

## Culture Days at the Aurora Farmers' Market & Artisan Fair



By Joanna Allison

The Aurora Farmers' Market & Artisan Fair will be hosting a special culinary event on Saturday, September 27, from 8 a.m. to 1 p.m. as part of Culture Days.

Culture Days was created in response to the growing recognition that a vibrant arts and cultural sector contributes directly to a healthy and stable society.

This national initiative provides Canadians with the ability to participate in the arts and cultural happenings in their own communities.

The Aurora Farmers' Market Culinary Day will provide the opportunity for the community to engage in culture centralized around healthy food.



The event encourages people to explore the importance of buying local produce and incorporating these items into everyday meals that will support a healthy lifestyle.

Culinary Day will showcase the popular talents of some of the local chefs who are regularly at the market. They will prepare delectable fall harvest-themed dishes on-site and provide free samples and recipes to the public.

The chefs will cook with the market's local farmers' produce, emphasising the tastiness of cooking with squash and pumpkin.

Chefs participating in the Culinary Day special event are: Andrew Evans and Mat Orr of Cookery Catering, Mel Laidlaw of Mr. Spinner's, Pascal Poilbou of La Brehandaise Catering (Organic Crepes), Gabriel Schacher of Gabriel's Café, and Nick Vannan of The Family Kitchen.

Squash and pumpkin will be in season in September, which makes these local foods ideal for creating tasty fall dishes. In addition to being in season, squash and pumpkin are high in nutritional value. The nutrients in squash strengthen the immune system and bone

health, as these vegetables are high in potassium and vitamin B6.

Pumpkins are high in fibre and low in calories, which makes this vegetable popular amongst people wishing to lose weight. Not only are these vegetables delicious, but they are also healthy for you. The talented chefs will create these culinary pieces into works of art in terms of appearance, aroma and taste.

Take this opportunity to learn a new recipe and try something a little different.

On September 27, the Aurora Farmers' Market & Artisan Fair will also feature at least 20 members of the Aurora Community Band in the Town Park band-shell for two sets starting at 10 a.m.

There will be free crafts for children and a fun scavenger hunt to claim a prize. A stylish jute Market Bag filled with fresh produce, delicious baked goods and beautiful artisan products will be raffled off at noon.

The Market is located at 49 Wells Street, Aurora Town Park, and is open every Saturday from 8 a.m. to 1 p.m., rain or shine until October 25, 2014. For more information, please visit their website at [theaurorafarmersmarket.com](http://theaurorafarmersmarket.com)