

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

Cooking demo by Josie Scott, Heartland Farms. It's the time for comfort food! Explore 3 different time-honoured cooking techniques to make rich stocks & stews.

Oct 27 Hot Treats Day. Complimentary soups & hot apple cider.

Kids Club. Explore the haunted house where the evil witches hang out. Opens at 10 am. Lots of scary things inside. A gift for every child. Contest for scariest costume. Even ghost food to eat.

Christmas Market. Dec 7 (3-8 pm) & Dec 8 (8 am – 2 pm)

FARMERS' FACEBOOK

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

Kathleen's Kitchen. Kathleen & Jack Nootenboom have over 40 different truffles in their repertoire including 3 new ones for Christmas – Figgy Pudding, Wassail & Eggnog. Hand-made from their original recipes, using no preservatives, a perfect balance of flavour & chocolate is achieved. Kathleen got the inspiration for her business 4 yrs. ago while watching the Food Network. Their friends and co-workers enthusiastically helped them to hone their recipes during the research phase. Jack says the greatest enjoyment comes when a new customer takes that first bite, "the joy on their face is priceless".

Lorraine Wade's Quilts. Lorraine has been quilting for over 30 years as a hobby but has only recently started selling them when she joined the Carp Market 2 yrs. ago. Her booth an eye-catching display of unique quilts, produced with 100% cotton in a variety of designs & colour combinations, which can only be fully appreciated when unfolded. Lorraine has quilts in many sizes from baby, throw to king. She also accepts commission work.

Heartland Farms. John & Josie Scott & their family raise grassfed beef, lamb & other meats at their farm near Pakenham. Before starting the farm 11 years ago, John was a palliative care physician in Ottawa. Josie has homeschooled all their 8 children using farm-life as an integrating principle for the curriculum. When the snow has covered the grass, you can find them on the slopes at Mt. Pakenham.

WHY LOCAL IS BEST

"Man is small, and, therefore, small is beautiful. To go for giantism is to go for self-destruction." E.F. Schumacher

Since the 1960s Canadian farmers have followed the advice of government experts- 'get bigger or get out'. But those who did expand have been betrayed. Per acre profits decline steadily as farm size grows and net farm income for large farms is reaching disaster levels. Large farms are only benefiting the corporations that supply them and market their outputs. In fact, small farms have a much higher average net income per acre with higher productivity achieved in 3 ways: by using every square foot of land intensively, by growing a more diverse selection of products suitable to local food preferences and by selling directly to consumers, thereby reaping more of the net earnings. These profits are also more sustainable since these farmers tend to be more committed to long-term land stewardship.

E.F. Schumacher's 1973 classic, Small is Beautiful: Economics as if People Mattered, alerted us to why all work must remain "human-scaled". This is particularly so for agriculture where the living soil is our means of production. "Small-scale operations, no matter how numerous, are always less likely to be harmful to the natural environment than large ones". He saw big farms leading, inevitably, to violence, alienation & environmental destruction.

But if small farms are so much better, why are the little guys going out of business? Well, marketing is the major problem. We cannot continue to have food grown locally on small family farms unless all of us buy local products at prices that allow small farms to stay in business – and that is what this market is all about.

THIS WEEK'S RECIPE

banish banality- better beef begets beneficence

FALL MEDLEY BEEF STEW serves 8

<i>1 ½ lbs. crossrib or stew</i>	<i>½ tsp. @thyme & marjoram</i>
<i>4 large carrots</i>	<i>¼ c. flour</i>
<i>2 stalks celery</i>	<i>1 c. beef stock</i>
<i>half small rutabaga</i>	<i>1 c. red wine</i>
<i>1 T. olive oil</i>	<i>1 (19 Oz) can tomatoes</i>
<i>3 onions, quartered</i>	<i>3 large potatoes, chunked</i>
<i>2 large garlic cloves, grated</i>	<i>1 c. frozen peas</i>

*Cut beef into cubes. Peel & cut veggies into 2" chunks.
Heat oil, cook onions & garlic ~ 5 min. Add beef & veggies.
Sprinkle with flour & stir ~1 min.
Stir in stock, wine & tomatoes. Bring to a boil.
Cover & cook 2-½ hrs. in oven at 325 F. or until veggies tender.
Add frozen peas in the last 2-3 min.*

MARKET MANAGER

Jim Craig will be stepping down as Manager of our Market at the end of December. Under Jim's management over the last 12 years we have become one of the model markets in Canada. We are now searching for a new Manager- see www.carpfarmersmarket.com for details.

LIZ HARKER

The proceeds from last week's vendor bake sale are being donated to the Canadian Cancer society in memory of Liz.