

# Culture Days at the Aurora Farmers' Market & Artisan

**By Shirley Wiedemeyer**

Dating back to 6,000 BC, soup has been a staple of culture and heritage, bringing together family and memory. Soup has been associated with comfort, warmth and good health throughout history. While some soups are thick, some thin; some complex; some surprisingly simple to make, soup is enjoyed the world over with recipes lovingly passed down through the generations.

When Ontario first was settled, the settlers brought their recipes to sustain them and help retain their cultural heritage. Over the years, many Canadians have brought their heritage seeds to Ontario's farm fields to contribute to our vibrant food culture. The Aurora Farmers' Market delights in bringing you the best in local, sustainable and healthy fruits and vegetables.

The Aurora Farmers' Market will be hosting its ever-popular Soup Fest in celebration of Culture Days on Saturday, October 1, with the theme of 'Back to Your Roots' a play on the generations who lovingly passed down these recipes and the important root vegetables that will be featured.

Root vegetables that will be showcased include carrots in multi-hues of orange, crimson, white and purple; beets packed with vitamins and minerals, potatoes that have served as sustenance during times of famine, and leeks, an important ingredient to the delectable Vichyssoise.

The need to keep traditions from our past keeps us grounded as we move towards the future. Join our Market chefs as they create soups with fresh ingredients from our local farmers for a mouth-watering tasting extravaganza.

The Aurora Farmers' Market and Artisan Fair looks forward to celebrating our multicultural heritage through the creations of our chefs' explorations of their cultural roots or, more literally, by root vegetables.

'Back to Your Roots' will be held on Saturday, October 1 from 9 am - 1 pm. Soup Fest is one of our most popular events, so plan to arrive early for tastings.

The Market, located at Aurora Town Park, opens the first Saturday in May and runs until Saturday October 8 from 8 am - 1 pm.

For information including indoor market dates and special events, please visit [theaurorafarmersmarket.com](http://theaurorafarmersmarket.com).