

MUSE & NEWS

SPRING 2006

MANAGER'S MUMBLE

An incident over the recent holidays has piqued my desire to rant. Was I slighted, harmed in some physical way, or mentally abused? No, quite the opposite, it was a display of genuine concern from a stranger, which has brought me to this.

My eldest daughter and I were alone for the day, and as a treat I proposed eating out for lunch. As we had just disembarked from the bus outside the restaurant, we thus entered and ordered two takeouts. Loaded with groceries I told my daughter that I would take the groceries home and instructed her to bring the order home if it was available before I returned. This was somewhat calculated, as I am often seeking opportunities for my daughter to engage in small tasks of independence.

Safely home, I unpacked the groceries and waited for the sumptuous feast of grease and cholesterol to arrive. Waited. Waited. Something was amiss. I trundled back to the restaurant to find my daughter sitting, order in hand, waiting for me! A waitress quickly appeared and explained that she felt it was not safe for my daughter to walk home alone. The dangers were expounded upon for my education and once laid out, I was surprised that anyone ventured out during the day in downtown Owen Sound. Thanking the waitress for her concern, my daughter and I threaded our way through the perceived dangers, arrived safely and enjoyed our lunch.

WHAT DANGERS! WHAT THREATS!

We live in the downtown. This is our neighborhood. This is our home. For it to be considered such one must feel safe and secure, free to occupy and explore. We do. Yet I am constantly harangued by the perception of others to the "dangers" of downtown. When pressed these dangers are explained to be not so much for me but for my children. My inevitable rebuttal includes the statement that the vast majority of physical incidents

against children are by someone known to the child and that in Owen Sound the same appears to hold true for assaults on adults. I then continue arguing that it is not strangers that are dangerous but their behaviors. One should not view strangers as suspicious but their actions. A nodded head, a, "Perhaps..." caveated with, "Still I would not let my child do this." are the best I can hope for after my tirade.

Instead of embracing one's surroundings, interacting with those that inhabit and share the space, and thus learning what I believe are valuable lessons that stand our children in good stead later in life, many choose isolation and insulation from these experiences. These interactions, both negative and positive, require contact with others and it is the interaction that is paramount. The result is that many of us spend a great deal of mental energy minimizing the "risk" in our everyday world. In the space of a generation or two the physical world that children are allowed to inhabit has become very small. Their ambit miniscule, it revolves around organized events and themes where supervision and vigilance are all encompassing.

Yet in a few short years these same children will venture further out into this world, on their own, in circumstance with no supervision or vigilance, (behind the wheel of a car for example). Yet high expectations will be placed upon their abilities to recognize risk and act appropriately. What foundation have we given

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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.

Open Every Saturday, 7:30 am - 12:30 noon
Tel: (519) 371-3433 for information

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!

**SAMPLE COUPON/
GIFT CERTIFICATE:**

Gift Certificate		
Market Bucks		
Date Issued:	<u>7/00</u>	\$ <input type="text"/>
Amount:		
Authorized Signature:	_____	
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FARMERS' MARKETS - HEART OF THE TOWN

Village markets, the town square, the farmers' market - by whatever name - often were the core around which a town grew. As the business and importance of the community expanded, utilitarian yet imposing civic buildings were designed and built with market spaces at the heart of it.

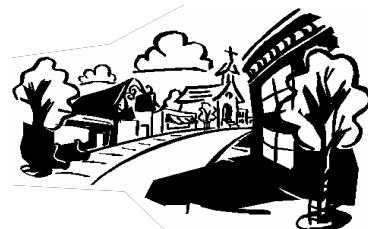
Towns provide citizens with basic services such as law, order, market places for commerce, and community buildings for cultural and recreational activities. These activities are often housed in buildings that define a community's character, reflecting the community's civic purpose. Woodstock Ontario, for example, constructed its first municipal building in 1853. It has, over the years, served as the town's market, public assembly hall, fire hall, police lock-up, permanent meeting place for council, municipal offices and mayor's office. It stands, at the heart of it, surrounded by a public square, a symbol of civic pride where the people of Woodstock continue to assemble at their town hall.

Located in the heart of St. Catharines is one of the oldest markets in Ontario. Since the early nineteenth century, vendors have been gathering to market their goods surrounded by significant historical buildings that attract many community special events.

New Brunswick farmers and fishermen, after 129 consecutive years, still sell their produce at Saint John's Old City Market. The Old Saint John City market building opened in 1876 replacing five other markets such as the horse, livestock, fish markets and others. It covers a full city block and has survived the adventures of time, including the Great Fire of 1877 as well as the twentieth century's urban renewals that built a new city outside its famous iron gates. It was designated a National Historic Site in 1986.

The changing economy, the car-culture shift to suburban living and amalgamation of municipalities, affect our sense of who we are. Town halls, court

houses, libraries and other public buildings continue the heritage of our communities often encompassing traditional market places.



Owen Sound is no exception. The specific site or sites of very early markets are unclear: perhaps near the foot of 15th Street East where the town square was intended to be located.

In 1868 a Town Hall was constructed with provision for market stalls. Then in 1936 the city needed more office space so it renovated the historic waterworks building where the market has been for the last seventy years. It provides a backdrop to the new city hall. Set back from the banks of the Sydenham River with the cenotaph library and art gallery on the opposite shore. The market, with its unique architecture, remains at the heart of it.

Merle Gunby

Successful Food Handler Certification Program

The Board of the Owen Sound Farmers' Market (OSFM) was more than happy with the turn out of vendors to the recent Food Handler Certification Program. The program was presented by the OSFM and the Grey Bruce Public Health Unit to all vendors who were interested. The market also absorbed half the payment for each vendor.

The class was informative and beneficial for all food handlers. Instructors Svet and Andrew taught about proper ways to handle food and the risk of what could happen when it is improperly handled. He pointed out that food is not always the culprit of food related illness; it could be caused by something as straightforward as not sterilizing dishes for a proper amount of time, not washing your hands or not confining your hair.

As a food handler, I thank the market board for giving the vendors the opportunity to better ourselves and become more informed. If any vendor has missed out on this chance the market will offer the program again when scheduling allows. I suggest if you are a food handler and you haven't already had this course you should be signing up either with market manager Tom Pink for the next market-offered program or the Grey Bruce Public Health Unit for any similar course in your area.

*Abby Miners,
Maple Ridge Farm*

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SPOTLIGHT:
Mike & Anne Choma
Chomarosa Poultry

From their Chomarosa Poultry farm in Bruce County, three roads south of Keady, Mike and Anne Choma conduct a busy retail food service business, mainly centred on chicken and chicken-based products. As well they cater for up to 300 people for special occasions like weddings, birthdays etc.



Since 1999, Chomarosa Poultry has been at the Owen Sound Farmers' Market where they sell their diverse line of cuisine to regular market goers and introduce their products to new clients.

Ann explained that their chicken is "air chilled;" they do not use water to cool the chicken.

Fresh chicken is processed on Thursday and packaged on Friday. The products available on a typical winter market morning include: boneless breast, boneless thighs, schnitzel and Cordon Blue, Kiev, Feta Pepper, Broccoli and Cheese rolls (all white meat, stuffed and coated). They also sell chicken legs, bone-in breast, and whole birds from 3 to 7 lbs. Turkey is available at Christmas and Thanksgiving.

Mike and Ann round out their display with such tempting items as the popular Chomarosa Sauce, basic chicken stock, and the exotic sounding Spanakopita with flakey philo wrap. They also offer soup bones and chicken vegetable pie. In summer, instead of the bones, pies and stock, they have kabobs available.

When people ask where they sell their chicken, Anne always answers, "At the Owen Sound Farmers' Market, it's the greatest market around!"

If you need to know more, Mike and Ann willingly offer chicken recipes and advice to all.

MANAGER'S MUMBLE (Continued from page 1)

these children to build upon? Individuals need to experience the opportunity for independence, for risk, and for the consequences of misjudging that risk in small ways that do not endanger but build into a true understanding of risk and empathy for others. One must feel pain, one must fail, and one must make mistakes in order for these lessons to be cemented. Why is it that we believe children will simply "Get it" later when all kinds of life altering risky behavior present themselves? No wonder adolescents embrace notions of invulnerability.

Life presents a myriad of experiences both negative and positive. I will not limit those for myself or my children based on a fear of what may be lost. I pine for what already has.

Tom Pink

Tom Pink, Market Manager

RECIPE CORNER



Pineapple Maple Rice

- 3 cups (750 ml) hot cooked rice
- 14 oz. (398 ml) can crushed pineapple, drained
- 1/3 cup (75 ml) maple syrup
- 1/3 cup (75 ml) melted butter
- 1/3 cup (75 ml) green pepper, diced
- 1 Tbsp (15 ml) Soya or Worcestershire Sauce
- 1/2 tsp (2 ml) prepared mustard

Wash the rice by rubbing between palms of hands. Drain all water. Add correct amount of water to rice; 1 cup long grain rice to 1 1/2 cups (475 ml) of water will yield 3 cups (750 ml) of cooked rice. Any temperature of water will do. Do not add salt or butter while cooking rice. Cook rice in saucepan over high heat, uncovered, until tiny holes or craters form over surface of rice, then switch to low heat and cover tightly; let simmer for 15 to 20 minutes. Do not take lid off. This is the most critical time.

Microwaving Rice: In a 1 litre casserole dish, combine 2 cups (500 ml) water and 1 cup (250 ml) long grain white rice; cover tightly. Microwave on high for ten minutes. Stir and cover. Adjust power to medium high and microwave 5 to 7 minutes longer, or until water is absorbed. To make rice whiter and fluffier, add 1 teaspoon (5 mL) lemon juice to each 4 cups (1 litre) of water.

Combine rice with pineapple maple syrup, green Pepper, butter, soya sauce and mustard. Toss lightly and serve warm. Delicious served with any meal.

This is a "Tried and True;" we all like this—even the kids.

Wild West Wings



- 2 lbs (1 kg) chicken wings (approx. 20 wings)
- 3/4 cup (173 ml) pure maple syrup
- 1/2 cup (125 ml) ketchup
- 1/2 cup (125 ml) chili sauce
- 1 Tbsp (15 ml) Worcestershire sauce
- 1/2 tsp (2 ml) dry mustard
- 1/2 tsp (2 ml) ground ginger
- 1/2 tsp (2 ml) ground coriander (optional)
- 1 to 2 tsp (5 to 10 ml) garlic cloves, crushed

Remove tips from wings. Cut wings at joint into two pieces. Combine maple syrup, ketchup, chili sauce, Worcestershire sauce, mustard, ginger, coriander, and garlic. Coat wings with sauce, and marinate for 3 to 4 hours in refrigerator—can be baked without marinating, but it does make a difference. Place on a baking sheet and bake at 375 degree F (190 degree C) for 35 to 40 min. Makes 40 appetizers or four pieces each for ten people.

Alternative: Instead of chili sauce - use about 1/2 cup of water and 1/2 to one tbsp chili powder. I use it as an all-round barbecue sauce.

Abby Miners
Maple Ridge Farm



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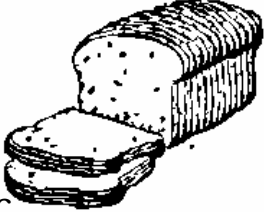
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