

# Farmers' Market News

The Farmers' Market is in the  
VG Scotia Room cafeteria.



Some vendors are in by 8 - come down!  
Market hours are approx. 9 – 1:30

**Farmers' Market News**  
**inside Fall Market 2017**  
**BUY LOCAL - EAT FRESH**

**Buy Fresh, Eat Local, Eat Healthier, One Day at a Time!**

Fridays the door at the back of the cafeteria (near ATM) is open for the Farmers' Market customer convenience when coming to the market.

The Nova Scotia Health Authority encourages you  
“to make healthy food choices”.

**Blossom Shop** – Penny always has a wonderful display of fresh flowers to brighten someone's day. Pre order anytime from Blossom Shops for delivery: [tabshome@eastlink.ca](mailto:tabshome@eastlink.ca)

**Boulangerie la Vendéenne** - They are a Certified Organic French bakery. They bake 20 different breads & a variety of viennoiserie, baguettes, sourdough, etc.

**Cabbage Patch Kim chi** – Kimchi is available at Pat's Preserves table while Jessie is fulfilling a work contract. Note from Jessie Palmer, vendor. “Kim chi is an integral part of the Korean culture, in which I was immersed for 4 years and where I learned to love and subsequently make the product. It is a tangy and sometimes spicy fermented Korean condiment that dates back as far as the 7th century. It's a non-dairy pro biotic rich in vitamins A, B, and C that help with digestion and replenish the stomach's micro flora. It's a

delicious low-fat, high-fibre staple that anyone can enjoy. I want to share authentic Korean kimchi with people so they can enjoy the benefits and flavour! Ingredients: Napa cabbage, diakon (radish), sea salt, ginger, garlic, onion, red chili peppers, fish sauce, Asian pear, chives, and sesame seeds.

**Genuine Nova Scotia Oatcakes** – Ken says, “The love is baked right in!” We salute the many who see the value in making a wholesome product, by sourcing the finest ingredients locally. As the tourist season approaches we’ll no doubt expand production and distribution. GNSOs make excellent gifts for folks from away, Nova Scotian’s living away, and of course oatcake lovers who may not be able to make it to market. This spring we’ve added Lavender from Seafoam Farm in River John, Nova Scotia to our selection of oatcakes, also made with Lunenburg Cranberries and Blueberries. If you like Lavender this oatcake is “love at first bite!” Find out more about our products at [www.genuineoatcakes.com](http://www.genuineoatcakes.com)

**Goldwater Seafoods** - Tom has fresh fish each week which may include fresh (slushed) Haddock, fresh Halibut, Cod, Yellow Fin Tuna, Scallops, Trout and Salmon. Tom carries “Simply Seafood Dog treats”, they are dried Haddock or Pollock caught in the wild, North West Atlantic. Email Tom directly at [tom@goldwaterseafoods.com](mailto:tom@goldwaterseafoods.com) Tom will have his usual frozen variety of seafood (Fish Cakes and Lobster meat) and some Smoked products available. Goldwater Seafood is from south western Nova Scotia and they promote sustainable fishing practices to ensure the quality products they provide will always be available for generations to come. Check out their website at [www.goldwaterseafoods.com](http://www.goldwaterseafoods.com)

**Heppy’s Pie Lady** - Heppy invites you to try their low fat and low sodium Chicken and Beef pies. Heppy’s French Acadian mother, Yvonne, is well known for her incredible cuisine. With great pride and pleasure – Yvonne’s treasured recipes- mother and daughter have worked together to create and perfect a variety of homemade meat and pot pies. The mission statement for them is, “Heppy’s, a High Quality Alternative to Fast Food, For Today’s Hectic Lifestyle”. Heppy’s have their 5 top sellers available, Chicken & Beef Pot pies,

**Chicken and Pork pie, Tourtierre and Turkey pie. Visit them at: [www.heppy's.com](http://www.heppy's.com) or call (902) 479-(PIES)-7437.**

**Love Organic Vital Energy Inc. (L.O.V.E.)** produces high quality, organic herbs, spices and custom blends by sourcing and packaging them in small sizes that promote freshness and are budget friendly. We also offer a year-round fundraising opportunity for sport, school and personal interest groups within the HRM. Please contact us on facebook to view our product line in our photo gallery or visit us on the web [loveorganicvitalenergy.com](http://loveorganicvitalenergy.com) to see how we can assist your fundraising effort.

**Miller's Gourmet Kettle Corn** is family owned and has served Customers for over 10 years. Miller's products are also available at Pete's Fine Foods, Earth Organic Market, Pete's To Go, Garrison Brewing Company, Hfx Cruise Terminal, Scotiabank Centre, Halifax Exhibition Centre, Peggy's Cove and our flagship store at Stanfield International Airport. We look forward to partnering with the VG Market to promote our products and further extend our brand in HRM.

**Noggins Corner Farms** - They bring a variety of fresh fruit and vegetables, greens, etc and Free Range EGGS. The variety will vary as the season progresses and more/less is available for market. They have fresh Apples available as soon as they are ready for picking and as long as they last. Enjoy the best of fruit and vegetables from the valley. They are always a busy spot at market.

**Pat's Preserves** – Pat has delicious Sweet & Tangy Pepper jelly, Raspberry Jalapeno jelly, Strawberry jam, Strawberry Rhubarb jam, Raspberry jam, Blueberry jam, 3 Fruit Marmalade, Rhubarb jam, Peach jam, Cranberry sauce, Mint jelly, Premium Marinade, Premium Rib Sauce, Cajun Rub, Curry Rub, Steak Rub, Million Dollar Relish & fudge. He will carry other vendor's products like honey and Kim Chi. Thank you for your business and support, come see me for info or email at [patspreserves@gmail.com](mailto:patspreserves@gmail.com) You can follow me on Twitter @patspreserves “I accept cash, debit and credit

cards. Wedding favors are available, come see me for info or email [patspreserves@gmail.com](mailto:patspreserves@gmail.com) Follow me on Twitter @patspreserves

**Rudi's Hot Sauce** – Rudi will be back to this market early December. Rudi will brighten your day, “Let the peppers shine! I’m here to bring you top notch hot sauces. I’ve got five unique flavours ranging from mild to extra hot...Sweet Cherry Bomb (Best seller! sweet, garlicky and a wee kick at the end), Smoky Jalapeno Bacon (Bold, smoked jalapenos meet fire-roasted long red chilies and garlic, and then natural cooked bacon flavour), Thai Bird Tang (Spicy, tangy, fresh lime and key lime oil make it great with fish!), Goat Pepper Fire (HOT, fresh, clean, simple, showcasing the fruity and elusive goat pepper), and finally Candy Reaper Burn (XXX-HOT, organic cane sugar, garlic and fresh Carolina Reaper). All-natural, very low sodium, gluten-free, packed with organic ingredients, and my Smoky Bacon Jalapeno and Goat Pepper Fire have no sugar! Rudi's Hot Sauce is produced in small batches by Rudi and his famous father, the Peppermaster. Come down for a sample!

**Satisfaction Feast** – Sarita's delicious soups are perfect for an easy lunch/supper. They are vegan and or gluten free and come in 500ml or 1 litre size. Her soups incl: Black Bean, African Peanut, Dahl, Green garden pea, Squash & Mushroom and so many more. Her Edamame Salads and Ginger Tofu are very popular.

**Schoolhouse Gluten-Free Gourmet** - Schoolhouse is a 100% Gluten Free kitchen. Wholesome ingredients go into their delicious and nourishing on- the – go foods for people sensitive to what goes into our bodies. They do this in small batches, by hand, in a converted school house in Lunenburg Co. Preorder call (902) 237-2482 or email: [info@schoolhouseglutenfreegourmet.com](mailto:info@schoolhouseglutenfreegourmet.com)

**Tucan Olive Oil Company Ltd.** - They carry flavored Olive oils and 12 plus flavours of Balsamic vinegars. Tucan Olive oil is Organic. It is delicious, “Try some, with a loaf of bread from Boulangerie La Vendeenne.

**Partners for Care Farmers' Market is now on Facebook so please  
"Like" & "Share" VG/QEII Partners for Care Farmers Market with  
your friends.**

**For market info contact: Karen Mills at 902 473-7048,**

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