

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

Pottery – Lis Allison of Pine Ridge Studio will be throwing clay on the pottery wheel and showing us samples of the various steps in the process

Eco-Savvy Weddings – Christine Brackenbury will be coordinating an information table from multiple vendors on how to make your wedding environmentally friendly.

Kids Club – lots of fun with a craft corner for kids.

Sept 1 Melon Day - recipes and tasting of local melons

Sept 8 Native Food - Steve Conty will be doing a food demo and setting up an Indian Tepee for us to explore.

Sept 15 Glass Beads – demo by Paul of Reid's Beads

FARMERS' FACEBOOK

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

Pine Ridge Studio. Lis Allison has been throwing pots on the potter's wheel for 20 yrs. On her first attempt the clay flew off the wheel and hit her instructor. Now an experienced artisan with a studio on Carp Road, she creates mugs, bowls and other kitchenware that are safe for oven, microwave & dishwasher as well as pots for the garden. Her latest design, "Elisabeth's Wild Garden" features hand-painted flowers inspired by the wild garden around her home & studio.

Best in the Vest. Gail Parsons, from her booth in the Rotunda, offers us a range of denim clothing – vests, jackets & purses including her 'whatever' bag for shopping or beach trips etc. Gail says "re-use, re-create, re-tail – that's my motto because all my denim is re-cycled". With 20 years of craft world experience, Gail's creations are both fun & functional.

Bergeron Gardens & Greenhouses. For the 11th season, Gilles Bergeron & family bring us fresh produce from their 4th generation family farm in Notre-Dame-des-Champs. Gilles says, "we are especially known for the abundance of vegetables and varieties – and we are one of the only francophone vendors at the market".

Glengyle Garlic. Donna Davidson, with her garlic print apron and distinctive straw hat, is our resident garlicologist. In addition to garlic & braids, she offers a wide selection of garlic health and food products, pesticides, cookbooks etc. At the Garlic Festival she led a cooking workshop on "The 4 seasons of garlic" teaching how to utilize it at every stage of its development.

THIS WEEK'S RECIPE

** market merchandise makes menus memorable*

DAVE'S BLACK BEAN CHILI WITH RICE

| | |
|---|--------------------------------|
| 4 c. cooked black turtle beans | 2T. Shiitake mushroom powder* |
| 2 lbs. ground beef, elk, or bison* | 3 T. chili powder |
| 6 T. apple cider vinegar | 2 tsp. @ black pepper, paprika |
| 4 c. mixture Mexican-style salsa with fresh tomatoes diced in* | 1 T. turmeric or curry powder |
| 1 gr. pepper, coarsely chopped* | 1 tsp. cumin |
| 1 onion, coarsely chopped * | 1-2 tsp. John's hot sauce* |
| 2 cloves garlic, crushed * | ½ c. brown or wild rice mix |
| | 2 c. water |

Brown meat, gr. pepper, onion & garlic with vinegar. Drain & add to 5-½ qt. slow cooker with spices, water & cooked beans. Mix a jar of your favourite salsa with enough diced tomatoes to make 4 c. Stir into mixture. Cook on low for 10 hr. or high for 6.

Thanks to David Behn, a market regular

WHY LOCAL IS BEST

Think globally – Act locally

In this week of the Montebello Summit, we are proud to be singing a different tune – to proclaim a return to 'local' as key to solving international challenges. Increasingly, the dark 'underside' of the so-called global economy is being exposed; the stranglehold of the transnational corporations has resulted in unprecedented human and environmental exploitation.

Why is local best? There is compelling evidence that the ruthless corporate form of development we are now experiencing is not sustainable. Truly sustainable growth requires strong local communities and flourishing local economies. Studies indicate that one dollar spent on local foods circulates in the local economy generating \$1.81 to \$2.78 in other businesses. Farmers markets, like ours, provide a venue to widen this impact further – alongside local food, you can buy local clothing, local household items, local gifts. Today, many of our vendors, coordinated by Christine Brackenbury, are applying the power of local to one particular issue by presenting a vision for an 'eco-savvy' wedding. Christine has been frustrated for years by how much money and natural resources are wasted by the wedding industry. Be sure to check out the display at the demo tent 'White Weddings Go Green' which offers 12 ideas on making a wedding environmentally friendly – including local sustainable food, local flowers & local gifts.

Whether it's our wedding budget or our weekly grocery spending, we can use our money strategically – in ways that reflect our values & our vision for a sustainable future.