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## News and Views

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*Promoting health and protection of the environment through education and the provision of quality organic produce from our farm to your table.*



### News from the Farm:

April 14th marks the opening of the Kamloops Regional Farmers' Market and another season of locally produced vegetables, fruits and baked goods, to name just a few of the many fresh and tantalizing offerings. This year promises to be just as successful as previous years as the events planning committee gears up to provide entertainment for all ages. Shoppers can venture up into the schoolyard and relax in the shade while taking in the tunes of local musicians and enjoying the relaxing atmosphere. Home based businesses and local artisans will also be displaying their wares and crafts every other Saturday. British Columbia boasts one of the greatest growths in farmers markets in all of Canada, now having over 105 established markets. The resurgence in farmers' markets across the continent is driven by consumer demand for fresh, locally grown produce. More and more people want to know who the farmers are and where their food is coming from. Markets though are not just about selling agricultural products. They are about community, the gathering of people, seeing and connecting with old friends and supporting each other. When visiting the Kamloops Farmers' Market on 3rd and St. Paul this is clearly evident. During the summer months, people are not only buying from the vendors but talking with others, sitting in the schoolyard and enjoying the vibrant atmosphere. The market is friendly, dynamic and one truly has a sense of being connected to their community. The benefits of markets though, are not just confined to the marketplace as the economic impact of markets can be widespread. Many Saturday shoppers take time to eat lunch downtown or do other shopping. Research done by the Ontario Farmers' Market indicates that 55% of shoppers also stop at neighboring businesses. This has played a significant role in some communities in revitalizing the downtown core. So when April rolls around and you are visiting the market, buying bedding plants, baked goods, honey or meats be aware that not only are you supporting your local producers but you are playing a significant role in keeping your community alive! dk



### APPLES

I realized the other day that I hardly ever write about fruit and since they are usually included in both the fruit and vegetable boxes I decided to write a bit about apples. Everybody knows apples are good for you, they are delicious, great for snacks, low in calories, full of fiber and come in all shapes and sizes. The extension office of the University of Illinois states that "pectin actually helps to prevent cholesterol buildup in the lining of blood vessel walls, thus reducing the incident of atherosclerosis and heart disease. The insoluble fibre in apples provides bulk in the intestinal tract, holding water to cleanse and move food quickly through the digestive system." It is also important to eat the skin of apples as not only does this provide more insoluble fiber but almost half of the vitamin C content is just underneath the skin. Apples also contain potassium and vitamin A.

Some interesting facts about apples: There are 7500 varieties of apples grown around the world.

\*A medium apple is about 80 calories.

\*Apples are fat, sodium, and cholesterol free. (one scoop of Haagen-Daz vanilla ice cream has half a day's worth of saturated fat.)\* Nutrition Action Health Letter

\*Apples are a member of the rose family.

\*China is the leading producer of apples with over 1.2 billion bushels grown in 2001.

\*One of the first apple orchards established in B.C., was on Salt Spring Island in the 1860's. Salt Spring now grows over 350 varieties of organic apples. Visit the Salt Spring Apple Festival Sunday, September 30, 2007.



### Curry Spinach Salad

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|--|------------------------------|
| 1 bunch spinach, washed  | 1/4 tsp salt                 |
| 2 tbsp lemon juice   | 2 tbsp mango chutney         |
| 1/2 tsp sugar or honey   | 3 tbsp vegetable oil         |
| 1/4 tsp curry powder   | 1/3 red onion, thinly sliced |
| 1/4 cup toasted sunflower seed or toasted slivered almonds. (optional) |                              |

Wash and dry spinach, remove stems. Core and thinly slice apple, place apple and spinach in a large salad bowl.

Stir lemon juice with sugar, curry and salt. Stir in chutney. Remove any large fruit chunks in chutney, finely dice and return to dressing. Whisk in oil while pouring into juice mixture in a slow steady stream. Pour over spinach mixture and toss. Sprinkle with red onion rings and seeds or nuts. Serve right away.

Makes 4 to 6 servings.

Courtesy of Chatelaine Magazine.



**Kamloops Saturday Farmers' Market opens April 14th @ Third Ave. and St. Paul**

**Wednesday Farmers' Market opens April 25 @ Victoria and 5th Ave.**

**Sun Peaks Farmer's Market opens Sunday May 20th.**