

The Market News

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UPCOMING EVENTS

Welcome. We're open for business every Saturday, 8 a.m. to 1 p.m., rain or shine, with a special event every weekend.

Today at the Market

Melon Day - recipes and tasting of local vine-ripened melons.

Sept 8 Native Food - Steve Conty will be doing a food demo and setting up an Indian Tepee for us to explore.

Sept 15 Glass Beads - demo by Paul of Reid's Beads.

Sept 22 Market closed for Carp Fair - but open again Sept 29 until the end of October.

FARMERS' FACEBOOK

Get to know some of the remarkable farmers and artisans that serve us each week.

Acorn Creek Garden Farm. Andy Terauds, one of the founders of our market, has 100 acres of vegetables and fruits on his farm near Carp, providing a living for 5 families. Visit the farm this Monday, Sept 3 (10am - 4pm) for Melonfest & Pepper Pow-Wow to sample some of the 15 types of melons (representing 109 varieties). www.acorncreek.com. These vine-ripened melons are far superior in taste & nutrition to the commercial ones that are picked when still hard.

Bilmarjy's. Judy Orange, also a founding vendor of our market 17 years ago, offers us organic veggies, herbs (fresh, dried, blends, teas), preserves (jams, jellies, relishes), dried fruit & 40 varieties of homemade dog biscuits. Judy explains "the business is named after my father, Bill, and mother, Marj, with the 'y' on the end for me- Judy."

Home Sweet Home. Debra Fletcher wakes us up every Saturday with the aroma and sound of eggs cooking on the skillet. Debra gives us a choice of 5 varieties of omelets plus bagels, soups and an enticing selection of desserts - including cheesecake, date squares & peanut butter cookies.

Lil-Cakes. The organic-vegan wave that spread from LA to NY to TOR has now reached Ottawa! Lisa Fage and Allison Parke are new vendors in the Rotunda offering organic and vegan (dairy & egg free) cupcakes & other desserts. From classic chocolate & vanilla and their most requested lemon & lime curds cupcakes, they have expanded to squares, scones, bundts, cookies - and hope to have selections soon for people with wheat & sugar allergies.

THIS WEEK'S RECIPE

vine-ripened valley varieties voice volumes

WATERMELON SALAD

Combine: 5 c. cubed watermelon
1 c. chopped green onion
3 T. chopped mint
3 T. chopped parsley
Dress with: ¼ c. olive oil
2 T. white wine vinegar

WHY LOCAL IS BEST

There are many good reasons for eating local - freshness, taste, community cohesion, rural economic regeneration - and the often-quoted claim that eating locally reduces fossil fuel consumption. James McWilliams, in [Food That Travels Well](#) likens eating local to recycling, biking to work and driving a hybrid - all realistic ways that we can shrink our individual carbon footprint and be good stewards of the environment.

But recent evidence suggests that geographic locality is not the only criteria for determining fossil fuel inputs. We must also measure what economists call "factor inputs & externalities". Some of these factors include water use, harvesting techniques, fertilizer outlays, packaging & storage procedures and dozens of other cultivation inputs. Landcare Research of New Zealand explains that pure localism "is not always the most environmentally sound solution if more emissions are generated at other stages of the product life than during transport".

Important to note, all the research on these inputs is based on industrial farming techniques that produce food for national & international distribution systems. Small local farms that sell directly to the consumer appear as only a small blip on the research radar. In short, buying food at Carp Farmers' Market is a way to ensure that you are participating in good environmental stewardship. You can ask the producer directly about how he grows & how he harvests. You can see his means of transport - its parked beside the stall. Storage & packaging are pretty straightforward. By all means, look at 'factor inputs & externalities'. And be assured that once again, buying at Carp Market is one of the best ways to buy local.