

## 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!