

# The Market News

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## UPCOMING EVENTS

**Welcome** . 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**

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

**May 26** West Carleton's 8<sup>th</sup> 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.

Also 1<sup>st</sup> Kids Club: Jack & the Beanstalk – Bean power!

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

Also, the West Carleton Garden Club hosts their annual plant sale.

**June 9** Russ of Russell's Honey will give a beehive and honey-making presentation.

## WHY LOCAL IS BEST

*"Eating locally isn't just a fad – it may be one of the most important ways we save ourselves and the planet."*

David Suzuki

Last year a B.C. couple, Alisa Smith and James MacKinnon, embarked on a yearlong experiment to eat only food produced within a 100-mile radius of their Vancouver apartment. By putting themselves to this ultimate test, they have become celebrities of the local-eating movement. They chronicle their adventure in *The 100 Mile Diet – A Year of Local Eating* (Random House, 2007).

*"The way we eat today has left many people with a real sense of loss."* MacKinnon says, *"We've lost touch with the seasons, the landscapes we live in, the people who produce our food, even the way things are supposed to taste."*

A Farmers' Market, like ours, where you can buy your food from an actual farmer who produced it, is the very best way to eat local. It allows you, like Smith and MacKinnon, to be weaned off the megamart to become an urban pioneer – a 21<sup>st</sup> century hunter-gatherer. Eat local for your health and the health of the planet.

To chart your own 100-mile radius, visit [www.100diet.org](http://www.100diet.org)

## THIS WEEK'S RECIPE

*Red Rhubarb Runs Riotously Rampant, Reports Resident Repas Writer*

### **Rhubarb Cream Pie**

1 – 9" baked graham cracker crust	
2 lbs chopped rhubarb	- peel of ½ lemon, finely grated
1 cup water	- 1 cup whipping cream
1 ½ cup sugar	- 1 T. sugar
2 T. cornstarch	- ½ tsp. vanilla
juice of ½ lemon	

Cook rhubarb until soft in ½ cup water. Remove from heat. Add sugar. Blend cornstarch in remaining ½ c. of water and stir into rhubarb.

Bring to a boil. Cook until liquid is thick and clear. Add lemon zest, juice and set to cool.

Whip cream with sugar and vanilla until stiff.

Fold into cooled rhubarb and spoon into piecrust.

Allow to set in fridge.

## NEW VENDORS

Join us in giving a warm welcome to 4 of our new vendors:

**Matheson Woodworking.** Check out the selection of home crafted wood items for home, office, pets and kids. Especially popular are the cutting boards and kitchen spoons. Watch Shawn Matheson as he demonstrates his skills today.

**Barcha Pottery.** Inspired by nature, Barbora Balaban's warm pottery creations will grace your home and table.

**Acorny Acres.** Mickie Mackie and Mavis Wade work from their log home in Snow Road Station ON overlooking pond and forest. Mickie carves shore birds and raptors and Mavis paints personalized one-of-a-kind fireplace screens.

**Tarnished Angel.** Renee McMeeken offers a fun and eclectic collection of fashion jewelry handcrafted with beads, wire, leather and rhinestone. Renee has been in business for 20 years with a background in fine art and fashion.