

COMMUNITY CORNER

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Farmer's Market favourites

Smerek Family Gardens
Smerek Family Gardens is located minutes south of Acton, on the Fourth Line. Owned and operated by Mathew and Logan Smerek, with help from their six children, Smerek Family Gardens offers a wide variety of local, seasonal garden fresh vegetables and small fruits.
We take pride and care in growing our vegetables, as well as promoting the buy local attitude so you can get to know your farmers and where your produce comes from. We grow salad greens, tomatoes, carrots, beets, potatoes, onions, leeks, garlic, peppers, eggplant, cabbage, squash, strawberries, black currants, raspberries, and much more in our fields and greenhouse.
We have taken a great interest in storing, canning, freezing and drying our vegetables to provide for our family - and yours - throughout the winter months.
Try the recipe below for a Smerek Family favourite way to enjoy our beets. Ask us for tips on canning tomatoes, using cabbage for sauerkraut and cabbage rolls, plus the delicious soups and salads possible when using our freshly picked fruits and vegetables.
Interested in picking up something for dinner or buying in bulk to store for the winter? Come and say hello at the Acton Farmers Market on Thursdays from 3-7 p.m., to learn more about our produce.

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Smerek Family Gardens

Vinaigrette of Beets

Ingredients:
1 pound beets
1/4 cup olive oil
1/4 cup red wine vinegar
1 teaspoon hot Dijon mustard
Salt, freshly ground black pepper to taste
Minced parsley

Directions:
Preheat oven to 375 F. Bake unpeeled beets for 1 to 1 1/2 hours or boil beets until tender.
While beets are cooking, mix together the remaining ingredients in a small bowl.
When beets are tender and cooled enough to handle, slip off the skins and slice. Mix the beets with the vinegar and oil dressing and minced parsley.
If you wish you may chill before serving or serve right away.

Vinaigrette of Beets



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