

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 weekend.

Today at the Market

The Market's 17th Birthday Party. At the demo tent, Conrad Stoltz of Nature Art Design will teach us how to press flowers - the kinds of flowers to collect & how to preserve their colours.

July 14 Fay Armitage of the Elk Ranch will present 'Cooking with Elk' preparing marinated elk strips for the grill.

July 21 Herb Fest at the Market.

July 28 Annual Teddy Bear Clinic and the Caring and Sharing Baby Doll project, which involves repairing old dolls for donation to seniors.

Many Thanks! To Rosanna Salter for organizing the Kids Club on June 30- lots of kids and lots of fun.

Winner. June 50-50 draw won by Rob Dumbrille of Kanata.

WHY LOCAL IS BEST

"Fruits & vegetables sold in Canadian supermarkets today contain far fewer nutrients than they did 50 years ago. The average potato has lost 57% of its vitamin C and iron, 28% of its calcium & all of its vitamin A. The story is similar for 25 fruits & vegetables that we analyzed."

Globe & Mail, July 6, 2002

Canadian journalist Thomas Pawlick has written a frightening book, *The End of Food*, which documents the shocking decline in the nutritional content of supermarket food – beginning his expose with the tomato. We have gradually come to accept grocery store tomatoes despite the lack of taste and hard texture (still unripe despite the chemically-induced red colour). But what most do not realize is that today's tomato is a mere shadow of its former self. Since 1963, vitamins have declined – C by 17% & A by 31%. Minerals have also plummeted – calcium by 62%, phosphorus by 11%, potassium by 9% and iron by 10%.

Why this astounding decline? Firstly, deliberate selection. The criteria used by multinationals in plant & animal breeding are aimed solely at corporate profit. In tomatoes this means a focus on yield, firmness (to allow transport) and uniformity of shape & colour (for shelf appeal). The decline in nutrients has no impact on profits, so is ignored. Secondly, the soils on which industrial food is grown has been depleted of nutrients. Factory farming is robbing us of the vitamins, minerals & enzymes that we need.

Local food from small farms that use sustainable soil practices will ensure that you get far more nutrients than from a grocery store. Local food is healthy food.

THIS WEEK'S RECIPE

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VERDANT VEGETABLE STIR FRY serves 4-6

1 tsp. fresh grated ginger	olive oil to stir fry
¼ c. soya sauce	bunch of green onions, chopped
1 c. water	3 garlic scapes, chopped
1 tsp. honey	2 handfuls pea pods
2 tsp. toasted sesame oil	kale or swiss chard, chopped
2 T. cornstarch in 2T. water	broccoli in flowerettes
	2 c. shiitake mushrooms, sliced
	1 c. cashews

Shake together ginger, soya sauce, water, honey, sesame oil & dissolved cornstarch. Stir fry vegetables & nuts about 5 min. until tender. Add sauce and bring to a boil until thickened.

FARMERS' FACEBOOK

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

Nature Art Designs. Conrad Stoltz is a nature artist who creates his designs with real flowers, grasses, weeds & leaves. Using archivally safe materials without acids or dyes, he captures the beauty of Canada by pressing flowers of various forms & shapes in such a way that their vibrant colours are preserved. His creations have been purchased for presentation to heads of state of various countries.

Connaught Nursery. Grant & Dorothy Dobson & daughter Loreena leave their farm near Cobden at 6 am to bring us a wonderful display of flowers, herbs, & native wildflowers – their farm has 300 varieties of perennials and 150 herbs. They also offer us unique, organic, out-of-season vegetables & fruits from their 15,000 sq. ft. of greenhouses – vine-ripened tomatoes from early May, raspberries & broccoli in June & peaches in July. Tomorrow, July 8, you can visit their farm on a Cdn. Organic Growers tour.

Natural Lamb. Jane Moore & Deb Salisbury are two local sheep farmers who have formed a partnership to supply us with lamb throughout the season. One farm lambs in the spring and the other in the fall – all grass-fed on organic pastures with no antibiotics, hormones or feedlot confinement.

Neil Organic Growers. Margaret Neil farms organically on her 5th generation Kinburn farm, homesteaded in 1834 by John Neil of Tipperary Ireland. In 1995 Margaret graduated from Nutritional Management at Kemptville College. Watching patient frustration in following medical diets at CH, she began to develop a full line of organic fruit & vegetable spreads, condiments & salsas – all guaranteed to be sugar & sodium free.