

news letter

Here we are settling in to summer at the summer solstice, longest day of the year in the northern hemisphere, and summer vacations on our minds

But now is also the best time to shop our Farmers markets, either on Thursdays from 3 to 6:30 pm or Saturdays from 10 am until 2 pm.

Now would be the perfect time to use the berries that are in abundance now to make different berry syrups to enjoy after summer has passed. Nothing like a berry syrup on pancakes, waffles or ice cream for that matter.

BLUEBERRY SYRUP

1 T lemon juice

½ t ground cinnamon

2 c fresh blueberries

1 c sugar

⅓ c water

Combine all ingredients in a medium sauce pan. Bring to a boil over high heat, reduce heat, cover and boil gently for 10 minutes or until the fruit is tender. Strain thru a lined sieve, discard solids. Pour syrup into a clean jar with tight fitting lid and store in the refrigerator.

Might want to make some extra, as it sure would be a good topping for an ice cream dessert in the summer.

Best wishes and hope to see you at the markets.