

MUSE & NEWS

FALL 2006

MANAGER'S MUMBLE:

Home is where the heart is . . . or is it?

I am now entering my first decade of continuous habitation in the grand province of Ontario. I have been here before. My birth certificate displays our nation's capital as my first "home," albeit for a very brief time. As a vigorous young man I lived in a southern Ontario city employed in one of the many industrial complexes that dot the landscape. But Ontario had yet to truly feel like home.

Both of my parents hail from a small island town on the mainland of Canada's East Coast. In an anomaly of military careers, my father spent almost two decades, until his retirement, posted to the same military establishment. Thus despite my arrival in Ontario I have essentially been raised and spent my "formative years" in "Canada's Ocean Playground."

As such it is easy to be nostalgic for a place and time that in your mind you know no longer exists but will forever remain as an ideal in your heart. This feeling of nostalgia is exacerbated in the summer months. Tales from visitors to the Market of trips out east inevitably cause a twinge of longing. The conversations with local east coast "foreigners" who are here among you taking all the good jobs and who are going home for vacation, exhort the greatest impulses of longing for "home."

Ironically I am now entering a stage of my life whereby I have lived away from that East Coast home, longer than I lived in it. A recent event has come to create a chink in my emotionally charged belief of "home."

In September I undertook a trek by motorcycle around Lake Superior. It was a great trip, good weather, amiable travelling companion, and a pleasant rhythm of riding, resting, and riding. As the trip was coming to a close and we arrived in South Baymouth awaiting the ferry to Tobermory I became excited with the thoughts of home. Yes, home, home in Owen Sound. Obviously I missed my family, but as we exited the ferry and began the journey down the peninsula I was comforted by the familiar, and joyful in the knowledge of what was to come. After four days of unfamiliar terrain and towns the known had a very pleasant effect. As I rode I pondered these emotions of joy and exuberance. I realized it was because I was coming home.

I have discovered that while credence must be paid to the saying, "Home is where the heart is." The truth is...

"Home is where the motorcycle is parked!"

Tom Pink
Market Manager



Experience the... 

Owen Sound Farmers' Market

Fresh Local Foods
Quality Pottery & Crafts
in a Co-operatively Run Market

114 8th Street, East
519-371-3433

"Open Every Saturday
7:00 am to 12:30 pm
Year-round"

 www.owensoundfarmersmarket.ca 



All across Ontario, shoppers
are choosing Farmers'
Markets for nature's best
produce, where the food is
fresh, high in quality and the
next best thing to
harvesting it yourself.



SPOTLIGHT: Springhill Emu Natural Health Products



For 16 years, Roberta Vokes from **Springhill Emu Natural Health Products** has been selling at the Owen Sound Farmers' Market. Her family lives in Kilsyth, just south of Owen Sound.

Roberta initially started by promoting magnetic products including magnets, magnetic therapy, jewellery, magnetic pads, pet therapy (collar and bed), and water magnets.

About nine years ago, Roberta bought some emu breeders to incubate their eggs, and started raising the big birds. Then she started selling emu products including pure emu oil (both liquid and cream), and emu oil soap made at the farm. Lotions, sports rub, and gel caps for internal use are also for sale. Roberta has about 30 emus and their meat is fat-free and rich in protein. Meat items for sale include burgers, ground meat, sausages and pepperettes. Often she displays large decorated emu eggs at her booth.

Also, Roberta sells sea salt, a natural, unprocessed, unrefined, additive-free salt, as well as a complete line of herbal medicinal items.

She features Bios Life Complete, a patented product to maintain healthy cholesterol levels. Roberta says that it is approved by the Diabetic Association and the Heart Association of North America. At her booth, ask for the brochure with information on this product.

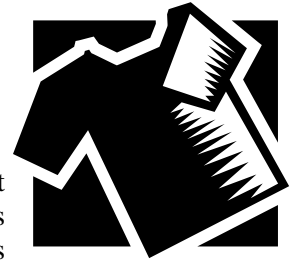
Roberta's father helped her for many years; now her grand-daughter Taylor helps to set up the booth and sells some of her own creations.

For years, Roberta has had many regular customers stopping by her booth. Check out Springhill Emu Natural Health Products at www.springhillemu.com, email Roberta at wrvokes@bmts.com, or visit the Springhill Emu Natural Health Products booth every Saturday morning at the 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.**

SHIRT TALES



Summer season at the market has just ended and customers are starting to wear sweaters and jackets.

All summer long, regular and potential market customers walked the circuit, checking out all the produce and crafts.

Vendors, at the same time, get to watch all the people - particularly all the people with "words on their shirts." Some are the expected words, such as where they spent their vacation: Cancun, Costa Rica, Las Vegas, or Australia. Or other shirts reading: "Westside Nurseries," Flamboro Raceway," or "Grey County, beautiful . . . naturally."

But the ones that catch the attention are the ones with the different sayings or quotes. For example, one shirt with the following warning: "**Not a morning person.**" Or "**Drop the chocolate and nobody gets hurt.**"

One shirt announced: "**It's all about me.**" Or a cautionary quote on one young girl's shirt: "**Cute but psycho.**"

Mid summer, this T-shirt showed up on a young school-age boy: "**For Sale. Test books and school supplies. Never used.**"

On one woman: "**I got an A Plus in talking blah, blah, blah.**" Another: "**All my life, I always wanted to be somebody. Now I see that I should have been more specific.**"

Who picks out the T-shirts men wear? Such as: **The trout, the whole trout. Nothing but the whole trout.**" Or: "**It took me 50 years to look this good,**" or "**Old enough to know better. Young enough to do it again.**" Or the one that caught my eye: "**According to my wife. I'm happy.**"

The cynical ones: "**I started out with nothing and still have most of it left.**" Or "**Start every day off with a smile and get it over with.**" Or upbeat "**May you live all the days of your life.**"

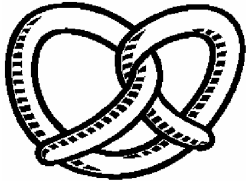
This one took a little longer to read - refreshingly philosophical: "**While we can't think ourselves into a new way of living, we can live ourselves into a new way of thinking.**"

But in the last week of summer, as people started to don warmer clothing as we head into the fall season, a fellow vendor pointed out one last T-shirt that says: "**Only idiots read T-shirts.**"

*Sheila Gunby
Paper Cuts*



SPOTLIGHT: Zindel's Bread



One of the newest vendors at the Owen Sound Farmers' Market is Valentina Zindel, a student at OSCVI, who lives near Chatsworth. Valentina was looking for a summer job and in consultation with her parents, Peter and Yvonne Zindel, it was decided that she could bake and sell bread. Lessons from her Dad on the fine points of pretzel making and useful coaching from her Mom soon taught her to become a successful bread baker and the launch of her new enterprise, **Zindel's Bread**.

Valentina chose the Owen Sound Farmers' Market as the venue for her unique line of bakery goods. For the past several months, each Saturday morning, after a busy Friday of preparation in the farm kitchen, she presents her freshly baked breads to enthusiastic market patrons. She sells Swiss braided bread and a variety of mouth-watering pretzels - sesame and poppy seed, sea salt, cinnamon and cheese, flavours that keep customers coming back.

Commenting on her Market experience, Valentina says, "I enjoy being at the Farmers' Market. I find the market calm and friendly; people enjoy visiting each other as well as the vendors and their displays. I'm glad I am doing this instead of getting a job at some store. I'm having a great time."

For special orders, give Valentina a call at 519-794-0515. Valentina is taking a few weeks off for extra attention to her schoolwork but will be back at her booth in November at the Owen Sound Farmers' Market on Saturday morning.

Owen Sound Farmers' Market BOARD OF DIRECTORS

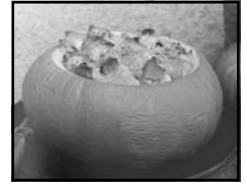
President-----Birgit Wright
Secretary----- Arwen Greenwood
Property Advisor -----Vince Bowen
Advertising Director----- Abby Miners
Newsletter Director----- Sheila Gunby
Director-----Andrew Akiwenzie
Director----- Kate McLaren
Director----- Thain Nicol
Director----- Joanne Mahy
Director-----Tara Monkton
Director----- Heather Murray
Director----- Maria Sir
Market Manager----- Tom Pink



RECIPE CORNER

Pumpkin-Raisin Bread Pudding

1 medium pumpkin (about 7 to 8 lbs.)
 6 tablespoons unsalted butter, melted
 ¾ cup packed brown sugar
 1 teaspoon ground cinnamon
 ¼ cup pure maple syrup
 1 loaf (¾ pound) dense white bread, such as Italian, challah, or English muffin bread
 ¾ cup golden raisins
 ½ cup chopped walnuts or pecans
 2 cups whole milk
 3 eggs
 1 cup (4 ounces) shredded Cheddar cheese



Preheat the oven to 375 degrees F. Cut the top off the pumpkin. Clean out the seeds and scrape out the stringy membranes; discard,

In a small bowl, combine the butter, brown sugar, cinnamon, and maple syrup. Brush the inside of the pumpkin with one tablespoon of the butter mixture. Place on a baking sheet and bake for 45 min-utes, or until tender when pierced with a fork. Meanwhile, break the bread into bite-size pieces and place in a large bowl with the raisins and nuts. Pour the remaining butter mixture over the bread and toss to coat well.

In a measuring cup, whisk together the milk, eggs, and cheese,

When the pumpkin is tender, remove it from the oven and carefully fill it with the bread mixture. Top with the egg mixture. Push the ingredients down so that everything gets soaked in the liquid.

Return to the oven and bake for 1 hour, or until the pudding puffs up at the centre and a knife inserted near the centre comes out clean. Place on a rack and cool for at least 30 minutes. Slice into wedges to serve.

Roasted Root Vegetables scented with Apple & Mustard

3 cups apple cider or juice
 1 cup fruity white wine
 2 tablespoons smooth Dijon mustard
 3 tablespoons butter
 4-5 lbs. root vegetables, both sweet (carrots, parsnips, and/or yams) and savory (turnips, rutabagas and/or celery root), peeled and cut into ½ in. cubes
 Salt and freshly ground pepper

In a saucepan, reduce the apple cider or juice wine, and mustard over high heat to 1 ½ cups. Whisk in the butter and pour over the vegetables, tossing to coat. Season with salt and pepper and place the vegetables in a single layer in a large roasting pan (in a preheated 375 degree oven. Roast for 1 hour or so, or until the vegetables are lightly browned and tender. Stir the vegetables 3 or 4 times during the roasting process to promote browning on all sides.

Serves 8.

**Recipes submitted
by Mary, Queen of Tarts**

Saugeen River CSA

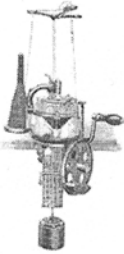
314399 Hwy 6
 RR 1, Durham
 Ontario
 N0G 1R0
 519-369-3567

Holly MacKay
 Cory Eichman

Know your farm & farmer



FEATURING:
A Selection of Market Vendors
at the Owen Sound Farmers' Market



MEAFORD WOOL

These socks hand cranked on our antique Circular Sock Machine (1800's to 1920's)

75% wool 25% nylon
 Machine wash and dry on delicate or permanent press cycle

Spruce Haven Farm



IDEAL MEATS

*WHOLESALE • RETAIL
 CUSTOM SLAUGHTERING
 FREEZER ORDERS*

RR#4 OWEN SOUND, ONTARIO. N4K5N6
 519-372-0636 FAX 519-371-4186 ideal@bmts.com

D J Photo Cards



Photos by Diana Van Dyke
 Contact by email: djphotocards@hotmail.com

Fresh from the Farm
 grown by
J & P Toebes
RR 4 Chatsworth

Guaranteed fresh, no sprays, no GMO

519-794-4022

Wild Ontario Honey
 non-pasteurized
 Hans Schwende, Beekeeper



(519) 794-9952

Springhill Emu Natural Health Products

Make Life Better.

Roberta Vokes
 Wellness Coach
 519-376-5026
wrvokes@bmts.com

*Magnetic Therapy Products
 Emu Oil Products
 Sea Salts*

*BiosLife Complete
 Unicity Herbal*

Howell's FISH

153 Division St.
 Wiarton, Ont.
 (519)534-0850

Excellence in Freshwater Fish
 (Whitefish, Splake, Perch Etc.)

Retail and Wholesale **Tom Howell**

MARKET BUCK\$

Market Customers: Purchase Market Bucks as coupons/gift certificates and give them to friends, family, loved ones, associates, enemies, etc. They can be used to buy anything at the market. **Market Vendors:** If you receive these coupons treat them as cash and Tom will reimburse you on the stated value of the coupon. (These coupons/gift certificates are used to encourage use of the Market.)

Let's get everyone to Market!
 See Tom to purchase your coupons!

