

The Market News

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UPCOMING EVENTS

Welcome. We're open for business every Saturday from 8 a.m. to 1 p.m., rain or shine, with a special event every week.

Today at the Market

Join us for a strawberry dessert in the demo tent outside the back entry to the exhibit hall starting at 10 a.m. Thanks to Cedar Hill Berry Farm for providing the berries. All donations collected go to West Carleton Food Bank.

June 30 Canada Day celebration. Suzanne Morris of Galetta Gift Loft will be demonstrating the hand-painting of a loon on glass. Kids' Club will start at 9:30 and go until closing with games, races, hand & face painting, telescope demo, and a costume competition – come in your best red & white.

July 7 The Market's Birthday party and pressed flowers demo from Conrad Stoltz of Nature Art Design.

July 14 Faye Armitage will present 'Cooking with Elk'.

WINNER

The Father's day \$50 certificate was won by John Veale of Carp.

WHY LOCAL IS BEST

"Our cosmopolitan habit of eating from other people's backyard has accidentally set off a string of biological explosions that no terrorist could replicate." Nikiforuk, 2006

Andrew Nikiforuk's book, Pandemonium, tells us how factory farming and the international foodshed combine to bring us closer to a global plague.

The aim of factory farming is to standardize the product and the process of production. Genetic diversity must be eliminated so that monoculture, intensive livestock operations, and centralized processing can flourish. This has produced a horde of nasties – virulent fungi, viruses, bacteria & insects – so the routine use of drugs and chemicals is needed to prop the system. In fact, 70,000 species of pests and diseases now consume half of the world's food every year. Some of these (SARS, bird flu, mad cow) now pose a serious threat to human health. And treating food as an international commodity that can be shipped globally in enormous quantities has allowed these lethal pathogens to spread more rapidly than local environmental adaptation can handle.

We need to return to eating local food and using locally produced goods to stop both the development and spread of these super bugs. Decentralized food production and the restoration of regional diversity are fancy ways to say, "buy from your local small farmer to prevent globalized catastrophe".

Local food is safe food

THIS WEEK'S RECIPE

strawberries celebrate summer solstice !

FRESH STRAWBERRIES & BALSAMIC VINEGAR

4 cups strawberries, rinsed, drained, hulled
3 T. granulated sugar
3 T. balsamic vinegar

Cut strawberries in halves or quarters and sprinkle with sugar & balsamic vinegar. Toss gently to coat berries and let marinate at room temp. about 10 minutes.

Optional: try a twist of freshly cracked black peppercorns.

FARMERS' FACEBOOK

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

McGregor's Produce. This is truly a family farm. Operated by Jim & Ann McGregor, their 3 adult children, daughter-in-law and Jim's parents, the 200 acre farm in Lochwinnoch has been owned by 5 generations of McGregors since 1856. We can enjoy their strawberries, beans, corn pumpkins and other vegetables here at the market - & tomorrow you can join them at the farm for a strawberry fundraiser for the Renfrew & Area Hospice.

Eric & Christine Brackenbury. Christine & Eric design and handcraft exclusive jewelry in their Carp workshop. Apprenticed traditionally at Cartier's and elsewhere, they can re-design heirlooms or work with customers to create a custom piece. "We love working with unusual gemstones or those native to Canada". The results are sculpture for display on the human body.

Savoury Pursuits. Bonny Riedel & Paul Helm bring us baked goods with an emphasis on pastries (quiches, meat & fruit pies) and over 20 varieties of hand-kneaded breads. They also provide full catering for everything from house parties to weddings. Bonny says, "All our recipes are farm-house inspired – robust, hearty, peasant food".

Cedar Hill Berry Farm. Paul & Ria Ralph with son Devon grow strawberries, raspberries and Christmas trees on their farm near Almonte. You can buy their berries at the Market or pick your own while enjoying a family picnic beside their creek and covered bridge.