



Events for Horton Farmers' Market October 8th, 2011 8:00 a.m. until 12:00pm

Featured Vendor Uncle Dads Pizza Plus!



Visit Uncle Dad's in the main building this week to fill out a ballot for the FREE weekly draw!

Happy Thanksgiving! This weekend will be a showcase at the market of all your holiday needs. You'll find so many tips from our vendors in this newsletter to help you plan your feast. The Seniors Centre will be here with their fantastic baking as well! The middle of October brings talk of Christmas - it's true! This weekend marks the return of the "Christmas Ladies", look for their holiday crafts inside the building.

We're also pleased to announce our Christmas Market - a holiday wonderland and it will take place at the market on November 19th.

Shawn DeVree

Market Manager

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www.hortonfarmersmarket.ca

519.317.3398 Find us on Facebook!

Shuug & The Temporary Men

Shuug and her main men will be hanging out at the market for the final time this season this weekend!

Find them belting out their toe tapping tunes in the gravel cafe. You can also find out more information about the group on their Facebook fan page.



"Meet me at the Market!"

The Horton Farmers' Market is a best-in-class market destination that promotes civic pride, shapes local culture and supports the regional economy by providing access to high quality food producers, craftspeople and artisans. The Horton Farmers' Market is located on Manitoba Street, 1/2 block North from Talbot Street (at the Giant Tiger stop light) with plenty of free parking.



This Weeks Vendors



Our weekly featured vendor Uncle Dads!



Uncle Dads Pizza Plus

Uncle Dad's pizza is quality locally made fresh pizza. With the end of the market season drawing near, it's time to stock up! These pizzas freeze well and are the answer to a quick dinner any time of year. Visit Sandy in the main building and fill out a ballot for this weeks free draw - courtesy of Uncle Dads!

THE HARVEST TABLE

This will be the last week of the season that The Harvest Table can be found at the market. In celebration of one of our favorite holidays, we will be offering a selection of desserts fit for a Thanksgiving feast. Look for Pumpkin Tarts, Pumpkin Spice Squares, Pumpkin Cheesecake, Apple Crumble Coffee Cake, and much more. In addition, we will also have our popular Harvest Granola, Chocoholic Dream Bars (they freeze well so be sure to stock up!), Cranberry Cheesecake Bars, and other sweet treats. We would like to say thank you for all of the wonderful support and people that we have met this year. Although this marks our last weekend at the market, please feel free to visit our website at theharvesttableonline.com or email michelle@theharvesttableonline.com to place individual orders throughout the year. You can also find us at the Christmas Craft Show on November 27 at the St. Anne's Center. We look forward to seeing you again next year!

OEGEMA TURKEY FARM

Wow Thanksgiving is here again. This week we will be bringing fresh turkeys, all white roasts, white/dark roasts, bone in breast, parts, ground and schnitzel. We are not making fresh sausages, meatloaf, meatballs, medallions or marinated this week but will have some packages in our freezer. The freezer is also stocked with the burgers and store made turkey pies. If you are looking for ways to use leftovers visit www.turkeyrecipes.ca. We wish you a very blessed Thanksgiving holiday!

MCSMITHS ORGANIC FARM

It's our turn to say "Thank You" to our loyal customers who supported our organic farm at the market since May. We have lots to be thankful for. The 2011 growing season was challenging at times. This week we will bring a good selection for our last market day. Some of you may not know that McSmiths continues to sell our Certified Organic Poultry, Beef, Eggs and Pork at the farm in the off season.....just give us a phone call 519 631 0279 or visit our web site www.mcsmithsorganicfarm.com Remember our farm is only 5.3 kms from the Market. See you next spring

GREENLEAF GOURMET

will be bringing a number of delicious all butter pastry Fresh Pies this weekend. There will also be some of my usual delectables as well as an incredible selection of unique preserves and savoury spreads.. This will be my last Saturday until next season. Its been my pleasure to bake special treats for you this season. I hope you save some sweet and savoury treats to savour until we meet again. Thank-you for supporting local ~ See you in the Spring!!





This weeks Vendors



Farmgate Deli and Fresh Meats
 Grammies Creations
 From The Meadow
 Janis & Mark Harris
 McSmiths Organic Farm
 R-GROW Farm
 The Christmas Ladies
 Animal Aide
 Gredig Apple Orchard
 Quai De Vin
 Dancey Family Farm
 Koscik Greenhouse Tomatoes
 Berry Hill Fruit Farm
 Lotus Thai Restaurant
 The Dutch Bakery
 Uncle Dad's Pizza
 Talbotville Berry Farm
 Wales Farm
 Oegema Turkey Farm
 Frisa Farm Fresh Eggs
 Palmers Maple Syrup
 Spicers Bakery
 Nature's Perfection
 - Shitake Mushrooms
 Shastadolphin
 Desserts and More
 Sawyer Apiary
 From the Meadow
 Janssen Farm Market
 The Holey Stone Faerie Company
 Spatopia
 Empire Valley Farms
 JBWeldz
 Krista Miller Cake Artist & Baker
 The Harvest Table
 Dabble
 The St. Thomas Seniors Centre

DANCEY FAMILY FARM – Certified Organic Produce

An Heirloom Pumpkin variety that is one of the oldest still in existence will be on our table this Saturday. These bright orange pumpkins were grown by First Nations people in the Connecticut area and later by North America settlers. We will have ten of these pumpkins in a variety of shapes and sizes. A short row of Edamame Soybeans wasn't quite ready to harvest last week. They are now, so we will have a few quarts for sale on Saturday. We'll also bring the last of our Spaghetti and Butternut Squash for our final day.

I feel both happy and sad as this day approaches. Selling our veggies at this market is such an exhilarating experience, especially after the long hours of solitary, exhausting work in the fields. I'm glad to have a rest now and I won't miss getting up before the sun on Saturday morning, but I will miss the community of people that make the Horton Farmers' Market special. I'm referring to both vendors and supporters, but there is much more to creating a thriving farmers' market.

I've been thinking a lot about what makes this market one of the best in Ontario. The great location and architecture are part of the success, but without the vision and hard work of successive volunteer boards of directors, this venue would not be thriving. As a vendor that benefits from their hard work, I feel grateful to these local heroes.

The market managers during the past few years have also been instrumental in the smooth and successful operation of the market, with each building on the foundation that has been established. I appreciate their hard work and the advances that have been made each year.

I believe it is the emphasis on LOCAL, that is another critical ingredient. By featuring local produce, baking, products and crafts, this market has benefits that are far reaching. We all need to know how and where our food is grown, if we want to have the health benefits that are possible. Fresh really is best and the quality at this market is unsurpassed! I'm also impressed by the locally made baked goods and products that are of excellent quality and all natural. The diversity and creativity of the crafts makes decorating and gift giving an easy task.

The positive, family friendly atmosphere at the market was captured in the photo my husband, Wil, took on September 24. This scene features volunteers creating a delicious breakfast, music that everyone enjoyed and people of all ages experiencing a sense of community.

No wonder I enjoy each Saturday so much. Thanks to all for contributing on so many levels.

QUAI DE VIN ESTATE WINERY

Returns to the market with their famous grape juice!
Just in time for the Thanksgiving table.

THE CHRISTMAS LADIES

Return for the remainder of the season showcasing their amazing christmas crafts. Find them inside in the main building.





This weeks Vendors

**OEGEMA
TURKEY FARMS**

BERRYHILL FRUIT FARM

Got Fruit Flies?

Jake (field manager at Berry Hill Fruit Farm) and his wife Lena, would like to pass along this solution to invading fruit flies in the house. You take a quart sized jar, fill it with 1/2 in of apple cider vinegar and a slice of banana. Insert a funnel made out of a piece of paper and seal around the top edge with tape. Make sure the hole at the bottom of the funnel is not too big.

The fruit flies are attracted to the smells, enter the jar via the funnel. They are not smart enough to find their way up the funnel and out. Once you have a dozen or so fruit flies in the jar, place the whole jar in the freezer for 20 minutes, or, more humanely, set them free outside by undoing the screw top lid. Then start again. This really works!



DABBLE

Christmas is coming, believe it or not, and the dabble art table is ready with loads of one of a kind, hand-painted Christmas cards! And now is the time to make your custom portrait orders for Christmas. Bring a tear to the eye of your special someone this Christmas with this unique and affordable gift. It's as easy as emailing your favourite photo, so come on by. We'll see you at the Market!

EMPIRE VALLEY FARMS

"last call".....for sauce & salsa, fill your Freezer for that taste of summer.....lots of recipes available at our stall. Tip from Joy: roast red peppers on the BBQ or oven & freeze in 4 cups or so bags & make roasted red pepper soup, Also roast butternut squash as many can fit on coking sheets in oven & freeze in 6 cup bags for roasted butternut squash soup.

ST. THOMAS PUBLIC LIBRARY

St. Thomas Public Library and Friends of St. Thomas Public Library are thankful for the tremendous support of the community! To show our thanks, we're offering a Thanksgiving Special - all books are buy three, get one free! (Free book must be equal or lesser value.) Choose from a wide assortment of fiction, mystery, romance, and teen fiction. Limited selection of children's books and non-fiction. Magazines are 25¢ each or 5 for \$1 as usual. Be sure to stop by the library booth and Happy Thanksgiving!

FROM THE MEADOW

Thanksgiving is here...what a great opportunity to express our gratitude to our loyal customers. After braving last Saturdays cold damp morning you quickly learn to appreciate those that ventured out. As I was wrapped in my wool blanket ,sipping my wildflower tea ,making sales and having chats I realized that we are in the home stretch of market days....time to stock up on From the Meadow products. With the bounty of our garden being harvested and dried, new batches of our creams are in the making. Oh what wonderful products come straight from the land. So on this weekend of thanksgiving may your homes be blessed and your bodies healthy.

JB WELDZ

Get in the spirit of Halloween with our new Jack-O-Lantern Garden Spikes! Available in a variety of faces. Great for flower pots, the front step - or put 'em in your own pumpkin! Spooky Ghost Garden Spikes - get 'em in a natural finish or ask us about our *NEW* Powder Coat Painted Finish!! Quick turnaround and many vibrant colours to choose from. Spooky Spiders are in & they're HOT!! Available in a natural metal finish or Have Yours Painted Today! Visit JBweldz Creative Metal Art in the North Pavillion ~ Great idea for Christmas gifts!! Plenty of time left to custom design for that special someone.



Gail McNaughton



This weeks Vendors



GRAMMIES CREATIONS

This week Grammies Creations has made a second batch of Drunken Cherries and Cranberry Chutney..both sold out last week, so they have been refreshed..and since pickling season is over, I have found a use for any extra cucumbers you may have around in the frig.

1. Cucumbers contain most of the vitamins you need Every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, Put down the caffeinated soda and pick up a Cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that Quick pick-me-up that can last for Hours.

3. Tired of your bathroom mirror Fogging up after a shower? Try rubbing a Cucumber slice along the mirror, it will Eliminate the fog and provide a soothing, Spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few Slices in a small pie tin and your garden will Be free of pests all season long. The chemicals In the cucumber react with the aluminium to give Off a scent undetectable to humans but drive Garden pests crazy and make them flee the Area.

5. Looking for a fast and easy way to remove cellulite before Going out or to the pool? Try rubbing a slice or Two of cucumbers along your problem area for a Few minutes, the phytochemicals in the cucumber Cause the collagen in your skin to tighten, Firming up the outer layer and reducing the Visibility of cellulite. Works great on wrinkles Too!!!

6.. Want to avoid a hangover or Terrible headache? Eat a few cucumber slices Before going to bed and wake up refreshed and Headache free. Cucumbers contain enough sugar, B Vitamins and electrolytes to replenish essential Nutrients the body lost, keeping everything in Equilibrium, avoiding both a hangover and Headache!!

7. Looking to fight off that Afternoon or evening snacking binge? Cucumbers Have been used for centuries and often used by European trappers, traders and explores for Quick meals to thwart off starvation.

8. Have an important meeting or job interview and You realize that you don't have enough time to Polish your shoes? Rub a freshly cut cucumber Over the shoe, its chemicals will provide a Quick and durable shine that not only looks Great but also repels water.

9. Out of WD 40 and need to fix a squeaky hingetake a cucumber slice and rub it along the problematic Hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, Facial or visit to the spa? Cut up an entire Cucumber and place it in a boiling pot of water, The chemicals and nutrients from the cucumber With react with the boiling water and be Released in the steam, creating a soothing, Relaxing aroma that has been shown the reduce Stress in new mothers and college students During final exams.

11. Just finish a Business lunch and realize you don't have gum or Mints? Take a slice of cucumber and press it to The roof of your mouth with your tongue for 30 Seconds to eliminate bad breath, the Phytochemicals will kill the bacteria in your Mouth responsible for causing bad Breath.

12. Looking for a 'green' way to Clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the Surface you want to clean, not only will it Remove years of tarnish and bring back the Shine, but is won't leave streaks and won't harm You fingers or fingernails while you Clean.

13. Using a pen and made a mistake? Take the outside of the Cucumber and slowly use it to erase the pen Writing, also works great on crayons and markers That the kids have used to decorate the Walls!!

Happy Thanksgiving from Gail at The Photographic Heart.

MAKE YOUR WAY TO MY TABLE

By Gail McNaughton

Make Your Way To My Table,
For I will feed you.
I will restore you.
All you have to do is STOP.
Why don't you sit down,
And let your heart be still.
Let it be calm.
Let it be massaged,
With my love.
Just lower your head in prayer.
Butterflies will circle you,
And you will dream and sleep,
For what seems like a thousand years.
You will taste the fruit of life,
As you drift from dream to dream.
Just dip your hands into,
A fresh spring,
As you wash yourself in preparation,
For a feast.
The Fairies will dance.
The Angels will clap for you,
And you will feel,
The life healing energies.
The food I offer you,
Is tantalizing.
Do you dare taste?
I offer you self knowledge,
To give you confidence,
Which will restore your faith,
In yourself,
To like yourself better,
For who you are,
And what your potential is to be.
I am always patient,
With slow eaters,
For they just need to,
Chew a bit more and,
Swallow some more,
Jugs of patience,
With themselves.
Now, awaken to this,
Table of plenty,
For there is more,
Just for the asking.
Go now and live your life,
And just knock on my door,
When you are starving,
And,
Make Your Way To My Table.



Weekly Extras



R-GROW

This will be the last market day for R-Grow Farms for the 2011 season. Thank you to all the market goers who have supported us by purchasing our produce. We will have lots of sweet potatoes for the Thanksgiving weekend. We will also have a special THANK YOU draw. Please fill out a ballot with each purchase for a chance to win a beautiful fall decoration. See you at market next season!

R-Grow Farms Roasted Sweet Potato Soup

Prep: 20 min Cook: 1 ¼ hours Makes: 4 servings
2 R-Grow Farms sweet potatoes, peeled and cubed (about 1lb /500g)

3 sweet red peppers, chopped

1 onion, chopped

3 cloves garlic

2 tbsp (5ml) dried Italian herb seasoning or dried basil

¼ tsp (1ml) each of salt and pepper

4 cups (1L) vegetable broth

½ cup (125 ml) Balkan-style plain yogurt

2 tbsp (30ml) chopped fresh parsley

In roasting pan, toss together red peppers, sweet potatoes, onion, garlic, oil, Italian seasoning, salt and pepper. Roast in 425 F (220 C) oven, stirring once, until tender, about 1 hour.

In food processor, in batches, puree vegetables with broth; strain into saucepan. Whisk in 1 cup (250ml) water. Bring soup to boil; reduce heat and simmer for 5 minutes.

Meanwhile, stir yogurt with parsley. Dollop on bowls of soup.

Oegema Turkey Farm - Crock Pot Stuffing

1 cup chopped celery

1 cup chopped onion

1 tbsp parsley flakes

2 tsp poultry seasoning

1 tsp salt

¼ tsp pepper

10 cups dry bread cubes

¼ cup hard margarine or butter

1 tbsp chicken bouillon powder

1 ½ cups hot water

Put first six ingredients into a large bowl. Stir well. Add bread cubes. Stir.

Combine margarine, bouillon powder and hot water in a separate bowl. Stir to melt margarine and dissolve bouillon powder. Pour over bread mixture. Turn into slow cooker. Cover and cook on low for 5-6 hours. If you prefer a more moist stuffing, add a bit more water and stir.

Oegema Turkey Farm - Curried Turkey and Rice Salad

½ cup mayonnaise

½ cup plain, non-fat yoghurt

¾ tsp curry powder

½ tsp ground ginger

¼ tsp salt

¼ tsp cayenne

3 cups cold cooked rice

2 cups cooked turkey, cut up

1 cup sliced celery

½ cup bell pepper

1 can pineapple chunks, drained

Salad greens

2 med tomatoes, cut in wedges

Mix mayonnaise, yoghurt, curry powder, ginger, salt and cayenne. Set aside. Combine rice, turkey, celery, pepper and pineapple. Stir in dressing. Cover and refrigerate for 2 hours or until chilled and flavours are blended. Serve on plates lined with salad greens and garnish with tomatoes.

