

The Market News

www.carpfarmersmarket.com



Tel: 613-786-1010
CarpMkt@magma.ca

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John Scott, Editor
jscott@heartlandfarms.ca

UPCOMING EVENTS

OPENING DAY 2007 Welcome everyone to market season 2007. We will be open for business every Saturday from 8 a.m. to 1 p.m., rain or shine, and we offer a special event every weekend.

Today at the Market – Mother's day. A rose for the first 100 mothers. Draw for a \$50 gift certificate for moms. Our resident quilter, Lorraine Wade, will demonstrate piecing techniques.

May 19 Kathleen Nootenboom of Kathleen's Kitchen will be the host for a chocolate truffle making demonstration.

May 26 West Carleton's 8th Annual Crime and Fire Prevention Family Fun Day. This is a joint venture of West Carleton OPP, Fire Services, Emergency Medical Services, By-Law Services, Public Health Services and Neighbourhood Watch.

June 2 Pat Morgan of Pat's Sweet Temptations will demonstrate cake-decorating techniques.

WHY LOCAL IS BEST

By choosing to buy your food at a producer-based farmers' market (where all food products are grown or raised on our farms), you are making a powerful political statement. Today, the vast majority of Canadian food is trucked, flown or shipped from great distances. The food on most dinner plates has traveled between 2500-4000 km to reach us. A shocking 25-33% of all greenhouse gas emissions are from conventional food production and transportation. The industrial food system, heavily dependent on fossil fuels for production and distribution, is bad for the environment, bad for the local economy and bad for your health. Over the course of the market season, the newsletter will explore a variety of aspects of the 'Eat Local' story. Join us in celebrating local food in 2007.

VOLUNTEERS NEEDED

The Market is looking for a few good men and women to volunteer to provide some assistance to us during the Garlic Festival taking place on August 11th and 12th. The work would be very light and include making a count of customers, parking, assisting with demos, helping our hostesses etc. If you are interested, please talk to one of our hostesses at the cart or the Market Manager. Thanks!

THIS WEEK'S RECIPE

Asparagus with Dill Sauce

The clean taste of asparagus demands a simple dressing. Drizzle this over the first taste of green from the fields.

½ c. sour cream
2 tsp. lemon juice
¼ c. dill greens
1 T. green onion

Makes ~ ¾ cup. Chill 1 hour. Serve over asparagus.
Makes a great dip too.

SUGGESTION BOX

We are always interested in hearing from our customers; suggestions, complaints or comments of any kind. We want to make your experience at the Market as good as it can be. We now have a new Suggestion Box just inside the Rotunda on the wall to the left.

You'll find a supply of suggestion slips and pencils, so please let us know what you think. We'll post your slips and our responses on the notice board beside the box.

NEW VENDORS

Join us in giving a warm welcome to 5 of our new vendors:

Rideau Nursery. Stephane Maynard & Martine Rochon will be here with annuals, perennials, dried flower arrangements, cut flowers, herbs and vegetables

Martendale Farms. Jeanine Lehman will bring a new face and taste to the Food Court with her grilled sliced beef on a bun & homemade salads.

Indian Ballari's Delights. Ballari Mukherjee will be in the Food Court tempting us with a wide selection of Indian food items.

Sweet Fusion. Vicky and Trisha Singmin create real, homemade cookies with an upscale flair.

Remember When. Let Dan Dudley show you his custom photo collages - for special milestone events.

And more next week...