

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

Canada Day celebration. Suzanne Morris of Galetta Gift Loft will demonstrate how to hand-paint 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. Conrad Stoltz of Nature Art Design will teach us how to press flowers, covering the kinds of flowers to collect & how to preserve their colours vibrantly.

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

July 21 Herb Fest at the Market.

WHY LOCAL IS BEST

"free trade transnational-regulated agriculture is destroying the social and economic base of rural Canada." Fred Tait, National Farmers Union, quoted by Maude Barlow, 2006

Canada can be rightly proud of her agricultural history. Our land is blessed with rich soils and abundant water. From the innovative dyke system of Acadia to the seigneurial strips along the St. Lawrence of New France, from the 100 acre mixed farms of the Ottawa Valley to the quarter section grain farms of the prairies – Canada grew as a country because it grew its own food and its surplus became a breadbasket for the world.

Yet, incredibly, we have allowed our food sovereignty to be lost. Canada cannot feed herself but depends on imported food. Our farmers grow more per acre than ever before but must sell it for less than the cost of production because our trade agreements treat food as just another global commodity. Decisions about what to grow are made by CEOs of agribusiness corporations in foreign countries making us vulnerable to trade wars, corporate blackmail and border closures. The mad cow closure of the US border forced Canada to sell out to US corporations who now own 75% of Alberta's feedlots and packing plants.

Europeans, in whom the memories of war and famine still linger, are more tenacious in preserving their self-reliance in food. In North America, however, we permit the billion dollar advertising budgets of the food giants (which adds 25-30 % to the cost of the food we eat) to bind us psychologically to the imported, exotic and fashionable foods of the corporations. So, let's return to our roots. Celebrate Canada Day this year with local Canadian food from a small family farm.

STRAWBERRY SOCIAL

The Strawberry Social last Saturday raised \$410 for the West Carleton Food Bank. Thanks very much for your generosity.

THIS WEEK'S RECIPE

Gathered gracile garden greens greatly gainsay gloom

GLORIOUS GREENS DRESSED WITH GARLIC SCAPES

¾ c. olive oil	3 oz. apple cider vinegar
¼ c. honey	½ tsp. celery seed
½ tsp. Dijon mustard	2 finely chopped garlic scapes
½ tsp. sea salt	

Blend all ingredients. Add scapes at the end.
Shake before using on assorted greens.

FARMERS' FACEBOOK

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

ServiPro Farm. George Kozlovski grows Shiitake mushrooms organically on oak logs at his farm in Kinburn. In the Far East, Shiitakes are seen as the 'elixir of life' used to enhance virility and longevity. George sells them fresh, dried and powdered as well as having Oyster mushrooms, fresh cut flowers, plants, vegetables & a range of spiced jellies.

Galetta Gift Loft. Suzanne Morris hand-paints glassware – jugs, tumblers, vases, wineglasses – with delicate, vibrant designs of flowers, birds and custom motifs. "If its glass, I can paint it – and they're all dishwasher proof". Suzanne is also an ortho therapist who provides massage and spa treatments in her Galetta home.

David Donaldson. From peonies in June to his famed gladiolas in August, David grows more than 15 varieties of cut flowers at his Cedar Hill farm. After a 30+ year career in teaching, David now indulges in his life-long love of the flowers rooted in his family history; his peonies were planted by his grandmother in 1900 when she arrived as a bride while others come from plants of his great-grandmother.

Palms Bakery. Sally Parsons is classically trained - including 4 years at two of the most prestigious food establishments in London UK. Her European-style pastry products are made with local ingredients, are gorgeous to look at and Ottawa Citizen's Ron Eade describes them as "insanely delicious". Her tarts, flans, biscuits, brownies & other creations are a feast for both eyes and palate.