

On the Menu

Paige Matthie takes us with her as she samples the best Charlottetown has to offer, and at prices acceptable for the average student

You may or may not be aware of this, but just across the street from campus is an exciting, affordable, fast, international culinary experience.

The Charlottetown Farmer's Market, open from 9-2 p.m. every Saturday (and Wednesday in the summer,) is host to a wide selection of food and drink, and an atmosphere unmatched in the city. The Farmer's Market is a student's mecca, with most items coming in at under \$10, and provides that hipster, earthy vibe one seems only able to find with locally grown, organic product.

As it is just across the street

from my Blanchard Hall apartment, I've managed to take in the sights and sounds of the Market on a fairly regular basis and I have never been disappointed.

The selection is extremely broad, and I guarantee that each and every one of you will be able to find something you love.

The options are like a virtual United Nations of food and drink, including African samosas and curry, Indian samosas and curry, Polish perogies and cabbage rolls, tropical fruit smoothies, German cakes and bread, Lebanese Schwarma, Asian noodles and spring rolls, grilled

sausages, a variety of pastries, award winning Atlantic salmon, and tea and coffee from all over the world, not to mention the cornucopia of fresh produce and locally raised pork and beef.

Over the course of the year, I've been able to narrow down these options into my own personal favourites, the first being the teas at Lady Baker's Tea Trolley.

As soon as you set foot in the door there she is, Lady Baker and her Trolley, stocked full of teas from pretty much anywhere in the world that grows the stuff, and in too many flavours to name here. To aid you in your choice, they offer a tray of the weekly sample flavour and some nice biscuit chunks to try. All the flavours I've tried have been great, so I can't imagine the rest would be disappointing at all, though it's a marathon to get through all of them.

Next, if you make your way down the aisle to Out of Africa, you'll be in sa-

mosa heaven. You can get either veggie or beef (both are satisfying, though veggie is my fave) and both come wrapped in a deliciously crispy, deep fried coating that is just sinful. The warm and toasty insides delicately spiced and are perfection on a chilly spring morning.

On warmer mornings, I'll head straight to the back of the Market to the smoothie counter.

The fruity tropical blends are the best thing to wake you up in the morning after a long night of...studying (cough cough), and the mango one is to die for, though I hear the chocolate-banana mix is also pretty darn good. Smoothie in hand, I'll dash to the smoked salmon guy on the wall opposite the entrance. His salmon is award-winning, and has just the right amount of smoke. It's best to make up your mind about the toppings as you're waiting in line, as things tend to move rather quickly when placing your order. I always

get the full complement of cream cheese, salmon, capers, onions, and a bit of lemon juice. The combo is the perfect balance of salty, sour, oily, crunchy and soft. Yum!

If I happen to go to the Market for lunch, I'm a bit partial to the sausage vendor set up outside the front door. With so many varieties to choose from (around 20 if my memory serves me correctly), it's a nice savoury lunch whatever mood I'm in, mild, medium or spicy! The cakes from Leonhard's or the breakfast counter at the far end go nicely as a dessert, and one of the bottled sodas on sale is great to wash it all down.

The Charlottetown Farmer's Market is always an adventure, and is always satisfying, because even if you don't fancy anything up on offer, you can always get some of the great fresh meat and veg and make something yourself!

Bon appétit!

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