



The restored, historic, 17-foot-high Birks' clock, or the Clock of the Charging Horsemen, is an eye-catching focal point of the renovated, two-story Hamilton Farmers' Market.

More Than Fruits & Veg! Local Food Products Abound at Farmers' Markets

By Gloria Hildebrandt
Photos by Mike Davis

In addition to just-picked, in-season fruits and vegetables, there's another reason to shop the stands, tables and wagons of your neighbourhood farmers' markets: locally made or sourced food products.

According to a 2010 study commissioned by Greenbelt Farmers' Market Network, "vegetables holds the top spot, followed by fruit, baking/bread, cheese, meat, snacks and prepared food. Other items fill out the array and draw some shoppers: eggs, cut flowers, honey, herbs, coffee/tea, maple syrup, plants/seeds."

It's worth going to a farmers' market with an open mind, to see what's tempting. Here is a sample of what's available at some Escarpment-area markets.



"Local food has always been our focus since we established our farm in 1980," says Bert Andrews, owner of Andrews Scenic Acres. Here, a staff person sells at Downtown Georgetown Farmers' Market.



Heatherlea Farm Market serves up fresh, local burgers at the Inglewood Farmer's Market.

More Than Fruits & Veg! Local

Downtown Georgetown Farmers' Market

The long-established Saturday-morning market on Georgetown's Main St. has several specialty sellers. Here are a few.

Andrews Scenic Acres has prize-winning fruit wines, and does a fine business in fruit tarts, pies, chutneys, relish, jams, juice, honey and vinaigrette.

The Bee and Me offers up everything bee-related: honey, fresh honeycomb, bee pollen, honey sticks, beeswax candles, soap and lip balm in natural, peppermint, cherry and bubblegum flavours. The honey is also available in cinammon, raspberry and cherry flavours.

Jentree Whole Foods is a Georgetown-based line of gourmet granolas with organic oats, dried fruit and nuts, made by hand. Foodstuffs stocks them in their downtown Georgetown store.

A wide variety of products from sweet potatoes are available from Round Plains Plantation. Plenty of samples have shoppers hovering around their tent.

"Our Biscuits and Berries event will be on June 11, and we use local berries from Andrews Scenic Acres and Scottish biscuits from Heather's Bakery," says Kim Falls, manager of Downtown Georgetown Farmers' Market. "People can purchase these tasty morsels at a pittance and the money will go to a local charity. Local strawberries are a hot commodity and don't last long."

Hamilton Farmers' Market

Two storeys enclosed by walls of glass windows. A ramp, an elevator, a smooth concrete floor. The renovated Hamilton Farmers'

"We want our work to have a positive impact globally, for coffee farmers, and right where we live," says Rachel Hofing of Red Hill Coffee Trade. "We roast quality coffee close to home, and are a means by which our customers can foster both our community and global farming communities." Their Hamilton Farmers' Market stall offers coffees to shop by.



Food Products Abound at Farmers' Markets



“We grow sweet potatoes, and produce a full range of home-cooked sweet potato treats: muffins, pies, tarts, cookies, canape spreads, salad and breads,” says Juli Proracki, selling here at the Downtown Georgetown Farmers’ Market. “We have a specialty in gluten-, dairy- and sugar-free baking.”



Stock up on a variety of homemade jams made with fresh fruit.

Market is bright, clean and accessible for everyone with bundle buggies, strollers, wheelchairs and delivery carts. It is open certain days of the week year round.

Interspersed among the vegetable, fruit, flower, meat and cheese stalls are the sellers of local food products: baked goods, chocolate, coffee, honey, jams, jellies, preserves and more.

“As a historic community gathering place, the Hamilton Farmers’ Market offers local grown and produced food and food products,” says Cathy Masterson, until recently the market’s supervisor.

“Hamilton residents understand the value of strengthening the local economy by purchasing locally grown food.”

De la terre bakery has a space near the front door. They make organic, artisan breads and pastries in their Vineland location, including sourdough, whole wheat and rye, spelt, whole wheat oat and raisin, olive, and baguettes, as well as oatmeal raisin cookies, chocolate chip cookies, streusel squares, brownies, biscotti, and croissants.

Red Hill Coffee Trade is at the top of the stairs, and calls itself

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Hamilton's roasterie of Fair Trade-certified and certified-organic coffee.

At the bottom of the stairs is a sweets shop featuring Beaner-

munky chocolate from Hamilton and anDea Chocolate from Ancaster.

Blackberry Hill Farm offers a range of preserves, and baked goods made by Fleetwood Acres Homestyle Bakery in Carlisle to

spread them on.

Tucked away along a back wall, Lina's European Pastries does a brisk business in authentic homemade brownies, Nanaimo bars, muffins, Belgian cookies and much more.

Black Walnut Lane sells a wide variety of cuts of farm-raised meat from Millgrove and Troy, including lamb, Angus beef, Berkshire pork, chicken, wild boar, bison and water buffalo.



Jenny Allen sells her handmade granola at Downtown Georgetown Farmers' Market.

**Ottawa Street
Farmers' Market**

The year-round, Friday and Saturday outdoor market in a parking lot behind Ottawa St. in Hamilton tends to specialize in fresh, local produce, flow-

ers and plants. Even in winter, though, local honey and maple syrup is available, and during the warm months, you can pick up homemade pies and breads.

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Open year-round, Ottawa Street Farmers' Market sells local honey, maple syrup, and homemade breads and pies along with local fruits and vegetables.



Ready-made meat pies are available from Black Walnut Lane at Hamilton Farmer's Market, as well as their local farm-raised meat.

products: raw comb, summer blossom, wild flower, and buckwheat honeys, and honey spreads in the favours of chocolate, cinnamon or raspberry, but also beeswax products and pure maple syrup, maple sugar treats and pancake mixes.

Foodstuffs, Georgetown

Proudly stocking local products from Georgetown and Norval. From close to the Escarpment, goodies from Best Baa Dairy, Dutchman's Gold, Hewitt's Dairy, Woolwich Dairy and more.

Heatherlea Farm Market, Caledon

Their own drug-free Black Angus beef, as well as local chicken, pork, lamb, bison, wild boar and turkey. Their own frozen homemade meals and dessert breads. Other local preserves, pasta, peanuts, honey, oils and more.

Picard's, Fonthill, Morriston, Niagara-on-the-Lake, Waterdown and more

Ontario-grown peanuts, peanut brittle and homemade ice cream in season. Seasoned nuts, chipnuts, chocolate-covered nuts and much more. Generous free samples.

Walker's Chocolates

Award-winning Walker's Chocolates of Burlington offers more than 50 varieties of chocolate, truffles and even sugarless centres, made in small batches and hand stirred the traditional way. Boxed chocolates, chocolate bars, moulded chocolates and candy are available at their retail shops in Burlington, Hamilton and Hamilton Mountain, and online through their website. Here's a secret: they sell seconds at their Burlington factory store. Not perfect looking, but still perfectly delicious!

White Meadows Farms, Pelham

The farm store features everything maple from syrup to candy, but also barbecue sauces, dressing, vinegar, mustards, dry and prepared dips, three kinds of pancake mixes and more. ■

Other Sources of Local Food Products

Of course, farmers' markets are not the only places to buy local food products. Here are some retail shops that sell their own or others' food specialities.

Chez Fromage, Fenwick

Impressive selection of cow, goat and sheep cheeses from Europe and across Canada. Products from Best Baa Dairy, northwest of Orangeville, as well as Comfort Cream and Niagara Gold Semi Soft Ripened Cheese made from the milk of a single local herd of Guernsey cows, by Upper Canada Cheese Co. in Jordan Station in Niagara Region.

Dutchman's Gold, Carlisle

"Dutchman's Gold is known for their honey, finding its way onto local grocery stores' shelves and into the hands and heart of many local residents," says Erika Van Alten. She manages The Honey Shop, which carries their own honey