# **MARKET MUSINGS**

## By Jan Freedman

What another fine day at the Farmers' Market on Saturday.

#### Despite the forecast

for rain and thunder storms, we enjoyed a beautiful, hot summer day during which there were cooling breezes to make things comfortable.

#### Along with the

pleasant weather, we enjoyed music played by a wonderful young couple called,? Sky and Rose?. There were so many positive comments about them from market-goers that we will try to book them for a return visit.

# This year one of our

new vendors is a husband and wife team, Ashley and Richard Casagrande. Richard has a small wood business, Grande Woodcraft, where he makes personalized charcuterie boards and tables, while Ashley creates essential oil roller blends and sells products for chemical free alternatives to everyday cleaning.

#### Richard has always

loved building things with his hands. Initially, it began as a way to reduce stress after the addition of their two boys. However, it slowly developed into a business.

#### Richard started

learning tips and tricks from friends and the woodworking community and began to create small cutting and charcuterie boards for family and friends. He later began making unique boards using electricity that created lightning-like burn marks in the wood.

# He loves how each

board is different and that you cannot go into a store to buy a board like the ones he creates. Each one is unique. Richard takes great care in creating boards for custom orders and is motivated by the thought of people coming together to share food and family. He is delighted to be a part of that camaraderie.

### Ashley is a plant

lover and gardener who has always loved incorporating natural, plant-based solutions into her daily routine. Her desire for natural, chemical-free alternatives was even greater after the birth of her two boys, Leo, 4, and Gabriel, 2.

### Ashley wanted to find

ways to avoid certain chemicals in her life as well as the lives of her family.

#### She was introduced to

essential oils by a friend and realized that she could swap out many common chemicals for natural, plant-based ones.

#### After much research

and the help of an online ?oily? community, Ashley began blending oils and making unique roller bottle blends that can be applied topically to help with such common complaints as headaches, indigestion and stress.

#### In addition to the

roller bottle blends, Ashley has begun to make natural cleaning products which can be used to clean a variety of surfaces such as glass, natural stone and tile. Ashley is available for essential oil consultations and loves taking custom orders for a blend for a specific need or age. For the sake of complete transparency here, this writer challenged Ashley to make a roller bottle blend to address a digestive condition. She rose to the challenge and I'm delighted to say that the results are very positive. I recommend stopping by their booth in the park to see what each has to offer.

# Our next ?Special Event?

is our ?Customer Appreciation Day? on July 20 when the entertainment will be provided by ?Howlin' Fine Music?, back by popular demand.

#### There will be the

usual free crafts for the children and a draw for a Market bag full of goodies. We will keep the rest of our plans for the day a surprise.

See you at the Market!