

## MARKET MUSINGS

**By Jan Freedman**

We are approaching the midway point in our series of five indoor markets at the Armoury on Larmont Street and we are expecting to become even busier as the holidays approach. Before I tell you whom you can expect to see at Saturday's market, I'd like to introduce you to a new farmer who will be joining us for the first time.

The mother and son operation is a new local farming business. They use a refurbished refrigerated shipping container to grow fresh leafy greens all year round. Both mother and son have always been interested in what is happening globally, specifically the diminishing capacity to feed the ever increasing global population. Droughts everywhere are affecting our ability to grow enough food.

While watching CNN one day, Adam, the son, discovered an interesting growing concept. The story outlined the growing capabilities of a recycled shipping container. They did some research and travelled to Boston to explore this concept. The company they visited is called Freight Farms. They liked what they saw and connected with the vibrant young people working there, a group of individuals constantly doing research to better the farm.

Adam and his mother, Elizabeth, purchased their unit which was delivered in January. The farming capacity of the shipping container is the equivalent of 2 acres of traditional farming but uses 90 per cent less water ? something to think about in these drought laden times!

They are learning the ropes and are very pleased with the high quality of the greens they are growing, as are the happy customers they sold to at the Georgina Farmers' Market this past summer. They are looking forward to being a part of the Aurora Farmers' Market and Artisan Fair's indoor market season at the Armoury for the first time.

They are excited to provide customers with non GMO, preservative free, herbicide and pesticide free produce. They use only organic seeds and non-chlorinated well water. Their produce is handpicked within 12-20 hours of going to market. They will have available kale, Swiss chard, mustard greens, lettuces, some herbs such as dill and parsley for now, with cilantro and shiso before the end of the season.

They are looking forward to meeting new people who will become friends and customers at the indoor market. Please drop by their table to welcome them to our market family.

Now here is the list of vendors we are expecting to be at the November 12 indoor market. Please keep in mind that there may be last minute additions or cancellations which are out of our control.

The farmers will include: 19th Avenue Farm, the Abbott Family farm, Beaver River Organics, Oakridges Finest, Pioneer Brand Honey and Grown with Care Farms.

The food vendors will include: Catharina's Kitchen, Green River Coffee, Guilt Free Goodness, Jan's Country Pantry, John Abraham, and Nutmeg Bakeshop. We may also have Nerpy's hot sauces and Chad's breakfast burritos at this market but both are unconfirmed at this time.

Among the artisans will be Captain Ted's Knick-Knack-a-Tory, David Heard's Creepy Tours, Eurasia Jewellery, Green Leaf Designs, Eva Nagy, Kibo Natural Body Care, Limitless Jewels, and Wood U.

We are also expecting two Community groups: the Rotary Club will be selling hams as a fundraiser and the Girl Guides will be selling cookies.

We hope that you'll include a visit to the indoor Farmers' Market among your plans for Saturday, November 12, between 9 a.m. and 1 p.m. Many of our vendors are accepting Christmas orders but need some lead time to ensure that they're ready for the holidays. See you at the indoor market!