

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

Thanksgiving Turkey Draw

Oct 13 Heritage Apple Day. Bake Sale with proceeds to West Carleton Food Bank.

Oct 20 Beef cooking demo by Josie Scott, Heartland Farms.

Oct 27 Hot soups, apple cider tasting . Kids Club will be a Halloween event – The Haunted House

FARMERS' FACEBOOK

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

Silver Banks Farm. Eleanor & Walter Sandberg produce over 80 varieties of jams, jellies, pickles, relishes, & chutneys at their farm in Bennies Corner close to Almonte. They spend many hours jamming and preserving all spring, summer & fall, taking advantage of produce as the season progresses. They grow much of what they preserve but also obtain produce from fellow CFM vendors.

Upper Canada Cranberries. Lyle Slater operates a cranberry bog right here within Ottawa's city limits – the only one in eastern Ontario and 1 of only 3 in the province. He sells fresh cranberries & fresh pressed juice (cranberry & cranapple). Raised on a farm, Lyle always wanted to return to growing food. His 'Ah. Ha!' moment came in 1996 when he read an article on cranberries and realized that his land had perfect conditions –acidic soil, water and abundant peat moss, indicating that it had once been a bog. Ask Lyle about the health benefits of this amazing berry.

Bacon on a Bun. Aileen Nutt and Sara Moloughney offer us comfort food. The aroma of side and back bacon wakes up many customers and vendors on October Saturdays. Two kinds of cheese and the other trimmings complete the job. Sara is a nurse in the Recovery Room at the Civic and Aileen is a nurse on a surgical unit at CHEO – and both are doing further academic studies. So, why would they feed us at the market? "It's the people.", says Aileen. "I need this contact. It gives me the energy to go back to the bedside".

MARKET MANAGER

Jim Craig will be stepping down as Manager of our Market at the end of December. Under Jim's management over the last 11 years we have become one of the model markets in Canada. We are now searching for a new Manager- see www.carpfarmersmarket.com for details.

THIS WEEK'S RECIPE

RONNIE'S REPEATEDLY REQUESTED ROASTED ROOTS serves 8-10

8 med. carrots (biased cut 1")
6 small beets, peeled and quartered
4 c. peeled rutabaga, cubed
4 onions quartered
dollops of olive oil & balsamic vinegar
generous handful of rosemary
½ c. maple syrup

Preheat oven to 375 F. Mix vegetables in a large roaster. Drizzle with olive oil & vinegar. Add rosemary. Bake covered about 1 hr. or until tender. Remove from oven.
Increase heat to 450 F. Stir in maple syrup and roast uncovered 15-20 min. until vegetables glazed.

WHY LOCAL IS BEST

Local food from a farmers' market – like heirloom vegetables and artisan cheese- may be great for impressing friends at the weekend dinner party, but don't we still need industrial farming to feed the hungry – to feed most people in the world?

Barbara Kingsolver, best known for her fiction, tackles this question in her 2007 book, Animal, Vegetable, Miracle: A Year of Food Life (Harper Collins). The UN Food & Agriculture Organization (FAO) reports that the world's farms produce enough food to feed even the 8 billion people who are projected to inhabit the planet in 2030. The reason that 800 million people are chronically underfed is poverty – lack of money and opportunity- not because there is a lack of food in their countries. And 75% of the world's food is still produced by small farms and consumed locally. In fact, many analysts see industrial corporate agriculture as actually contributing to global starvation. Industrial farming methods promote soil erosion, salinization, desertification, & loss of soil fertility. FAO estimates that over 25% of the world's arable land is already compromised by one or more of these problems. Corporate farming also destroys the social fabric of societies, thus aggravating poverty. Successful hunger-relief organizations focus on re-introducing local, small-scale, sustainable farming as the answer to starvation, recognizing that resources go furthest when people produce their own food, near to where it is consumed.

This weekend, as we celebrate the abundant harvest, lets give thanks for local farmers – both here in Ottawa and around the globe.