

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

Herb Fest at the Market. Gerry & George of The Herb Garden will present on culinary, landscape and medicinal uses of herbs including some video clips. There will also be demos by Savoury Pursuits, l'esprit du jardin & The Salty Don.

July 28 Butterfly & Wish Release: 12 noon. Butterflies available for a donation to Children's Wish Foundation.

Doll & Teddy Bear Clinic with Dr. Trenholme – bring any 'wounded' teddy bears & dolls for a check-up & free repair.

Caring & Sharing Baby Doll Project – please bring us your old dolls. We will repair them for donation to seniors.

Kids Club will be making a teddy bear puppet.

Aug 4 Vegetable Day as well as a presentation by Picture Perfect Pets.

Aug 11/12 Garlic Festival – mark your calendars.

WHY LOCAL IS BEST

On the surface, our farmers' market simply represents a local solution to the problem of alternative food distribution. And yet, the very simplicity of farmers working together is the historical basis of *agri-cultura* – a connection between people, land and produce. In most of the world, food is integral to the cultures and communities that produce it and small farms feed most of the developing world even now.

Dalby, a small cotton settlement in Eastern Australia, struggled with pest resistance and environmental degradation until 350 families formed a growers association that scouts fields and uses trap crops in a mosaic landscape that uses sorghum and alfalfa to benefit the cotton. Paraikulum in southern India is one of 47 villages that have re-designed its fields to channel, collect and pond rainwater. They now grow an extra 30-50 tons of rice annually. Slash-and-burn corn farming in Mexico was denuding local hillsides until one village planted beans with their corn, thereby increasing soil fertility sufficiently to establish permanent cropland without resorting to damaging rotations.

Small farms joining together in communities to solve local problems. The people working here today are that kind of farmer. It's a good feeling to be part of something as intrinsically right as our own piece of *agri-cultura*. And you thought you were just here to buy lettuce.

THIS WEEK'S RECIPE

*'frugal 40's farm families found fresh flavour
foregoing foreign food'*

OUR OWN 100-MILE SALAD DRESSING

2 T. liquid pectin* plus 2T. water	makes ~1/2 cup
4 tsp. apple cider vinegar	1 tsp. local honey
1 T. snipped oregano and basil	1 tsp. grated radish
1 garlic scape, chopped	¼ tsp. celery seed
1 T. chopped pepper	

Keeps in frig 3 days. Add water should it become thick.

**make your own by boiling 1 lb. chopped green apples with cores and peels in 1 pint water. Strain in a jelly bag.*

FARMERS' FACEBOOK

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

The Herb Garden. Gerry & George operate an agri-tourism business on Old Almonte Rd. Their 2 acres of gardens are home to more than 200 varieties of organically grown herbs. At the Market they sell potted herbs along with 'sage' advice on their culinary, medicinal & landscaping applications. They host many workshops & events – most notably Herbfest (www.herbfest.ca) on Sun. July 29 with 50 display beds, 100 vendors, seminars & celebrity chefs.

L'esprit du jardin. Christine Hume has built a business around her herb garden at her home in Almonte. She makes home-made herbal oils, herbal & fruit vinegars, spice blends & upscale gift baskets along with spreads and preserves which you can sample at her elegant display. "I want to preserve the pleasures of my herb garden so that even the simplest foods can have a zesty, sophisticated dash of flavour".

Triple 8 Farm. Manford & Cheryl Harper's farm near Pakenham maximizes every square foot – with carefully laid out sheep pastures, organic gardens & beehives. The result: Lanark honey, organic garlic & salad greens and handspun wool clothing. The Romney & Dorset fleece is hand carded and spun before Cheryl weaves and knits her hats, scarves, mittens & socks. In the footsteps of his grandfather, a beekeeper in England for 40 years, Manford uses the old methods of extracting & cold-filtering his non-pasteurized clover/wildflower honey.

The Salty Don. Don Henderson, alias 'the godfather of good taste', denies Sicilian ancestry despite his reputation for a wicked smoked risotto handmade with Arborio rice. He offers 10 sea salts (from subtle Tuscan to fiery Habaneros) –all with the aroma & caramel colour of being infused with maple smoke over long hours. Also 7 smoked pepper blends & salt-free seasonings.