

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

West Carleton's 8th Annual Crime and Fire Prevention Family Fun Day. This is a joint venture of West Carleton OPP, Fire Services, Emergency Medical Services, By-Law Services, Public Health Services and Neighbourhood Watch. Also 1st Kids Club: Jack & the Beanstalk – Bean power!

June 2 Pat Morgan of Pat's Sweet Temptations will demonstrate cake- decorating techniques.

And, the West Carleton Garden Club hosts their annual plant sale.

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

June 16 Celebrate Father's day with us. There will be demonstrations of bow and arrow, crossbow and various fishing techniques.

Draw for a \$50 gift certificate for dads.

WHY LOCAL IS BEST

We now have fewer farmers than prison inmates!

Eric Schlosser, Fast Food Nation

Stats Can in its May 16 census snapshot revealed,

- *Canada's farms are dwindling in number and almost half of those that remain can't cover their expenses.*
- *Farmers that sell their products on the global commodity markets are forced to sell below the cost of production for the fifth year in a row.*
- *48% are forced to work off the farm to make ends meet.*

Despite these red flags, government policy continues to push the industrial model of agriculture. But signs of hope are emerging. A small set of farmers are rejecting the 'get bigger or get out' mantra and embracing flexible, lean, innovative models of farming. Some call it the New Agriculture, some guerrilla farming. These farmers survive by creatively keeping input costs low and selling direct to consumers – and that's the kind of farmer you can meet at Carp Farmers' Market.

Buy local. Help rebuild our local agricultural communities. Feel proud to be part of helping farmers feed people.

THIS WEEK'S RECIPE

Try this marinade with local Spring lamb.
*'Maple makes most meat marinades marvelous',
murmured Mother*

Mom's Maple Marinade

- 4 local lamb chops
- 2 T. local maple syrup
- 2 cloves local garlic, minced
- 2 T. Dijon mustard

Blend all ingredients and slather over chops.
Grill on the BBQ until just pink inside.
This works equally well with chicken.

FARMERS' FACEBOOK

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

Maple Holme Sugar Bush. Since 1988 Steve Skinner has tapped the maples at Huntmar Dr. and March Rd. Using both pipeline and traditional buckets, 1500 taps are fed into an old-fashioned wood-fired sugar shack. Enjoy the result – maple syrup and an array of other maple products –sugar, butter, BBQ sauce, mustard etc.

Bousfield Nursery. John Bousfield specializes in flowering shrubs, offering a wide selection of hardy, home-grown varieties selected to survive well in our climate. Working with plants since 1963, John is a rich source of advice & stories.

Heather Sherratt Handweaving. With a focus on colour and texture, Heather's handwoven clothing (jackets, coats, shawls, vests and throws) are made from a variety of fibres including wool, cotton, silk, bamboo, soy and rayon- and demonstrate over 30 years of weaving experience. A warm welcome on your first day at the market, Heather.

Carp Valley Farms. Stan Carruthers raises Clydesdales and other horses on his farm on Diamond View Road. He sells compost to die for – turned and tended for 5 years! His John Deere tractor (and cap) is a familiar Spring sight at the Market.

Fieldstone Gardens. Jan Bearinger's northern-grown perennials range from low-growing rock garden plants to ornamental grasses. Grown 'up the valley' at her home in Killaloe, they are all hardy to our regional climate.