

The Market News

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UPCOMING EVENTS

Welcome. We will be open for business every Saturday from 8 a.m. to 1 p.m., rain or shine, and we offer a special event every weekend. Demo tent at the back entry of exhibit hall.

Today at the Market

Russ of Russell's Honey will share 35 years of beekeeping experience – live observation hive, wild honeycomb, photos of bear damage and both old and new honey pots.

June 16 Celebrate Father's day with us. First 100 dads will get a specially designed cookie. Draw for a \$50 gift certificate for dads.

June 23 Our Strawberry Social. Enjoy a strawberry dessert with all donations going to West Carleton Food Bank.

June 30 Canada Day celebration & glass painting demo.

FARMERS' FACEBOOK

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

Russell's Honey. Russ and Abigail Corbett produce honeys separated by seasonal flavours – wild plum, hawthorne, wildnut, wild mustard, basswood, Canada goldenrod, buckwheat, clover & alfalfa. Bees raised with no pesticides or drugs. They also sell baking made from their honey (honey cakes, tarts, cookies, pies, bread, scones, and honey butter) as well as organic vegetables.

Dobson Farm. Bob Dobson sells grass-fed beef (individual cuts and bulk orders) all raised on his award-winning farm near Cobden. His farm has multiple ponds & ecological buffer strips. Groups often tour to learn sustainable practices. Bob is also an accountant, a leader in many farming organizations and one of the Dobson clan at Carp – look for his brother Grant (Connaught Nursery) and daughter Kylah (Rainbow Heritage Garden).

Peter's Corner. Peter Trau is our Austrian chef with a Greek menu – and wife! – what a culinary combo. Specializing in Greek dishes – chicken souvlaki, mousaka, pastichio (baked pasta), spanakopita (spinach pie) but also offering drinks, soups and other hot foods. In his spare time, Peter is an engineer at NRC and Treasurer of our market's Board.

Terpe-Wear. Terpe Trau is a designer and creator of fleece clothing for children, adults and pets – with a focus on Canadian fabrics. While operating a Day Care 15 years ago, Terpe decided to make a jacket for all 23 kids under her care. The enthusiastic response led to a new business venture. Terpe works tremendously hard for us as a Board member & chairs both Jurying and Special Events' Committees. Thank you, Terpe.

THIS WEEK'S RECIPE

*Behold! Breezes bring buzzing bees
– behoving begladdened bakers.*

BEES KNEES SQUARES

1 c. butter	1 ½ c. all-purpose flour
1/3 c. local honey + 2T.	½ tsp. salt
1 tsp. vanilla	1 c. butterscotch chips
1 ½ c. quick-cook rolled oats	½ c. slivered almonds

Beat butter, 1/3 c. honey and vanilla in mixing bowl until smooth. Stir in rolled oats, flour, salt & butterscotch chips. Spread in greased pan (9 x 13 inch). Sprinkle with almonds. Pat them down.

Glaze: heat remaining 2 T. honey until runny. Brush over surface.

Bake in 350 F. oven for 25 or 30 min. until golden (watch – these brown quickly). Cool before cutting into squares.

Thanks to Abigail Corbett

WHY LOCAL IS BEST

*"Let's go the distance, so our food doesn't have to."
LocalFlavourPlus, Toronto*

In a province where 3 retail giants monopolize food distribution, it is not easy to connect farmers with the people who eat. Farmers' markets are the best way. But other strategies to make that connection are being tested. The Ottawa Buy Local Guide, developed by the Ottawa Food Security Council, gives info on farmers and farmers markets in the Ottawa area. Check out www.spcottawa.on.ca/ofsc.

Our own Bob Dobson is helping to spearhead the move to local foods by setting up a cooperative (www.ottawavalleyfoods.org) that aims to link consumers in the Pembroke/ upper Ottawa Valley region to local farmers.

In southern Ontario, the Waterloo region developed Foodlink in 2002– a collective marketing program that 'brands' local foods and educates the public and has now spread to 5 municipalities. Lori Stahlbrand, academic and former CBC broadcaster, is the energy behind the new Toronto initiative – Local Flavour Plus. Aimed at corporate and institutional clients, it certifies that all foods brokered through them are local and sustainable. The University of Toronto now gets its food through LFP. The demand for local is exploding. Stahlbrand says. "People want to know the story behind their food".