



Events for Horton Farmers' Market September 17th, 2011 8:00 a.m. until 12:00pm

## Featured Vendor **JB Weldz**



Visit JB Weldz in the North Pavillion this week to fill out a ballot for the FREE weekly draw!

Admittedly, the idea of fall does not excite me. Fall itself is alright, it's just the inevitable winter that comes along after. Didn't we just put our mittens away?

I have to tell you though, when I bit into a juicy crisp apple from Gredigs last weekend, fall suddenly didn't seem so bad!

Lucky for us with all the sunshine, we still have lots of awesome produce available. Spinach, Edamame (yum!), peppers and fall berries are in abundance. Let's enjoy them while we can!

Shawn DeVree

Market Manager

[manager@hortonfarmersmarket.ca](mailto:manager@hortonfarmersmarket.ca)

[www.hortonfarmersmarket.ca](http://www.hortonfarmersmarket.ca)

519.317.3398 Find us on Facebook!



The Caring Cupboard is now accepting fresh produce donations at the market. Drop off donations into the bushel baskets in our lobby. Residents of St. Thomas appreciate your efforts to support healthy eating!

Apple season is here! To celebrate this fall bounty Friend of the Market is going to host one more breakfast fundraiser this year.

## September 24th - Autumn Apple Breakfast

Apple sausages, fresh buttermilk pancakes, apple compote, maple syrup, coffee or juice. Thanks to all our sponsors: Farmgate Markets, Gredig's Orchard, Palmer's Maple Syrup and Sawyer's Apiary. We couldn't do this without you!



## "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 JB Weldz



### JBweldz Creative Metal Art

Jason Berencsi, co-founder of JBweldz Creative Metal Art is a second generation metal artist and metalsmith who moved to St. Thomas from Welland, ON in early 1993. Following his father's passion for artwork cut and constructed in steel, Jason learned the trade in his early teens, and took on his own style. Being a hunter, fisherman and Harley enthusiast, Jason gets inspired by Animals & Birds, Nature, Native Canada, Pop Culture and Spirituality.

Starting with a hand held plasma torch and various welding techniques, Jason has been creating and improving his artwork since 1990. In 2010, he officially opened JBweldz with the help of his partner, Nadine. With the acquisition of a new CNC Plasma machine in spring of 2011, Jason has improved the detail, scope and volume of his own artwork, and expanded capacity to offer reasonably priced Custom Design options. Now clients of JBweldz can turn their own visions for their home or cottage into real metal artwork. Opportunities for signs, logos, house numbers and family names quickly followed.

Through JBweldz, Jason offers a variety of wall and garden artwork, suitable for indoor and outdoor decorating. The possibilities are endless!! They use locally sourced flat steel, including steel that has been recycled, repurposed and revitalized. All pieces come naturally finished and will oxidize if left in the elements. You can get your own creative juices flowing if you prefer, by easily protecting it with colour or gloss rust-proof spray paint.

For more information, see JBweldz online at [www.JBweldz.com](http://www.JBweldz.com) or [www.facebook.com/JBweldz.MetalArt](http://www.facebook.com/JBweldz.MetalArt) -- See you at the Market Saturday!

### ***Who looks good in an apron?***

### **You do!**

Friend's of the Market will have embroidered Horton Farmers' Market aprons available for purchase this Saturday- only \$20!

All proceeds go to the Friends of the Market Account. They are made from 100% black cotton, embroidered with white stitching for the market logo AND they have pockets.

Find the Market Manager, she'll hook you up!







# This weeks Vendors



Grammies Creations  
 From The Meadow  
 Janis & Mark Harris  
 McSmiths Organic Farm  
 R-GROW Farm  
 Troup Farms  
 Debackere Farms  
 Gredig Apple Orchard  
 "The Knitting Ladies"  
 Dancey Family Farm  
 Kosciak Greenhouse Tomatoes  
 Wildflowers Tea  
 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  
 Martin's Produce  
 Palmers Maple Syrup  
 Spicers Bakery  
 Farmgate Markets  
 -Deli & Fresh Meats  
 Nature's Perfection  
 - Shitake Mushrooms  
 Shastadolphin  
 Desserts and More  
 Sawyer Apiary  
 From the Meadow  
 Janssen Farm Market  
 The Holey Stone Faerie Company  
 Wright Creations  
 JayDancin'  
 Spatopia  
 Empire Valley Farms  
 JBWeldz  
 Krista Miller Cake Artist & Baker  
 The Harvest Table  
 Gail McNaughton

## DANCEY FAMILY FARM

This year we grew forty varieties of heirloom tomatoes. A few have finished, but most are still producing tasty fruit, so we will have a wide selection of heirloom tomatoes this weekend.

Our Midori Giant edamame soybeans were planted over a series of weeks. We hope to have edamame for you as long as possible during September. Both the tomatoes and the edamame are certified organic and grown on our farm near Aylmer.loom tomatoes, but this cool weather is slowing their development. We hope to have them available for a few more weeks. We also have some spaghetti squash and butternut squash maturing in the field.



## OEGEMA TURKEY FARM

Did you know that Dr. Steven G. Pratt author of the New York Times Best Seller, SuperFoods RX: 14 Foods That Will Change Your Life, places turkey on his list of "Super Foods". It is the only meat protein included on the list. It is rich in protein, riboflavin, niacin, iron, selenium, zinc, vitamin B6 and B12. Dr. Pratt states, "the facts about turkey point to a simple conclusion, turkey is a "super" food we should cook up more often." Come visit our booth this Saturday for a wide variety of ways to enjoy this "super" food.

## MARK AND JANIS HARRIS

Only a few more weeks to enjoy the summer bounty of flowers. Janis Mark and Cameron will be at the market until Thanksgiving. Make sure to pre-order your pumpkin centerpiece. They have sold out fast in the last few years. Ask about other pork cuts that are available. Just because the market will be done doesn't mean you will be without the awesome pastured pork. We can fill your freezer or you can order and we will deliver it this winter.

## FROM THE MEADOW

Ahh the smells and tastes of the autumn season is here at the market. The apples are in. From the Meadow would love for you to try our Royal Gala Apple Butter or Pumpkin Glow Butter, a rich moisturizer. A wonderful all over body butter or can be used on heels or elbows for added softening benefits. Pair your butter up with the matching sugar scrub. Sluff off the old dead skin with one of our scrubs. Combo set on sale \$18.50 With the wonder of the new season, treat your body and mind to these comfort scents clove, cinnamon, orange and nutmeg. Cinnamon soap is one of our classics. A must have to stimulate the skin, get a closer shave and wake you up! Stop by for a chat with Jenn or to sample our products and as always pick up your free soap samples. P.S. A friendly reminder read your labels!



## EMPIRE VALLEY FARM

This week Empire Valley is your one stop "sauce & salsa stop", everything from canning tomatoes, roma tomatoes, sweet & hot peppers, for the ones who like it hot, habaneros, serranos, cayenne, cherry bombs. Warm your winter by putting it in your freezer. Stop by our table we will be sizzling!!!

## GRAMMIES CREATIONS

This week at Grammies Creations, 2 new items, Pina Colada Jelly and English Chow Chow, finally here. I found a few more hampers of cucumbers this week, so the last batches of pickles are now in the crocks..so if there is a specific type you like..better get them before they're gone.



# This weeks Vendors



## **BERRY HILL FRUIT FARM**

With the abundance around at harvest time, many of us have a squirrel-like instinct to store up food for the winter. Memories of day long sessions in hot steamy kitchens that our grandmothers used to contend with may scare us away from attempting to preserve food. Added to that hesitation is the fact that most families work full time, away from the home and are involved in lots of activities during the summer months.

There's nothing as delicious as homemade canned peaches. But who has the time? Freezing is a quicker and more economical method. Our frozen peaches turned out beautifully! Here's how we did it:

Start with perfectly ripe peaches, before they shrink or turn soft. Peaches may still be firm but they should have a yellow background colour. Peaches bought from BERRY HILL FRUIT FARM should be allowed to ripen in a dry, warmish room for 3-5 days.

Place peaches in a pot of boiling water for 30 seconds, lift from water and gently drop into ice cold water for a few minutes. Drain. Peel peaches as quickly as possible, slice into a bowl and sprinkle layers lightly with Fruit Fresh.

Toss gently and place peaches on a shallow tray for freezing, then pack into freezer bags.

While there is not an abundance of peaches left, the later varieties are beautiful and will freeze nicely. Pick up your 20 pound box on Saturday at the market! We guarantee that your wallet and tummy will appreciate them all winter long!

Val's favourite way to use frozen peaches? Make a smoothie! When you freeze summertime peaches and use them in this recipe in the middle of the winter, it truly does earn it's Sunshine name.

Sunshine Smoothie

1 ½ c. frozen peaches ½ C. yoghurt ½ C. milk or orange juice

AYou may add honey, sweetener, protein powder or wheat germ. Whip together in a blender and pour into a tall glass. Pure sunshine!

## **GAIL MCNAUGHTON**

Cards are a very personal way to say something to someone and are more personal than e-mail. People delight in saving their cards and especially women. Many women keep their favourite ones in a file. I have a glass basket bowl at home where I keep all cards received for "usually" a year but it is now two years as I never got around to going through the cards that I usually do after Christmas.

Take a few cards on a cruise and send them home to friends. Make up a gift package of 5 cards and tie them up with a bow – what a nice surprise and hostess gift. Gail will also bring her mini gift cards as she has been fanatically making them. These are great stocking stuggers or little cards that you can attach to a bottle of wine with a thank you.

As Gail is an author she will have three books for sale – Garden Memories In The Web Of Live, To Have A Cup Of Tea With A Cat & Other Cat Tails and Angel Witness, her newest coffee-table book.

This will be Gail's last debut at the Market for 2011 so make sure you stock up or order them at [gail@gailmcnaughton.com](mailto:gail@gailmcnaughton.com).

IPM 2010 Commemorative DVD

Horton Farmer's Market Special Pricing \$20 (no HST or shipping) or \$25 online at [ipm.dogandpony.ca](http://ipm.dogandpony.ca) where you can watch 3 preview videos.

If you missed the International Plowing Match in Elgin County last year or didn't get to see all of IPM 2010, here's your chance! Now you can watch what you want, when you want, with this complete double DVD with over 3 hours of live coverage. Bob McNaughton was there with his video camera every day, all day long, rain or shine, wind or calm, to capture the moments forever on film. He now shares them with you on DVD. Here's the menu:

1. Overview including Historical Displays
2. Opening Parade
3. Opening Ceremony
4. Horse and Tractor Ploughing
5. Queen of the Furrow
6. Celebrity Chefs
7. Square Dancers, Canadian Cowgirls and Dancing Tractors
8. Closing Parade and Ceremony

You will find Bob and Gail McNaughton at one of the indoor booths. Gail will be selling her art cards of St. Thomas & surrounding area, her Flowercat © and Friends doodle art cards as well as Jumbo postcards.

# This weeks Vendors



## GREEN LEAF GOURMET

will be back on Saturday September 24th with an exceptional array of Sweet and Savoury Preserves, all her remarkable (usual) Fine Pastry and a few new beautiful surprises. To thank all her loyal customers for their support over the current Market season (despite missing many weeks this summer :), Kim will be gifting her Gourmet Hand-rolled Chocolate Truffles. Thank-you once again for supporting local farmers through your purchases at GREEN LEAF GOURMET. See you on the 24th!

### ~Velvety Harvest Soup~

by Kim McCarvell, GREEN LEAF GOURMET

- 2 small or 1 large onion, diced
  - 2 garlic cloves, minced
  - 4 tablespoons fresh chopped cilantro
  - 1/4 cup fresh chopped parsley
  - 2 teaspoons fresh minced ginger
  - 1 teaspoon ground cumin
  - 1 tablespoon curry powder (more is optional)
  - 3 tablespoons virgin olive oil
  - Sea salt and pepper to taste
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- 3 large carrots, cut into large chunks
  - 2 peeled potatoes, cut in medium sized chunks
  - 3 large tomatoes, cut in 6 pieces each
  - 2 red or orange peppers, cut into large pieces
  - 1 eggplant, sliced thin
  - 1 small hot pepper with seeds removed, minced(optional)
  - 2 1/2 cups of water
  - 1 cup vegetable broth
  - 1 can coconut milk

Preheat oven to 400 degrees. Toss all vegetables into an ovenproof casserole dish as well as the garlic, ginger, cumin and curry powder plus 2 1/2 cups of water and 1 cup of broth. Bake covered for 25 minutes or until carrots are tender. Remove from oven and let cool slightly. Add coconut milk, parsley and cilantro. Stir to combine well. Process in a food processor or blender in small batches. Add sea salt, fresh ground pepper and extra spices to taste. Heat in pot on stove until very warm or hot. Serve with warm Naan Bread or Scottish Cream Scones. Bon Appetit!!

## EMPIRE VALLEY SALSA RECIPE

Salsa Recipe

- 8 c tomatoes
  - 4 c sweet banana peppers
  - 2 c onions
  - 1 c sweet red peppers
  - 1/2-1 c jalapeno peppers
  - 4 cloves garlic
  - 5.5 oz can tomatoe paste
  - 3 tbsp sugar
  - 1 tbsp salt
  - 2 tsp paprika
  - 1 tsp oregano
  - 1 tsp cilantro
- 1/2 c pickling vinegar • 1 c vinegar
- Bring tomatoes to a boil and add all ingredients except vinegar. Simmer for 2 hours, adding the vinegar for the last 15 minutes.



## JAYDANCIN'

Time to get rid of the dry, dead skin cells from summer. For soft, supple skin, use our new sea salt mineral scrubs on special this week.

Try our new scented moisturizers. Use on sensitive skin. Choose from unscented, Lavender, Lemongrass or Goddess...bet you can't pick just

## TALBOTVILLE BERRY FARM

We're bringing Pumpkins, Gourds, Fall Mums, Raspberries, Beans and Broccoli to the HFM this weekend. Get your home decorated for the fall season! We have something special for our HFM patrons: Stop by our table and mention that you heard about our Fun Fall Family Weekends with Wagon Rides and Corn Maze in the HFM Newsletter and we will give you a \$1.00 Off Coupon to be used any Saturday or Sunday now through October 30th! Have fun getting lost in our maze and playing our maze game! We are booking Fall School Field Trips now - tell your teacher! [talbotvilleberryfarm.com](http://talbotvilleberryfarm.com) 519.633.1488 11054 Sunset Road St.Thomas

### Broccoli Salad

- 2 Bunches of Broccoli
- 1 Red Onion
- 8 Slices of Bacon (Cooked and Crumbled)
- 1 Cup Grated Cheddar Cheese

### Dressing

- 3/4 Cup Mayo
- 3 Tbsp. of Sugar
- 3Tbsp. of Red Wine Vinegar

Cut Broccoli into bite size pieces. Chop Onion and put in bowl with Broccoli, Bacon and Cheese. Mix dressing and pour over the Broccoli mixture. Put in fridge overnight. Stir once or twice before serving. This salad is quick and easy to make. You will find this recipe will become your new family favourite!

