

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

Pat Morgan of Pat's Sweet Temptations will demonstrate cake-decorating techniques. The West Carleton Garden Club hosts their annual plant sale, and we're also participating in Doors Open Ottawa (the 1897 Exhibit Hall).

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

June 16 Celebrate Father's day with us with fishing, crossbow and bow & arrow demonstrations.

Draw for a \$50 gift certificate for dads.

THE WINNERS

The Winners of the latest draws at the Market:

- Mother's Day \$50 Market gift certificate – Ann O'Connell
- 50-50 for May \$73 – Mary Blair

WHY LOCAL IS BEST

"Heck, forget about saving for that hybrid car – check under the hood of that tomato"

Lisa Rundle

Eat Locally, Act Globally

The average Canadian eats a SUV diet. Our food is dripping with petroleum. A grainfed steer from Alberta's feedlots 'consumes' 1075 litres of oil in its 18 months of life. Vegetarians can't be smug – soybeans have one of the largest ecological footprints of all crops through dependence on heavy machines and large amounts of fertilizers, pesticides and herbicides, all requiring fossil fuels.

For each calorie of food we eat, we now expend a minimum of 10 calories of energy (and in the case of many foods, up to 100 calories) in order to produce it, process it, package it, refrigerate it and transport it. A quarter to a third of all greenhouse gas emissions comes from the industrial food system that stocks our grocery stores. Transporting food the 2500-4000 km to reach our plate represents a huge chunk of this problem. Increasingly, we are coming to realize that our ecological health, and eventually our economy, pays very dearly for the convenience of lettuce from California and apples from South Africa.

Most of us want to be weaned from this wasteful and dangerous dependence on fossil fuels. While the G8 leaders make more speeches, congratulate yourself for stopping the spiral by eating food grown and purchased locally. There's no place like home!

THIS WEEK'S RECIPE

EASY EGGS *'Easy eggs effortlessly elevate elegant eating'*

- 1 T. olive oil
- 1 onion
- 1 c. croutons
- 8 local eggs
- 1 T. Dijon mustard

Fry onion in olive oil until soft and golden ~ 7 min.

Sprinkle with croutons. Meanwhile whisk together eggs & mustard and pour over onion mix.

Cover, cook over med-low heat until set - ~ 15 min.

Serves up beautifully with local asparagus.

FARMERS' FACEBOOK

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

Pat's Sweet Temptations. Pat & Eric Morgan bring us cakes for all occasions and tempt us with specialties like West Indian fruit cake, Jamaica ginger buns, cinnamon rolls, lemon poppyseed loaves, sugarless choices and Pat's famous ginger cookies. Meet her at the demo tent today.

Apple Ridge Lilies. Leigh Ann Weynerowski is here again this year with a selection of late July blooming lilies in several colours as well as a partial shade lily, by popular request. She also sells Neem, a natural oil to control beetles. Leigh Ann says, "This is not a pesticide. You should be spraying the oil on your lilies now".

Senior Farms & Family. Wayne Senior, our market's egg farmer, is a retired veterinarian and a leader in the provincial politics of defending small farms. He and his wife, Judy, operate an egg, lamb and horse farm on Kinburn Rd as well as a registered egg grading station. His hens eat homegrown wheat and barley as, Wayne says, "corn should be avoided". Using his eggs, daughter Kathy Cassanto, bakes quiches, tarts, buns, angel food cake & fruit pies. One taste will explain why "They Won't Keep".

Carleton Growers. Fred & Darlene Hogg's 80,000 sq. ft. of greenhouses on Carp Road provide us with an array of cut flowers –roses, their specialty since 1969, along with snapdragons, chrysanthemums, and lilies. They also have rosebushes for sale including their personally developed variety 'Kajusaro'. Imagine. Our own Carp rose, now being cultivated throughout North America!