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The AFM is ?On Beat? with Soup Fest this Culture Days!

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and Jan Freedman, Aurora Farmers' Market and Artisan Fair

The Aurora Farmers' Market and Artisan Fair will be celebrating Culture Days with their popular ?Soup Fest? which has become a much-anticipated annual tradition.
On Saturday, September 29, five Market chefs will create delicious soups from fresh, local ingredients sourced at the Market. The Soup Fest will begin at 9:30 am with each chef having up to 30 minutes to finish preparing and serving samples of their soup to the public. The last demonstration will be at 11:30 am.
This year's Culture Days theme ?On Beat? challenged chefs to incorporate the theme into their culinary creations. And our Market chefs were definitely up for the challenge!
Cathy of ?Catharina's Kitchen? perhaps best embraced the thematic challenge with her decision to create a ?Beet It? soup, inspired by Michael Jackson's ?Thriller?. Cathy likes to work in her kitchen while listening to heavy rock music.
Sarah Joy of ?Sarah Joy Sweets? likes listening to Jared Lutes and country music. The former head baker at Grand Oak Market in Niagara will be making a harvest soup, ?Zucchini with Rosemary?.
Chef Gabriel of ?Catering By Gabriel? says that he likes to listen to the music played at the Music in the Park concerts on Wednesday nights. When asked about his soup, he replied that he is making a ?Mexican Jumping Bean? soup. I think that we're in for a surprise that will definitely have us jumping to the beat!
Jan of ?Jan's Country Pantry? has chosen to make a ?Curried Cauliflower Soup? to celebrate the fall season. Although Jan likes a wide variety of music genres, her favourite choice in the house as well as in the car is classical music.
Pascal of ?La Brehandaise Catering? has not yet decided which soup he will be creating, but he'll likely be getting his inspiration listening to French music.
For our entertainment, we are excited to announce that the wonderful, Juno nominated musician, Glenn Marais, will be performing at the Bandshell starting at 10 am. Glenn's musical diversity features a blues, rock and reggae mix that he says will leave you humming ?I Feel Good?. Glenn will be bringing a percussionist so there will be a rhythmic element to the performance as well as a touch of djembe drum action. Glenn recently finished second in a Toronto Blues Society Talent Contest and is currently at work recording a new Delta Blues CD. His goal is to combine music with social activism while engaging the community at the same time.

Start your Culture Days experience at the AFM with a sampling of the many aromas, textures and flavours created by Market chefs. The AFM is located at Town Park, 49 Wells Street and is open from 8:00 am ? 1 pm. To learn more, visit theaurorafarmersmarket.com.
Culture Days is a collaborative movement that welcomes your participation. Look for your Culture Days passport in the Auroran, visit any of the participating venues to have your passport stamped and be eligible to win great prizes.