

MAY - JUNE 2010

The Farmers Market is Growing in 2010...

It's back and better than ever!

The Bradford Farmers Market continues to grow with our community and in support of our local farmers. Now a project of the Town of Bradford West Gwillimbury and in partnership with the Holland

Marsh Growers Association, the market is firmly rooted and prepared to thrive.

This year our season will span from May to October and visitors to the market will find an abundance of locally produced food, plants

and flowers as well as quality art and crafts. Families will enjoy facepainting, interactive games, food demonstrations and sampling. Be sure to look for details of our new attraction in June...a horse and wagon ride. Travel to the market in style!

Let nature decide what's for dinner.

By Lauren Sloane

Have you ever bitten into a bland, mealy peach in the middle of winter? That stomach-turning taste and texture may be nature's way of telling you to start eating seasonally.

Just because you see a mango in your local supermarket during the fall or winter, doesn't mean that it's "in season" in your area. Shoppers have gotten used to having almost every fruit and vegetable available for purchase year-round. Produce is typically imported from other countries during times of the year when these fruits and veggies cannot be grown domestically. Despite the obvious convenience of consistently

having a large array of foods available in your grocery store, imported produce may be smaller, more expensive, and simply taste below par.

As a healthy and environmentally friendly means of supporting your local farmer and agricultural system, try eating with the seasons. By purchasing produce that is grown locally and at a seasonally appropriate time, you'll benefit from more fresh, delicious, and affordable food. Whether it's winter, spring, summer, or fall, there is always a wide variety of fruits and vegetables to choose from.

Where

125 Simcoe Road, Bradford, ON
Bradford & District
Community Centre
3 blocks south of the 4-Corners

When

Saturdays
Rain or Shine!
May 22nd to
Oct 30th
8am - 1pm

Contact

Caroline Weatherhead, Manager
Tel: 905-778-0657
caroline.weatherhead@gmail.com
www.gotobwg.ca



Saturday
May 22nd
8am - 1pm

SEASON OPENS!



TASTY IDEAS!



FAMILY FUN!

LOCAL HARVEST

SPRINGH FARM,

owned and operated by Shane and Jenn Singh, has been in the family since 1979. Then named R Singh Farm it was purchased by Peter and Rita Singh from a marsh farmer who was looking to retire. Peter had emigrated from Guyana to Toronto in 1971. He worked odd jobs, and then found employment with marsh farmers. When the opportunity to purchase a second generation farm presented itself he did not hesitate.

The family chose first to grow vegetables such as radish, beets, spinach, lettuce, carrots, onions, leeks and herbs as they were more easily sold to wholesalers and retail stores. The harvest was handpicked. The family worked into the night, and at times well into the morning, to make a living on their farm. When Peter first started out he would leave for the Ontario Food Terminal at 2:00a.m. to sell his produce. While at the terminal he often established good



contacts with family-owned grocery stores. He would then deliver to them after he returned home from Toronto.

The family farm was challenged as it experienced dwindling sales, due to imported produce from Quebec and the USA. Peter's youngest son, Shane, formed SPRINGH FARM and chose to venture into new areas by selling at farmers markets. In 2003 Shane and Jenn started selling their produce at the Markham Farmers Market as well as the Distillery District Farmers Market in Toronto. Wanting to sell closer to home, they also started selling at the 400 Flea Market on Saturdays and Sundays every weekend in the summer through to Thanksgiving. Finally, in 2008, a market was established in Bradford.

They were excited about a chance to sell what they have been growing in the marsh to their own community.

Everything that Shane and Jenn sell at their markets is picked fresh that morning, loaded up and sent straight to the market for sale that day, or gathered from other local farmers to sell along side their own produce. Their now wide variety of farm fresh herbs, flowers, and vegetables offer our local community a healthy alternative.

Now that Bradford has the perfect location for the farmers market, SPRINGH FARM encourages everyone to experience the difference and quality of local food and is looking forward to being part of a growing, and successful market

FRESH IDEAS

WARM SPINACH AND ORANGE SALAD

A great side salad at dinner or convert to a lunch by not steaming the spinach and adding one serving of chicken or fish. The vitamin C in the oranges makes it easier for the body to absorb the iron contained in the spinach.

Ingredients:

- 1 pound baby spinach, washed, stems removed
- 2 navel oranges
- ¼ cup unsalted walnuts
- ¼ cup red wine vinegar
- 1 tablespoon walnut oil (can replace with olive oil if you do not have it on hand)
- 2 tablespoons gorgonzola (blue cheese) or crumbled goat feta cheese (optional)
- Sea Salt and pepper (optional)

Instructions:

1. Toast walnuts (if desired)
2. Peel oranges and divide into segments. Place in a large bowl.
3. Place spinach in an electric vegetable steamer or a vegetable steamer on the stove with a small amount of water. Steam lightly for about 30 seconds, until spinach is warm but not completely wilted.
4. Add spinach to the oranges.
5. Blend walnut oil and red wine vinegar together and spoon over the orange and spinach.
6. Sprinkle toasted walnuts on top.
7. Add sea salt and pepper to taste if desired.
8. Crumble cheese and sprinkle it over salad.
9. Serve immediately.

The arrival of spring brings fresh leafy green vegetables to the table, which are probably the most nutrient-rich vegetable of any food in the vegetable kingdom, and in fact, the greener they are, the more nutritious they are.

Popeye was right, spinach, which is now available fresh in Ontario, does pack a powerful nutritional punch, as it is rich in antioxidants, phytochemicals, carotenoids, vitamins A, C, K and B6 as well as fibre and folate. These nutrients help to protect the body against three leading causes of death – cancer, diabetes and heart disease - as well as protect the eyes against damage.

Spinach is also rich in minerals such as manganese, magnesium, calcium, potassium and iron; however, oxalic acid, which is naturally present in spinach, binds to the minerals and reduces their absorption into the body.

For best mineral absorption, cook spinach briefly over a high heat, to break down the oxalic acid. Then top with a touch of butter or nutmeg or try the recipe below. (Note: Never cook spinach in aluminum pans as the spinach absorbs the aluminum more readily than other foods.)



Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat 10g	15%	Total Carb. 15g	4%
Serv. size 3/4-1 cup (214g)	Sat. Fat 1g	8%	Fiber 5g	20%
Servings 4	Trans fats 0g		Sugars 7g	
Calories 155	Cholest. 3mg	8%	Protein 7g	
Fat Cal. 88	Sodium 149mg	6%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 215%	Vitamin C 120%	Calcium 15% Iron 20%

1. Cerier, Leslie (2002). Taste Life! Organic Recipes. Ridgefield, CT: Vital Health Publishing 2. Haas, Elson M. (2006). Staying Healthy with Nutrition. Berkeley: Celestial Arts 3. Richter, Henry, M.D. (2004). Dr. Richter's Fresh Produce Guide. Apopka, Florida: Try-Foods international, Inc. 4. www.freshvegetablesontario.com



Saturdays
Rain or Shine 8am - 1pm
Bradford & District Memorial Community Centre
125 Simcoe Road
2010 Season May 22 - Oct 30



Julie Carrique is a Registered Holistic Nutritionist, Personal Trainer, Level 2 Agatsu-Certified Kettlebell Instructor and Registered Yoga Teacher. She consults and trains individuals at her practice in Bradford, Ontario and is an instructor at the Canadian School of Natural Nutrition. Tel: 905-716-3663
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At the Market

dates to
remember:

MARKET OPEN!
EVERY SATURDAY
MAY 22 - OCT 30TH
8AM- 1PM

JUNE 12TH -
GRAND OPENING
FESTIVITIES.:

Coming Soon...

Look for our newest
attraction...a horse and
wagon ride! Catch a ride
to the market in style.

Volunteers Needed!

Contact Caroline for details.
Tel:905-778-0657
caroline.weatherhead@gmail.com



- Facepainting
- Interactive games
- Crafts
- Contests
- and more...

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www.gotobwg.ca

Meet you at the market!

The Bradford Farmers Market is a project of the
Town of Bradford West Gwillimbury in partnership with the
Holland Marsh Growers Association.

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Bradford
west
Gwillimbury
Office of Economic Development

HOLLAND MARSH
Growers'
Association