

MARKET MUSINGS

By Jan Freedman

What glorious weather we had for the second market day of the outdoor season. The day dawned bright, sunny and warm and became quite hot by closing time.

More people now realize that we are open again and the market was very busy. We had a musician entertaining us and Gillian (from the Family Kitchen), our new co-ordinator of Special Events, arranged a charming crafts project in which the children put together small jars of layered coloured sand as Mothers' Day gifts.

Since opening week, our farmers already have more seasonal produce. There were asparagus, fiddle heads, wild leeks, and Willowtree Farm had the first rhubarb of the season. Over the next few weeks, there will be more spring produce available and more vendors will be arriving. For example, Cooper's Farm will return the first weekend in June.

As you will have noticed, we have several new vendors this year. I'd like to introduce you to one of them.

Mix It Up Health Bar is a small, family run business operating booths at our market as well as at the Newmarket Farmers' Market and various other markets and festivals in the GTA.

Registered Holistic Nutritionist Dominic, and his 'foodie' wife, Laura, offer a wide range of delicious healthy snacks and drinks. They pride themselves in sourcing only non-GMO, local and/or organic ingredients for their creations. From smoothies and fresh fruit and veggie popsicles, to gourmet grilled cheese panini, take home salads, granola, apple and pear chips, they offer guilt-free snacks for the entire family. They also sell organic dry goods such as flour, Himalayan salt, cinnamon and coconut flakes.

You will find everything you need to stay healthy from this friendly and knowledgeable couple.

For this couple, their journey to health began when both of their fathers were diagnosed with cancer. From that time forward, they were determined to live a more holistic, healthy life.

The birth of their now two-year-old son also helped change their lives and set them on a path of self-discovery and personal growth. They sold their house, car and 'stuff' and set off on a winter adventure that took them to Thailand and Costa Rica to fill their mind, body and soul. You can read more about their adventures and alternative lifestyle on their blog at www.holisticfamilytravels.com or follow them on Facebook @holisticfamilytravels.

As a Registered Holistic Nutritionist, Dominic enjoys helping others on their path to wellness. Sometimes all you need is a helping hand and a supportive shoulder to lean on as the journey to health can be confusing and littered with many obstacles. Dominic will be there to support and guide you, with an understanding that the healing process is a lifelong one, and small steady steps can take you easily to places you might never have dreamed of reaching.

To learn more about this dynamic duo of Dominic and Laura, receive some health advice or keep track of where they will be, please check out their website: www.holistichelp.ca

Do visit their booth at the Aurora Farmers' Market, located in front of the Schoolhouse Lofts, on Saturdays from 8 a.m. to 1 p.m. this summer to taste some delicious, healthy snacks.

Although we are planning to have some entertainment every Saturday, our next Special Event is not until June 20 when we celebrate our Strawberry Festival.

See you at the Market!