



Covent Garden Farmers' Market

University Heights Public School 'Seed to Plate' Farmers' Market Newsletter

Wednesdays 3:30-6:30 September 11-October 9, 2013

Behind University Heights Public School, 27 Ford Crescent

Our Project!

London Community Resource Centre, the Covent Garden Farmers' Market, and Growing Chefs! Ontario are collaborating on a pilot project to increase accessibility to and understanding of fresh, healthy, and local fresh-from-the-farm food for school age children, their parents, and the community at large.

We are piloting this project at University Heights Public School in September 2013. The project involves setting up a farmers' market at the school, which will provide access to healthy food, education in the classroom provided by Growing Chefs Ontario, which will promote understanding why healthy food is important, and finally a 'learning garden', provided by LCRC, which will benefit the students on the journey to understanding and appreciating fresh produce.

Included in the project is a Healthy Eating information & sampling table at the farmers' market for the parents of the school children, and the community at large. Also included in our project are parent education sessions on healthy eating (quick healthy dinners, lunches your kids will actually eat, fast, simple and nutritious breakfasts, a canning and preserving demonstration, etc.).

The market runs Wednesdays, September 11 to October 9, 3:30-6:30 pm right behind University Heights Public School, which is located at 27 Ford Crescent. The market is open to the entire community, including Western students and faculty, the school is very close to the University, a short walk from Althouse College and Brescia College.



This project has been made possible through the generous support of TD Friends of the Environment, Turf Pro Landscaping, MLHU, Slow Food London, Farm Credit Canada, The City of London, the Thames Valley District School Board, Covent Garden Market, London Community Resource Centre, and Growing Chefs! Ontario.

Photos From our Grand Opening Celebration & Corn Fest!



Music with the Thames River Valley Boys!



London Community Resource Centre Grow, Cook, Learn Program



Chef Chris Meloche preparing Bruschetta

Our Farmers' Market Vendors

BACON ACRE FARM

Pork

CORN CRIB

Corn on the Cob

DOLWAY ORGANIC GARDEN

Certified organic vegetables

EMPIRE VALLEY FARMS

Vegetables, blueberries, and preserves

EyeCandyPopper

Organic, gluten free, dairy free baked goods

FRISA FARMS

Eggs

JOYCE FARMS

Strawberries, vegetables

K & M FARMS

Produce

LOAF

Handmade breads

MADE FROM SCRATCH

Baking, preserves

MCCLYMONT CENTURY ORCHARD

Apples, pears, plums

VENTURE FARM

Sweet Potatoes

YODA'S CATERING

Prepared meals

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More Pictures of our fantastic farmers!



Our farmers' market is 100% producer based, which means that we grow, raise, make and bake everything that we sell!



GOOD REASONS FOR EATING LOCAL

- You get just-picked freshness and full nutritional value.
- You get food bred for flavour, not uniform size or travel hardness.
- You help keep farmers farming and keep farmland farmland. By supporting small family farms and making farming economically viable for them,
- You help stimulate the local economy. By buying at farmers' markets and frequenting nearby stores, cafés and restaurants, you're helping keep consumer dollars circulating locally, helping to preserve jobs and create new ones. (
- You reduce your carbon footprint. The average distance produce travels to the super-market is 2500 km. At farmers' markets, the distance is less than 100 km (and usually < 60 km).
- You can learn exactly how the food you serve your family was produced.
- You can find out how to choose, store and prepare the food you buy. Farmers are experts on the products they sell; and they're only too happy to share that knowledge with you
- You get to enjoy specialty products you'd never find at the supermarket.
- You can buy food with no—or far fewer—chemical preservatives. Because produce from small family farms will be eaten within days, waxes and chemical preservatives aren't necessary.
- You get to enjoy what's in season as the seasons change. Farmers' markets connect you with the rhythms of nature: asparagus in the spring, sweet corn in the summer, and baked goods made with pumpkins in the fall.

