winery
Siegerrebe

WHITE WINE: 2013

PRODUCER: Singletree Winery

REGION/COUNTRY: Fraser Valley; BC VQA

GRAPE/BLEND: Siegerrebe

PRICE/ABV: \$19.14 / 11.2% ABV

ON THE NOSE: Pear, apple, peach, with a little tropical fruit, baking spice and plenty of floral notes.

ON THE PALATE: Green apple, pear, stone fruit flavours that fill the mouth.

OVERALL: Crisp, bright, fruity and lively, with soft but food-friendly acid that makes this off-dry wine a pleasure to sip.

BUY IT: Winery.

PAIR IT: This aromatic wine is perfect for the sweet-sour-salty-spicy flavours of Asian-inspired foods, especially salads like these that offer up crisp textures and the *je ne sais quoi* of umami.

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Asian Ramen Noodle Salad

PROVIDED BY LEPP FARM MARKET

SALAD INGREDIENTS:

- 4 cups Cabbage, shredded
I love Napa cabbage but plain cabbage works as well
- 1-2 Carrots, shredded
Can substitute 1 (16oz) bag coleslaw mix or broccoli coleslaw mix for cabbage and carrots
- 2 pkgs (3 oz) Ramen noodles, roughly crumbled
Discard seasoning mix
- 1 cup Edamame beans, shelled and cooked
- 1/2 cup Almonds, thinly sliced
Blanched or unblanched
- 1/4 cup Sunflower seeds, roasted and salted
- 1/2 cup Green onions, thinly sliced

- 1 Avocado, diced
If you're going to enjoy leftovers, omit avocado
- 1 Mango, peeled and diced
Optional, for extra sweetness

ASIAN HONEY VINAIGRETTE:

- 1/4 cup Honey
- 1/3 cup Rice wine vinegar
- 1 tbsp Soy sauce
- 1 tbsp Sesame oil
- 1 tsp Ginger, grated fresh
or more, if you love ginger
- 1/2 - 1 tsp Sriracha
Optional
- 2/3 cup Vegetable oil
(I like grapeseed for its neutral flavour)
- Pinch Pepper and salt, to taste

INSTRUCTIONS:

To make vinaigrette, mix all ingredients except oil in a bowl, then whisking continuously, slowly drizzle in oil until all the oil has been added and the dressing is mixed. Add salt and pepper to taste.

Preheat oven to 425 degrees and spread the crumbled Ramen noodles and sliced almonds on a cookie sheet and stir to combine. Bake about 5-8 minutes, or until slightly golden and toasted, stirring once in between. Watch carefully as they can burn very quickly, and then you've got to toss them and start all over! Add all ingredients, including vinaigrette in a large bowl and stir to combine. Serve immediately, or can be covered and refrigerated for up to 2 or 3 days. This salad is best eaten the day it's made, as the noodles will lose their crunch the longer it sits.

LEPP FARM MARKET



FAVOURITE FARM MARKET



The Farmer and the Foodie

Farmer Rob has been privileged to befriend feisty 91-year-old Ruth, an Osoyoos orchardist who is a wealth of knowledge of local history and healthy tree fruit practices. Recently she told him that "the best fertilizer is a farmer's footsteps" as she relayed that she and her late husband were acquainted with each tree in their orchard, could respond to tree health issues quickly, and determine the optimum time to harvest. This resonated with Rob, as nightly corn field checks and Osoyoos orchard walk-arounds have been standard practice for him for years. This weekend help us celebrate the bounty of all those footsteps at "From the Farmer's Field", highlighting our locally grown corn and sun-sweetened strawberries, as well as juicy peaches from

our Osoyoos orchard. Also featured will be roasted, buttery corn on the cob, a corn eating contest, peach pie bake-off, fantastic prices on corn and peaches, as well as an antique tractor and grain threshing display, free kids' activities and toe-tapping music by the ever-popular JD Miner. From other dedicated and hard-working BC farmers, gathered on Rob's twice-weekly Osoyoos trips, we bring you Okanagan apples, plums and pears, rosy-hued Red Russian garlic, sun-ripened Roma and field tomatoes, and the last of the local blueberries. Don't miss out on this end-of-summer fruit and vegetable extravaganza as sadly, our peak season is already slowly starting to wind down.



Better when shared.

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