

# 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**

**Butterfly & Wish Release:** 12 noon at the back entrance of exhibit hall. Come early to reserve a butterfly by donating \$10 to Children's Wish Foundation; 5 species/ 500 butterflies.

**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 hand puppet.

**Aug 4 Vegetable Day** as well as a presentation by Anne Armitage of Picture Perfect Pets.

**Aug 11/12 Garlic Festival:** Sat 8am to 3 pm and Sun. 10 am to 3 pm. Over 100 booths, including 20 producers of garlic, plus celebrity chefs & seminars.

**Aug 18 Corn Fest** - taste the local varieties.

## WHY LOCAL IS BEST

The supermarket tells us it provides 'farm fresh produce' in a distortion of the truth that should shock us. In reality, much of it is picked green, before maturity & before sugars have peaked, when the produce is tough and tasteless. To make it acceptable to consumers, its colour is chemically masked. In the case of green tomatoes, treatment with ethylene gas gives a sudden red colour. Much of what we find on the shelf has bounced for more than 5 days on trucks. The tough-skinned hybrids were chosen to withstand this rough treatment despite their lack of flavour & vitamins. So, with warehousing and processing at supermarkets, the produce often takes 7-10 days to reach our plates. This all contributes to the 25-30 % loss of nutrient composition in our food over the last 40 years.

In the case of meats, the designation 'fresh' has also come to be a farce. Over 85% of Canadian beef is cut warm in Alberta without aging, then shipped to Ontario in bags filled with nitrous oxide to chemically 'age' it for 3-4 days. To prevent bacterial overgrowth, the industry is seeking to use irradiation & antibacterial foams. The FDA in the USA has judged "safe and appropriate" a new technique which applies carbon monoxide gas to meat to create a bright red colour which is stable for 5 days – all so the consumer can see it as fresh.

In contrast, the market gardeners at Carp pick their vegetables and fruits hours before you buy them, when they are at their peak of flavour & nutrition. The meat has been aged, cut & flash frozen at local abattoirs without chemical add-ons.

A local tomato is red when it's ripe.

Local means fresh – real' fresh.

## THIS WEEK'S RECIPE

*'pasta pleases palates perfectly'*

### **PASTA SALAD WITH FARM FRESH VEGGIES**

1 c. corkscrew pasta	2 garlic scapes, chopped finely
2/3 c. plain yogurt	1 T. fresh chopped oregano & basil
1/4 c. mayonnaise	2 c. mixed shredded carrots & cabbage
2 T. grated Parmesan	1 tomato, chopped

Cook & drain pasta. Mix all other ingredients and add pasta when cooled. Cover & chill before serving on greens.

## FARMERS' FACEBOOK

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

**The Doll and Sewing Lady.** The bright double booth of Laurie Craig offers us cloth dolls, doll clothes, mohair bears, & a wide selection of pillows, placemats and all things sewn. "How to describe it? – whimsical", says Laurie. Another vendor adds, "imaginative & colourful with incredible attention to detail". Her husband Jim, our Market Manager, tells us that Laurie's grandmother taught her to make dolls when she was 4 and now Laurie is doing the same for her 4 yr. old granddaughter.

**Foxglove Farm.** Dan & Betty Hudson blend 2 businesses into one at their farm in Kinburn – flowers and organic vegetables. For 10 years their signature flower has been lisianthus, planting 5000 of several long-stemmed varieties each year. Along with snapdragons, sunflowers & delphiniums, they offer lavender & other dried flowers. They plant 8 crops of beans/ year to ensure us a steady supply, as well as potatoes, beets & other veggies.

**Chamomile Desjardins.** John Lubrun prepares hot pepper sauces with blends of Cayenne, Habenero, Thai, Jalapeno & Scotch bonnet peppers along with fresh herbs, fruits, garlic, & spices. Get John to explain the health benefits of capsaicin- the chemically active compound in chili peppers. His hottest sauce is "St. Lucia on My Mind" - that's where John called home until 1975. His infectious smile & warm Caribbean lilt invites us to sample Miss Nunavut, Calgary Pepper Cowboy and many more.

**Kym's Old Fashioned Bakery.** Kym Cleghorn is an artisan baker, offering us 18 kinds of bread – all made in small batches in the old hearty way. The French loaf comes from her Mom's recipe. The oatmeal & molasses Maritime Bread arose from a customer's request and has been raved about this year on radio & TV. Last year, again spurred by a customer, Kym developed her Whole Wheat Flax loaf, which is now her best seller.