

## MARKET MUSINGS

**By Jan Freedman**

The Aurora Farmers' Market and Artisan Fair has now closed the outdoor season and not a moment too soon, as the cooler fall weather moves in.

Our last Saturday began with heavy rain as the vendors were setting up, but by about 8.30, the sun was peeking from behind the clouds and we were treated to a lovely sunny day. Now we move into the Armoury building on Larmont for a series of five markets, but more about that in a minute.

If you are looking for an original gift for Christmas, you should visit a new vendor at the market this year. Catherine DeVos is a local Holistic Nutritionist who makes naturally based skin creams, body butters and other specialty products such as sleep creams, natural deodorants and essential oils.

Catherine's love for the natural lifestyle began when she was in her early teens as she watched her older brother suffer from schizophrenia. No amount of medication would help him and Catherine developed a distrust of modern medicine, turning to natural ways to treat illness. In her 20s, she became absorbed in natural cancer therapies and read books she found in health food stores.

She learned about wheatgrass and the Gerson therapy and became convinced that natural foods and herbs could cure disease.

Catherine had to wait until after she raised two children (both diagnosed with ADHD) to return to school to pursue her passion and study Holistic Nutrition at Toronto's Institute of Holistic Nutrition in 2008. She graduated in her early 50s. Shortly after beginning her studies she was diagnosed with breast cancer.

Catherine's life experiences together with her learning has convinced her that a poor diet and food sensitivities can adversely affect mental health and contribute to hyperactivity, depression, anxiety, poor learning and other more serious illnesses. She is also interested in the biomedical approach to ADHD and Autism.

When she is not busy with her homemade skincare potions, Catherine provides nutritional guidance to private clients in her home office in Newmarket. In addition, in the summer, Catherine loves growing her favourite varieties of kale in her backyard organic garden. She has taught food prep classes through the Parks and Rec Departments of Aurora and Innisfil. Catherine feels that her experience with breast cancer has refined her compassion and empathy toward people with serious disease. You will be able to find her at the December 10 Indoor Market. She will custom design a gift basket for Christmas giving.

As of this writing, these are the vendors you can expect to see at the Indoor Market on Saturday, October 15 at the Armoury. Please keep in mind that there may still be last minute additions or subtractions which are out of our control:

Among the farmers will be: Andy of 19th Avenue Farm, Warren of the Abbott Family Farm, Alexander of Beaver River Organics, Peter of Oakridges Finest, Andre of Pioneer Honey and Rex of Summerside Farm. The food vendors will include Catharina's Kitchen, Green River Coffee, Guilt Free Goodness, Jan's Country Pantry, John Abraham, and San Nicola Bakery. Girl Guide cookies will be sold and the York Region Food Network is expected. The artisans will include: Captain Ted's Knick-Knack-a-Tory, Creepy Tours, Eurasia Jewellery Design, Eva Nagy, Green Leaf Design, Nancy Wood, Kibo Natural Body Care, Limitless Jewels and Wood U. We welcome you all to come and visit us and place your orders for Christmas.

See you at the Indoor Market!