

# MUSE & NEWS

WINTER 2005

## Manager's Mumble

As many of you are aware our family has been hosting two Canada World Youth participants for the first half of their program here in Canada. It was an interaction with Paul, a participant from Eastern Africa, that has led to this mumble.

Early in Paul's visit with us, I found him one day standing in front of our aquarium obviously perplexed.

"Are they for food?"

Taken aback, I was now perplexed. I soon realized that Paul had meant the two gold fish, which although healthy and of good proportions, would provide a meager meal at best. The ensuing discussion was both informative and enlightening. Informative for Paul, and thoughtful for me. Paul learned of fish tanks and aquariums. He learned of fresh water tanks and saltwater tanks. He learned that there are thousands of varieties of fish and other aquatic creatures that people place in these and much larger tanks.

I began to ponder. In discussion with Paul, I realized that had I stated yes to his question, there may have been no further discussion. For Paul, coming from a region where fresh water and hydro are at a premium, the idea of a fish tank for "pet fish" was foreign. To have fish stored in such a manner must mean that the fish are intended to be eaten. Such resources would only be used to satisfy a need.

Ahhh..but not in Canada. Here we are able to use an overabundance of resources to satisfy a whole host of whimsical wants.

Our fish tank is just one small example.

This is exactly my point; we do not even notice the myriad of numberless wants in our everyday lives to which we expend energy, resources and time. So much of what we do, we do not need.

We are about to dash headlong into another Holiday Season, a time when many of us will express our concerns for the needs of others. A time when many of us will make that extra effort to assist someone else, donations to toy drives or to a local food bank are common. What I ask is that in order to meet the needs of others let's begin by examining our own needs. Let's examine what is it we need and what is it we want. For I believe that many of us have blurred the line between the two. In recognizing our true needs we will be better able to assist the needs of others.

Happy Holidays....

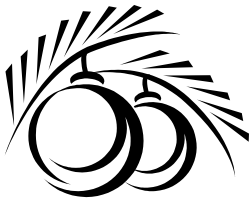
*Tom Pink*

*Manager, Owen Sound Farmers' Market*



### CALLING: Not for Profit Groups

The Market, as a Not for Profit entity, wants to help its Not for Profit brethren. All Not for Profit Groups are granted a weekly stall twice a year. For information or reservation of a stall contact Tom at 371-3433.



## OWEN SOUND FARMERS' MARKET

110-114 8th Street East, Owen Sound, Ontario

Open every Saturday morning year round, the Owen Sound Farmers' Market is both a vibrant community gathering-place where friends meet to shop, and a City attraction. Customers appreciate the face-to-face nature of market shopping as they meet growers, bakers, maple syrup producers, beekeepers, fishers and farmers whose goods they are purchasing. Visitors can take home true souvenirs, choosing from a wonderful selection of pottery, handmade articles, and fine crafts made by local artisans brought to market each week. As the cycle of seasons brings new crops to market, so changes the array of goods piled on the tables of one of the oldest markets in Ontario, in existence for about 155 years.

**Open Every Saturday morning 7:30 am until 12:30 noon**

**Tel: (519) 371-3433 for information**

# Swiss Market reaches new Heights



Once upon a time, Christmas markets - in Switzerland anyway - were a simple affair: a collection of rough wooden stalls thrown up for a few days in the centre of town, enabling people to sell their goodies and crafts.

They are now much better organized, often held throughout the whole month of December and are considered a great way of attracting out-of-town visitors.

Once considered to have harboured dragons and the ghost of Pontius Pilate, Mount Pilatus has now been overcome by the Christmas spirit.

The highest Christmas market in Europe is held on its summit, more than 2,000 metres above sea level. It is also the first Christmas market of the season in Switzerland.

The dragons have long been tamed and Pilate's spirit put to rest. In their place come tens of thousands of tourists who ascend the heights each year aboard the world's steepest cog railway.

Dragon sightings are rare nowadays but the spectacular views and new attractions like the Christmas market do more than compensate.

For two days in mid-November, the Pilatus market is now in its fourth year. There are nearly 50 stalls crowded into the halls and rooms of the two summit hotels. The overwhelming majority are set up by local residents, selling their homemade goodies and crafts.

Many of the arts and crafts are made and sold by local artisans. There are glass angels, beeswax candles, wind-up toys and the alluring smells of gingerbread and mulled wine wafting through the rarefied air.

The Pilatus Railway has created a children's area complete with a storytelling corner to keep the kids occupied while their parents shop.

The young ones design their own Christmas gifts or sit around hearing tales from the Brothers Grimm.

André Zimmermann, the director of Pilatus Railway, says people are no longer willing to pay for

the ride just to enjoy the views from the top.

He believes they want added value. "The economy is not so strong at the moment and people really turn their money in their hand twice before they spend it."

"That's something we've noticed in the restaurants and on the railways," he adds. "So we have to give people an excuse to come up here, to say 'it's worth spending the money'."

But the competition at Christmas is fierce. Markets in numerous Swiss towns and villages are expanding or forever adding new attractions.

The covered market in the resort of Montreux is one of the most popular and boasts brass bands and street performers.

Basel claims its market is the longest of its kind in Switzerland - at over three kilometres; while Zurich's, located in the city's main railway station, is quite simply Switzerland's biggest indoor affair.

But Pilatus has a big advantage. Since it is held so early, no one can claim to be suffering from Christmas shopping fatigue.

*Courtesy: swissinfo*



## Christmas Market Memories

As I scrape and shovel at the snow on the car, as the frost starts to melt on the windshield, I think how worth it all will be to sit and enjoy another perfect pancake breakfast with ingredients and syrup from our own backyard (Kemble).

The Owen Sound Farmers' Market is truly a buffet for the senses: the smells that start your mouth watering, the warm friendly "hello" from each familiar face, the aggressive tearing sound of the butcher's paper sounding like a "medieval flogging."

The cheery imaginative homespun decorations all give you such a wonderful feeling that makes you want to make a ritual out of every Saturday.

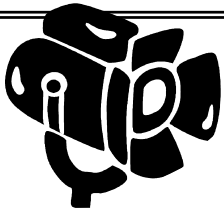
My husband Uwe and I go to market every Saturday with Garrit, Uwe's guide dog. His favourite memory (Gerrit's) is a kid dropping a sausage (by accident) of course.

As the noise level increases with exuberant hellos as market goers stumble in to get warm, my anxieties of Christmas details start to fade as I sip a warm cup of coffee from Brigit's urn.

*Submitted by Elaine Davidson*

### Owen Sound Farmers' Market BOARD OF DIRECTORS

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## SPOTLIGHT:

*Lori Bumstead*

# The Gingerbread Lady

Many people, especially little people, come to Lori Bumstead's table, inside, at the far end of the market "just for the cookies." For many children who come to the market, buying a gingerbread man or woman is their first shopping experience.

Gingerbread people are available year round, and at Christmas time, Lori's table becomes festive with reindeer, snowmen, stars, Christmas trees, and more. Gingerbread houses, train stations, and sometimes even gingerbread farmers' markets become the centre of attention. Kits are also available to build gingerbread houses, and personalized pieces are available by special order.

After some twelve or more years at the Owen Sound Farmers' Market, Lori is always adding new products.

Lori's beeswax candles are also becoming well known. Beeswax has been prized by candle makers for millennia, and today, the healthy properties of pure beeswax candles are widely recognized. Beeswax from Chatsworth Honey is used to make her beautiful, naturally aromatic candles. Unlike paraffin candles, they actually clean the air as they burn.

Bird-houses and feeders, painted in whimsical, bird-safe finishes are another of Lori's specialties.

Fudge, the real old-fashioned kind made with cream and butter is also an attraction. Maple, with real maple syrup is the market favourite.

Customers can order special holiday treats from Lori Saturday mornings at the Owen Sound Farmers' Market or at Canterbury's on the main street in Wiarton.



## The Gingerbread Lady

Gingerbread Houses  
People and other Fun Shapes  
Delicious Home-made Fudge

*Custom Orders Welcome*

Lori Bumstead 376-5878 or 378-3209  
Saturdays at the Owen Sound Farmers' Market



## RECIPE CORNER

# Christmas Dinner!

## ROAST DUCK WITH WILD RICE STUFFING

Muscovy duck is preferred; they have less fat and only need about 1 lb. per person. Any other kind requires at least 1.5 lbs per person.

Simmer wild rice (1/4 c. per person) in double the amount of salted water until puffed up and water is all absorbed. This may take up to 2 hours. You can do this - or make the entire stuffing - a day ahead perfectly safely.

Sauté a chopped onion and some minced garlic in butter (or half butter, half sunflower oil) until soft. Add some finely chopped minced ham and a handful of shelled pistachios. Stir for a bit and then add the cooked rice, some thyme leaves and chopped parsley, a little more salt if necessary and a goodly grinding of black pepper.

Stuff the duck and fasten opening with skewers. If there is stuffing left over, it can be baked in an oven-proof dish for 40 mins or an hour before serving dinner. Heat oven to 400F and cook the duck for 1 to 1 1/2 hours. Remove from oven and pour off all the fat. Smear grape jelly all over the top of the duck and add a cup of port wine. Cover roasting pan, turn oven down to 300-325F. Roast about 25 mins per lb. (somewhat less if it's over 8 lbs.)

The sauce in the pan can be used as is for gravy or it can be thickened in the usual way.

A nice addition is a sliced small head of red cabbage added to the pan an hour before serving.

## CHESTNUT SOUP

Shell and peel 1 pound chestnuts. In a large saucepan, brown 2 carrots, 2 leeks, 2 celery stalks, and 1 onion, all coarsely chopped, in 1 tbsp. olive oil; for 5 minutes. Add the chestnuts and 6 cups of chicken stock, 8 sprigs parsley, and 3 whole cloves. Simmer the soup at least 1 hour or until vegetables are very soft. Reserve enough chestnuts to garnish the soup plates and put the soup through a fine sieve or purée in a blender. Return the purée to the pan, add 1/2 c. light cream and 2 tbsp. brandy. Adjust the seasoning and heat to boiling point. Garnish with reserved whole chestnuts.

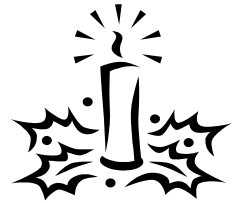
## BAKED CARROTS

Sauté 4 c. grated carrots in 3 tbsp. melted butter until carrots lose raw look ( a few minutes). Stir in salt & pepper to taste and nutmeg, then add 2/3 to 3/4 c cream, cook until simmering. Place in buttered covered oven dish and bake, covered. Can be baked from 300 to 400 F so it can bake with a roast or other dish in the oven. Takes 1 hour at the lower temperature. You want it to start browning around the edges for best flavour.

*Arwen Greenwood, About Books*



FEATURING:  
A Selection of some  
of the Market Vendors




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519-370-0401 Laura Corbier

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