

# Farmers' Market News



The Farmers' Market is inside until mid June.

Some vendors are in by 8 - come down!

Market hours are approx. 10 – 2

Farmers' Market News

SPRING 2016

BUY LOCAL - EAT FRESH

**Buy Fresh, Eat Local, Eat Healthier, One Day at a Time!**

Fridays the door at the back of the Scotia Room cafeteria (near ATM) is open for the Farmers' Market and your convenience when coming inside or going out.

The Nova Scotia Health Authority encourages you  
“to make healthy food choices”.

**Big Monkey Kettle Corn** – Big Monkey Kettle Corn now offers the following seasoned flavours on a regular basis, Dill Pickle, Salt 'n Vinegar, White Cheddar, Smokey Bacon, and Mesquite BBQ. Our seasoned kettle corn is made without sugar or added salt and they are available in the (\$5) small sized only. BMKC will always have their sweet & salty kettle corn in small (\$5), medium (\$7), and family size (\$9). Big Monkey Kettle Corn uses non-GMO corn. If you wish to order in advance you can do so by emailing [bigmonkey@eastlink.ca](mailto:bigmonkey@eastlink.ca) BMKC offer debit and credit card access.

**Blossom Shop** – Penny always has a wonderful display of fresh flowers to brighten someone's day. Pre order anytime from Blossom Shops for delivery: [tabshome@eastlink.ca](mailto:tabshome@eastlink.ca)

**Boulangerie la Vendéenne** - They are a Certified Organic French bakery. They bake 20 different breads & a variety of viennoiserie, baguettes, sourdough, etc.

**Cabbage Patch Kim chi** – Kimchi is available at Pat's Preserves table while Jessie is fulfilling a work contract. Note from Jessie Palmer, vendor. “ Kim chi is an integral part of the Korean culture, in which I was immersed for 4 years and where I learned to love and subsequently make the product. It is a

tangy and sometimes spicy fermented Korean condiment that dates back as far as the 7th century. It's a non-dairy probiotic rich in vitamins A, B, and C that help with digestion and replenish the stomach's microflora. It's a delicious low-fat, high-fibre staple that anyone can enjoy. I want to share authentic Korean kimchi with people so they can enjoy the benefits and flavour!

**Ingredients:** Napa cabbage, diakon (radish), sea salt, ginger, garlic, onion, red chili peppers, fish sauce, Asian pear, chives, and sesame seeds.

**Genuine Nova Scotia Oatcakes** – Ken Wallace's Oatcakes are made from good quality local ingredients, whenever possible, made by hand to create, "an Oatcake with a high moral purpose". He will also do custom orders for weddings, etc. stop by the table for a chat and a taste.

**Goldwater Seafoods** - Tom has fresh fish each week including fresh (slushed) Haddock, fresh Halibut, Cod, Yellow Fin Tuna, Scallops, Trout and Salmon. Tom carries "Simply Seafood Dog treats", they are dried haddock caught in the wild, North West Atlantic. Email Tom directly at [tom@goldwaterseafoods.com](mailto:tom@goldwaterseafoods.com) Tom will have his usual frozen variety of seafood (Fish Cakes and Lobster meat) and some Smoked products available. Goldwater Seafood is from south western Nova Scotia and they promote sustainable fishing practices to ensure the quality products they provide will always be available for generations to come. Check out their website at [www.goldwaterseafoods.com](http://www.goldwaterseafoods.com)

**Heppy's Pie Lady** - Heppy has samples of their product for you to try. They invite you to try their low fat and low sodium Chicken and Beef pies. Heppy's French Acadian mother, Yvonne, is well known for her incredible cuisine. With great pride and pleasure – Yvonne's treasured recipes- mother and daughter have worked together to create and perfect a variety of homemade meat and pot pies. The mission statement for them is, "Heppy's, a High Quality Alternative to Fast Food, For Today's Hectic Lifestyle". Heppy's have their 5 top sellers available, Chicken & Beef Pot pies, Chicken and Pork pie, Tourtiere and Turkey pie. Visit them at: [www.heppy's.com](http://www.heppy's.com) or call (902) 479-(PIES)-7437.

**Noggins Corner Farms** - They bring a variety of fresh, as they come to season, greens, etc and free range eggs, etc.. The variety will vary as the season progresses and more/less is available for market. They have fresh Apples available as soon as they are ready for picking. Enjoy the best of fruit and vegetables from the valley. They are always a busy spot at market.

**Pat's Preserves** – Pat's preserves are available every second Friday on pay week at the HI Summer St. lobby. Pat wants to remind you that he can do

credit & debit card sales. Pat is always available with a smile/a laugh, stop by to see what he has available. Pat has Cajun Marinade, his regular marinades, rib sauce, meat/fish/poultry rubs, rib sauce and fresh Mint Jelly. He has 4 Sugar Free jams, Peach, Apple Jelly, Raspberry and Blueberry. His Sugar free jams are naturally sweetened by the fruit or (no sugar added) Apple juice. Pat makes delicious Raspberry Vinegar. It is great to use in making a salad dressing. He also has a gluten free marinade. Pat is a honey of a guy but he sells some too and he now carries smaller size jars of Honey. Is someone you know getting married or is there a corporate event coming up? What better way to celebrate then with Pat's small jars with personalized labels? Sign up on Pat's website for his weekly update and blog. *Email for orders to:* [patspreserves@gmail.com](mailto:patspreserves@gmail.com)

**Satisfaction Feast** – Sarita's delicious soups are perfect for an easy lunch/supper. They are vegan and or gluten free and come in 500ml or 1 litre. size. Her soups incl: Black Bean, African Peanut, Dahl, Green garden pea, Squash & Mushroom and so many more.

**Schoolhouse Gluten-Free Gourmet** - Schoolhouse is a 100% Gluten Free kitchen. Wholesome ingredients go into their delicious and nourishing on-the-go foods for people sensitive to what goes into our bodies. They do this in small batches, by hand, in a converted school house in Lunenburg Co. Follow them on Facebook: <http://www.facebook.com/#!/pages/Schoolhouse-Gluten-Free-Gourmet/114180051940857> To preorder call (902) 237-2482 or email: [info@schoolhouseglutenfreegourmet.com](mailto:info@schoolhouseglutenfreegourmet.com)

**Teageek'ery Teageek'ery Teas** – “My name is Lacey Bain and I am the proud owner of Teageek'ery Teas, a small local tea business based out of Annapolis Valley, using only the freshest local, spray free, organic, and fair trade ingredients with no added sugars, flavours, preservatives or any other additives. We grow our own herb, fruits & a few spices then import fair trade, organic teas, herbs and spices to create small, fresh, unique blends. Know what goes into your body.”

**Tucan Olive Oil Company Ltd.** - They carry flavored Olive oils and 12 plus flavours of Balsamic vinegars. The Tucan Olive oil will soon be Organic. It is delicious, “Try some, with a loaf of bread from Boulangerie La Vendenne. Abdel would like all Nova Scotia Health Authority personnel to know that for each purchase from him over \$14 that, he will offer a discount of \$3.

**Partners for Care Farmers' Market is now on Facebook so please "Like" & "Share" VG/QEII Partners for Care Farmers Market with your friends.**

**For market info contact: Karen Mills at 902 473-7048,**

**Email: [karen.mills@nshealth.ca](mailto:karen.mills@nshealth.ca)**