



MUSE & NEWS

Second Quarter 2008

MANAGER'S MUMBLE:

The Triggers to My Environmental Bi-Polar Disorder

The causes of my malady are numerous, but recent events have heightened my symptoms. The following are three, which have triggered my spiral into another episode of environmental bi polar disorder.

I recently assisted a friend doing tile work in a house one hour's drive away. The tiles for this three thousand foot "second home" came from a land far, far away. The owners of this beautiful abode live about five hours away, in their other home. The waterfront sunsets will be joyful to witness in the company of the dozen or so other seasonal dwelling dotting the landscape in close proximity. A landscape littered with "seasonal homes."

I for the first time sat with friends and engaged in the viewing of the spectacle known as Superbowl Sunday. I had always derided these events as some form of modern, Roman bread and circuses. Sit entertained while Rome burns. I sat awestruck at the images of a large urban development in the desert. Within the confines of this development was a tremendous entertainment facility designed to move its entire surface in and out of the structure to provide optimal growing conditions for a football field of grass.

My daughter and I traveled to the spring motorcycle show in Toronto. Passing from the rural countryside north of Shelburne into the urban sprawl to the south gets ever more disconcerting the few times I venture south. Here advertisements for "modestly priced" homes dwarfed in price and square footage any notion I have ever held of the term modest. It is beyond simple inflation. Even more disconcerting was the realization that the direct fuel costs of this adventure came to under twenty dollars. (1986 diesel Jetta. With many thanks to Wolf's, who continue to keep my Jetta going.)

We live in an economy whereby "second homes" are not uncommon. They are far from the ambit of only the rich. Differences occur not in ownership, but in grandeur. We live in an economy where a contractor can drive great distances, install a product manufactured and transported even greater distances and still make what many regard "a good wage."

We live in a world where cities are built in deserts and edifices to entertainment are devised and designed

for the oddest of purposes. We become engaged and entertained in these modern-day coliseums, allowing ourselves to dismiss the flames and heat at our heels. Give me another loaf of bread. We live in a world where homes of thousands of square feet are built when less would be sufficient. We live in a world where my daughter and I can travel hundreds of kilometers and the fuel costs are eight cents a kilometer. Eight cents. It cost eight cents for fuel to transport two humans and over a thousand kilograms

(Continued on page 2)



Local People Local Product

You will notice new signs at Market that say "Local People Local Product."

They indicate to our customers that an item at our Market showing this label is produced in Grey/Bruce by the Market vendor.

In response to a growing awareness of the importance of shopping locally in all aspects of our consumer transactions, the Market

Association has undertaken this labelling program to inform our customers and vendors with this campaign. Identifying which products are locally produced by the person selling them gives our customers an honest representation of the items they are purchasing.

If you have an item that You Grow or You Make or You Process or You Bake and You are the vendor at the stall and You produce in Grey/Bruce then you may use the product price card. The card may not be used for any other product. Cards will be supplied by the Market.

There will be some growing pains to this endeavour but it must be reiterated that this is being undertaken to provide honesty and clarity to our valued patrons. Knowledgeable misuse of this card will not be tolerated. If in doubt about a product, ask the Manager before using the card.

Thanks to you all in advance for assisting in this Market endeavour.

The Triggers . . . (cont. from page 1)

of metal a kilometer. How much was your coffee today?

I purposely avoided the more egregious examples in our world and singled out three of the mundane I have witnessed in the mediocrity of my existence.

We live in a world where we continue a consumeristic lifestyle unabated. In an economy that is unsustainable. We mutter and fret about the environment, some of us on high, with great moral indignation at the lack of action. Yet we live as we live, purchasing our modern-day indulgences in the guise of recycling, or green rinsed products and services. Yet few of us, me included, undertake any true efforts to make dramatic changes. We continue to desire an endless list of cheap consumer goods and then make payment to our church of recycling and green gods in order to purge ourselves of our sins.

Frankly, why should we change? We are living in the ultimate "curse of the common" scenario. We have and will use and abuse the resources of this "common" planet until some event forces us to do otherwise. It may be environmental degradation that leads to this event. But this is only symptomatic of a collective, heightened sense of entitlement and greed.

See, this is where the schizophrenia comes in. I believe we will stumble along towards some form of political, environmental or other global difficulty. It will be disastrous, tragic and devastating. Corrections and changes will be dramatic in sweep and scope. But we as a people and species will plod on. I have to believe this. What's the alternative?

This is my happy thought. If you know a good therapist who will work for chocolate cream horns, give me a ring.



Tom Pink



SPOTLIGHT: Toni's Homemades

Homemade marmalade! Red pepper jelly and balsamic pepper jelly!

Sugar-free jams: strawberry, raspberry, jumbleberry, peach! All this and more at Toni Van Zetten's booth at the Owen Sound Farmers' Market.

Toni, born and raised in the Netherlands, came to Owen Sound in 1975 and has been making jams and jellies ever since.

She has also developed some exotics: rhuberry marmajam, flavoured honey butter as well as cranberry, cinnamon and almond honey butter.



Toni also features some sewing projects. At present she features a decorative stuffed cloth cat, and in season, a stuffed cloth snowman.



Years ago, Toni had a market stall when her husband was still living. He made wooden beds for cabbage patch dolls and other items, so she is no stranger to the market.

Now, Toni has been selling her products at the market since February, 2008.

She says, "I never realized I would do so well at the market. It is great! I love the atmosphere and the friendliness."

*Toni's Homemade's
cybernana5@sympatico.ca*

MARKET BUCK\$

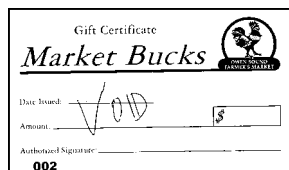
Market Customers: Purchase Market Bucks as coupons/gift certificates and give them to friends, family, loved ones, associates, enemies, etc. They can be used to buy anything at the market.

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 people to shop at the Market.)

Let's get everyone to Market!

See Tom to purchase your coupons!

**SAMPLE COUPON/
GIFT CERTIFICATE:**



----- TIP TALK -----

When storing books, make sure there are no dramatic changes in temperature as this will cause some books to be irreparably musty.

About Books, 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 contact Tom at 371-3433.**

**We are happy to welcome
Knox Acoustic Cafe
as a community partner.
Let them know you appreciate
their community spirit!**





SPOTLIGHT: Curry In a Hurry

Authentic East Indian dishes at the Owen Sound Farmers' Market has been a resounding success. Laura and Ned Vereecke's Curry In a Hurry offers frozen entrees every Saturday morning. Authentic East Indian meat dishes include Udaipur Chicken, Murgi Rasedar, Chicken Balti, Chicken or Beef Madra, Kashmiri Chicken and Chicken Vandaloo. They also have a series of appetizers, vegetarian dishes and breads. Hot lunch specials are also available every Saturday morning.

The Vereecke's have something for all tastes: hot, mild, creamy, tomato, vegetarian and vegan. Carnivores are welcome too.

New dishes are being made weekly and they say, if your favourite dish is not available, let them know and they will give it a try. This is how Muttar Paneer arrived on the menu.

Curry in a Hurry started when friends of the Vereecke's convinced them to sell their East Indian specialties. Laura says their friends buy our food now at the market and don't come around any more!



Curry in a Hurry cater and are offering a Curry Club, an all-you-can-eat buffet for \$20. May 10th sittings at 5:30 and 7:30 pm at Mudtown Pottery.

They plan to be at the Warton Market, Fridays 3 to 8 as well as regular Saturday mornings at the Owen Sound Farmers' Market.

Curry In a Hurry can be reached at 519-534-1057 or Curryinahurry@live.com

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IN GREAT TASTE!

Asparagus with Lime Aioli, Egg and Green Onion

1½ lbs (750 g) large asparagus, trimmed and rinsed
salt as needed

½ cup (125 mL) mayonnaise

2 tbsp (30 mL) olive oil

1 tbsp (15 mL) fresh lime juice

1 large clove garlic, finely chopped

2 hard-cooked eggs, roughly chopped

3 tbsp (45 mL) thinly sliced green onion

Put asparagus into a large skillet of salted, boiling water. Boil gently until slightly underdone, about 3 minutes, depending on thickness. Drain well and spread on paper towel to cool. Meanwhile, to make aioli, mix mayonnaise with olive oil, lime juice, and garlic. Set aside.

Over a piece of wax paper or paper towel, using the back of a wooden spoon, force boiled eggs through a coarse sieve, making sure to scrape off the egg that clings to the underside of the sieve.

Arrange asparagus on a platter then drizzle with the aioli.

Sprinkle with egg, then green onion. Lightly season with salt and serve.

Serves 6

(Courtesy Boulder City Farmers' Market)

Peppered Beef with Balsamic Strawberry Salsa

The sweet-and-sour mélange of strawberries and balsamic vinegar, makes a delicious companion to the peppery steak. This salsa is also delicious on chicken and pork.

Preparation Time: 15 minutes

Grilling Time: 8 minutes

Serves 4

1 tbsp (15 mL) Dijon mustard

1 tbsp (15 mL) whole peppercorns, cracked

1/2 tsp (2 mL) salt

1 clove garlic

1-1/2 cups (375 mL) grilling steak (such as top sirloin), about

1-inch (2.5 cm) thick

Salsa:

1-1/2 cups (375 mL) chopped strawberries

3 tbsp (45 mL) chopped red onion

2 tbsp (25 mL) chopped sweet yellow pepper

2 tbsp (25 mL) chopped fresh parsley

2 tbsp (25 mL) balsamic vinegar

1 tbsp (15 mL) olive oil

1-1/2 tsp (7 mL) granulated sugar

salt and pepper

In small bowl, combine mustard, cracked peppercorns, salt and garlic; rub in even coating on both sides of meat. Grill steak over high heat or broil for about 4 minutes on each side for medium-rare or until desired doneness.

Salsa: In bowl, combine strawberries, onion, yellow pepper, parsley, vinegar, oil, sugar and salt and pepper to taste. Slice steak thinly across the grain and serve with relish.

(Courtesy Foodland Ontario)



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

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