

The Market News

www.carpfarmersmarket.com



Tel: 613-786-1010
CarpMkt@magma.ca

Vol 11 Number 19
8 September 2007

John & Josie Scott, Editors
jscott@heartlandfarms.ca

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

Native Food - Steve Conty will be doing a native food demo and setting up a Tepee for story-telling.

Today at the Fairgrounds – Outdoor show in the Arena

Sept 15 Glass Beads – demo by Paul of Reid's Beads.

Flavours of India- food demo by Meena Landon-Browne.

Rural Route Theatre Company – information booth.

Sept 22 Market closed for Carp Fair.

Sept 29 Meet the Animals Day – hayride, hot chocolate & cookies for young and old.

Oct 6 Thanksgiving Turkey Draw.

Oct 13. Heritage Apple Day.

FARMERS' FACEBOOK

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

Berch Design & Display. Beryl Hill trained as a window display artist in London U.K. and having owned a flower & gift shop in Kanata for 15 years, she now brings her creative flair and passion for sewing to the Market. Her talent with a needle & thread is reflected in the many & varied products in her booth including embroidered items, baby blankets, aprons, pillows and much more.

Bearbrook Farm. Walter Henn & Angela Reis offer us a range of prepared meats (sausages, salami, pepperettes, jerky etc.) specializing in game raised on the farm east of Ottawa – deer, elk, buffalo, wild boar, ostrich & emu. Walter's abattoir & butcher shop is but one part of a large resort motel complex, which includes an exotic animal park and catering business.

Micki Renehan Photography. Micki (Mik) Renehan, based in Almonte, is a nature photographer who offers cards and prints for sale. What does Micki enjoy most about her work? " the awe, the magic & the wonder of the images that reveal themselves through my lens. I sense the harmony and my connection with creation. A photographer is like a vision catcher who paints with light on a canvas of film."

Lacelle's Apiary. From his booth outside, Paul Lacelle of Carleton Place offers honey, beeswax candles and hand cream made from beeswax & honey.

THIS WEEK'S RECIPE

Committed customers continue contributing creative cuisine

CHEESEY MUSHROOM APPETIZERS

1 c. chopped mushrooms	1 tsp. dried oregano (or 1 T. fresh)
1 small onion	2 tsp. dried parsley (or 2 T. fresh)
4 eggs	¼ c. breadcrumbs
1/8 tsp. pepper	½ lb shredded cheddar cheese
¼ tsp. salt	

Sauté onion & mushrooms. Beat eggs. Add seasonings, breadcrumbs, cheese & parsley. Bake in an 8" square greased pan at 325 F. for 30-35 min. Serve warm or cold. Can be frozen.

Thanks to Karen Richter, who used local ingredients.

WHY LOCAL IS BEST

The problems facing the small family farms of Canada are surprisingly parallel to those faced by small farms around the globe. Three quarters of the world is still fed by small family farms but industrial petrochemical agriculture is being rapidly imposed by the World Bank & Western governments in direct support of transnational corporations. In Brazil, China & India we already see the ecological devastation but the social impact of this policy will be equally horrendous. When we buy bananas from Ecuador or broccoli from Mexico, we are not helping Farmer Juan & his family – but the CEO of Dole Inc and the like. In fact, we are propping up a ruthless system that exploits the peasant farmer & ultimately forces him off the land.

The present industrialized agribusiness model is deliberately planning to achieve complete vertical integration of the food supply where all inputs (seeds, fertilizers, chemicals, animal genetics, machines etc) and all markets are controlled by the same corporations. The farmer is being forced to become a cog in this huge new food factory.

La Via Campesina is an international organization that links small farmers in 56 countries (www.viacampesina.org), promoting a de-centralized model of peasant or family farm agriculture based on sustainable production with local resources and in harmony with local culture & traditions. As always, the answer is local. Yes, our local action must be coordinated and linked in a network of actions across the world – but small local actions have tremendous political power.

Buying local food at a farmers' market is an act of solidarity with small farmers across the globe.