

# Market Matters

ST. JOHN'S  
farmers' market Co-op Newsletter

## COMFORT FOOD AND FRIENDSHIP

Meet Claudia, a valuable Consumer Member of the SJFM. She has been a member for one year and has contributed her valuable experience by sitting as a director on the board!

Claudia is originally from Colombia and moved to St. John's with her husband 4 years ago. It was at the Farmers' Market that they found familiar cuisine and met vendors from Mexico and Chile. Meeting fellow Spanish speakers and forming friendships helped Claudia and her husband adapt and settle into their new country.



Claudia enjoys the variety of handmade goods, fresh local produce, and international fare available at the market. She hopes that the market continues to grow and one day becomes a bigger tourism hotspot that could run all week.

## CO-OP WEEK OCT. 15-21

"Co-ops Mean Business"  
One of the SJFM Co-op's top objectives is to be an incubator for local small businesses.

MEET ME AT  
THE MARKET!



## MADELINE & MARK TRAN PHỞ F&M VIETNAMESE FOOD

- authentic, healthy, fresh ingredients, all made from-scratch.
- restaurateur in Vietnam.
- specialties: fresh spring rolls, Bánh Mì, customer fave House Special Beef Phở.
- quiet, music-filled prep fills food with happiness, love.
- dishes are from the heart; for Madeline, customers are family.

# THE CHAGA HOUSE



Aubrey and Kathryn Anderson are avid outdoors people. With their three dogs, they spend time in the woods hunting, hiking, and foraging chaga. Their decade-long interest in chaga, and extensive research in its properties, led to foraging for personal use and then ultimately to being the owners/operators of The Chaga House; providing high-quality chaga products harvested locally, sustainably, and processed by them.

Sustainability is important to the Andersons; it's the basis for choosing the SJFM as their retail outlet. They became vendors in September 2020, in the midst of the pandemic, but that didn't hinder interest in their product. Kathryn and Aubrey love the community feel of the market and the ability to share their passion and knowledge of the benefits of chaga with an ever-increasing consumer following.

## BLUEBERRY PUDDING

Fresh blueberries, and a number of other berries, are seasonally carried by various SJFM vendors. Try adding a spice mix, a syrup, jelly, or honey from one of our vendors to make it your own. So many possibilities! Thanksgiving is here...are you responsible for dessert?

Preheat oven to 350°.

- 2-4 c. blueberries
- 1 tsp each cinnamon, lemon juice
- 1 c. flour
- $\frac{3}{4}$  c. sugar
- 1 tsp baking powder
- $\frac{1}{2}$  c. milk
- 3 tbsp melted butter
- $\frac{3}{4}$  c. sugar
- 1 tbsp cornstarch
- 1 c. boiling water

Mix blueberries, cinnamon, and lemon juice. Place in greased baking dish. Combine flour, sugar, baking powder. Stir in milk and butter, spoon over berries.

Combine sugar, cornstarch. Sprinkle over dough. Pour boiling water slowly over the surface.

Bake 45 - 50 minutes, until topping is browned and crispy.



Photo credit:  
@azerbaijan\_stockers

Recipe contributed by:  
Julie McIlquham  
SJFM Vendor Member

guten appetite - بالةاففة - melkam megib - itadakimasu

bon appetit - niriqatiginiarquss - نوش جان - buon appetito - buen provecho





## LUCY DESIGNS ARE ONE OF A KIND

Once a French teacher, Darlene Clarke now has a new career on which to focus: clothing design. Darlene creates a wide range of adult-sized clothing, such as ponchos, coats, dresses and tops, however she also designs clothing for children. When her mind isn't creating, it's in travel mode, something she and her husband both love to do.

Darlene is quick to chat with those who have come to shop and those simply browsing, and she loves the friendly vibe of the market. Currently, you can shop Lucy creations one or two Saturdays a month at the SJFM, and at some Wednesday-evening HumpDay Markets held within the St. John's Community Market. Lucy fashion is one of a kind; if you see something you like, it may not be there the next time!

**Saturdays  
9am -4pm**  
St. John's Farmers'  
Market

**Wednesdays  
5-9pm**  
HumpDay Market

**Sunday, Oct 15th, 10am-3pm:**  
SJFM Women-Owned Business  
Market

**Sunday, Oct 22nd 12-4pm:**  
IcebergGallery Art Fair & Print  
Market

**Thursday, Oct 19th:** City of St.  
John's - My New St. John's Expo

**Friday, Oct 27th, 5-9pm:**  
Needful Things Bizarre

**Sunday, Oct 29th, 10am-3pm:**  
SJFM Market from Another  
Dimension

For more event info, check out  
[www.sjfm.ca](http://www.sjfm.ca) and our social media!



### WE LOVE YOUR INPUT !

We'd love to hear from you!  
Please send your anecdotes,  
questions, suggestions, photos  
and stories. Kids! We want to hear  
from you, too:  
[newsletter@sjfm.ca](mailto:newsletter@sjfm.ca)

*Your newsletter committee:*

*Julie McIlquham, Carla McIsaac, Theresa Murphy,  
Liz Stefan, and Greg Whelan.*

## DID YOU KNOW...



- Have your stories, anecdotes, drawings published! Email submissions to [membership@sjfm.ca](mailto:membership@sjfm.ca).
- Food donations (collection bin at our entrance) go to Bridges to Hope.
- the SJFM Community Table is available to community groups. Application form is available on our website to book your Saturday.

## KIDS SPACE

DOLLAR STORE STRETCHY SLIME  
([www.littlebinsforlittlehands.com](http://www.littlebinsforlittlehands.com))

- 1/4c. white washable PVA school glue
- 1/4c. water
- ¼ tsp baking soda
- 1 tbsp eye drop solution
- Food colouring, glitter (optional)



Combine glue and water in a bowl, mix well.  
Add food colouring, glitter if desired.  
Stir in baking soda.  
Add eye drop solution.

Mix until slime forms and stirring is difficult.  
Knead and stretch slime for desired consistency.

If needed, add additional eye drops to hands to prevent sticking.

Place in sealed container for storage.



*Images courtesy @pch.vector*

## SJFM COMMUNITY FACES



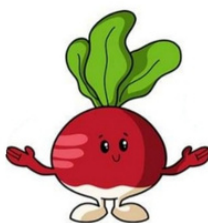
**Consumer.**

**Kaylee Oliver**  
LOVES the market; the people, the music, the atmosphere and vendors... amazing! Thanks, Kaylee!



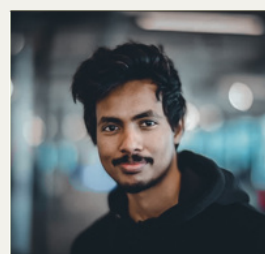
**Vendor.**

Mother/daughter **Miranda & Dana Anderson** (Fairy Garden Soap Co.) appreciate helpful connections with other vendors.



**Special Guest.**

Our **SJFM Ambassador** works diligently representing our market 24/7 and with flair. Welcome everyone!



**Staff.**

**Shahid Shaik Abdul:** an SJFM Market Assistant loves the variety of cultures at the market.



**Committee Member.**

**Julie McIlquham:** an artist (Wag the Dog) and Membership/Newsletter committee member. Ask about watercolour classes!