

JULY 2009

Caledon Farmers' Market



JULY EVENTS

- **July 9th, Caledon Concert Band** – A special performance at the market from 6:30 to 8:00 pm
- **July 16th, Children's Day** – A variety of fun activities for kids including entertainment, face-painting and craft making

Top Reasons to Eat Local

- **Taste and Nutrition:** Local food is fresher, more nutritious and tastier, primarily because it takes less time to travel between the farm and the consumer. Studies have shown that many foods lose nutritional value with storage and transport.
- **Farmland Preservation:** Supporting local farmers helps to make their farm businesses more viable, which contributes to preserving the beautiful farmlands and rural flavour of our area.
- **Local Economy:** Money spent on local food circulates in our local economy, strengthening the community for all of us.
- **Food Safety:** Ontario food is produced to some of the highest food safety standards in the world.
- **Sustainability:** Peak oil, climate change and other issues means that we need to look for sustainable solutions. Local food is a three-times-a-day step in the right direction!

Market Recipe Idea – Grilled Swiss Chard & Kale

*3 handfuls of greens per person
aluminum foil
salt and pepper
olive oil
fresh lemon*

Wash the greens and chop or tear into large bite size pieces. Lay out two pieces of aluminum foil perpendicular to each other to form a cross.

Pile the greens in the center and sprinkle with salt, pepper and olive oil. Tighten up the aluminum foil to form an air tight pouch by gathering first the inner sheet then the outer sheet. When you are ready to grill, throw your pouch on and close the lid. I grilled mine for about 12 minutes over medium heat with the lid down. Remove to a plate, and carefully unwrap package. Drizzle the lemon juice on top and toss. Plate and serve.

www.caledon.ca/farmersmarket

Market Vendors...In Their Own Words

Palgrave Environment Committee



The Palgrave Environment Committee formed in April 2007 and since that time has received 2 local hero awards (Caledon Countryside Alliance and recognition In the Hills magazine) regarding our initiatives towards sustainable community dinners that use local food and support local farmers. The annual Palgrave Turkey dinner feeds 500 servings of local turkey, potatoes, peas, corn, cabbage, carrots, apples as well as Palgrave's famous baked pies! This year's dinner is on Thursday Oct 1st; mark it on your calendar!

We are supporting the Caledon Farmer's Market this season to help raise awareness about eating local and supporting local farmers. We will be selling fair trade organic coffee and chocolate which supports overseas farming co-operatives.

In addition we are selling freshly baked pies and tarts and fresh produce that has been grown in Palgrave right in our committee members' gardens. Market produce over the season will include rhubarb, garlic, potatoes, sunflowers, pumpkins, herbs, and flowers.

Next year that plan is to build a new community garden and our committee is currently fundraising for this initiative. Buy a Baffo's Italian dining "coupon book" for \$24.95 - including \$250 value and a free large pizza. \$10 from every book sold will go towards the community garden.

Stop by our booth and have a Caledon Market combo - pie and coffee for \$5. Enjoy hot or iced coffee!

Editor's note: The rhubarb butter tart is amazing!

Blindline Studio – Arlene Peters



My love for pottery came from a visit to a potter who lived over on the next line from where I live now on The Gore Road. I was totally mesmerized by his work and lifestyle. That experience led me to Sheridan College School of Design. That was 35 years ago! After graduation I moved to England to further my experience and studies.

I found a place working in a pottery in Devon where I honed my skills and technique.

I started my own pottery here in Canada in the early 90's working from my studio just outside Owen Sound. I moved my studio to the Caledon Hills in 2001.

Having run the gamut of summer craft shows over the years I enjoy the weekly exposure and the social interaction of the Farmer's Market.

My style has evolved over the years and is reminiscent of the colours of the Mediterranean. I enjoy the combination of function and fun!

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