

Market Matters

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

MURRAY MEADOWS FARM

Nezar Khalif and family arrived as Syrian refugees in 2016, bringing a wealth of farming experience. Initially living in St. John's, the Khalifs relocated to Portugal Cove - St. Philip's. There, Nezar found employment at Murray Meadows Farm (1525 Portugal Cove Rd). The climates of Syria and Newfoundland are radically different, impacting seed choice and growing season. Nezar was eager to learn how to work the soil of his new home, and to introduce some Middle Eastern favourites like fava beans to curious locals. It's a family affair with his son Bashar working alongside him. His charming wife, Fatima, volunteers at Murray Meadows as well. From late spring until year's end, you can find this husband-and-wife team at the market with an array of delicious veggies. They're looking forward to seeing you there!



QUICK CO-OP FACT

40% of Canadians belong to at least one cooperative!

-cooperativesfirst.com

MEET ME AT
THE MARKET!



HILARY SIMPSON BECAUSE I FELT LIKE IT

- started knitting as a kid, felting 20 years ago.
- making catnip is most enjoyable; good thing, they sell fast!!
- two rescue cats take care of product testing, quality control, and morale.
- critters take 2 hours to make; bunnies in sweaters 6 hours.
- products are sold in gift shops across the island and in St. John's.



SWEET DREAMS NATIVE CRAFTS AND JEWELLERY

BRINGS TRADITIONAL AND MODERN THEMES TOGETHER IN INDIGENOUS ART

Nicole Cox learned to make traditional Ojibwe dreamcatchers from her family, as they sold their work at markets around Atlantic Canada. Upon relocating to St. John's, Nicole started creating again. Soon, Sweet Dreams grew to be a family business with the help of her partner, Courtney, becoming a regular presence at the SJFM.

As an Indigenous, two-spirit person, Nicole blends into her work culturally traditional materials like porcupine quills and bone, her interest in crystals and gemstones, and queer positive themes. Besides being part of the SJFM family of vendors and staff, Nicole values the diversity of the patrons that attend the market. "My products have been taken to so many parts of the world and to me that's amazing, that there's a little bit of my culture bringing comfort to people in places I've never been."

GRAMMY'S POTATO CAKE - A CLASSIC FROM COW HEAD

This recipe comes from vendor member Sidne Shears of Sxdne.

"It's been a family classic. The townie side of the fam always asks for them at dinners. Hahaha!"

5 lbs potatoes, peeled and boiled, covered in water with 1tsp of salt.

When cooked, drain thoroughly.

Put them in a large mixing bowl and mash while warm. When cooled enough to handle, add 3/4 cup of white flour, or more if needed.

Mix well and knead until getting a good consistency. You should be able to make them into balls and then flatten when putting them into pans.

Grease the muffin pans well and dice up salt pork to add at the bottom before adding the potato mixture. Top with another piece of diced salt pork.

Bake at 375°F for approximately an hour, or until nicely browned.



Recipe contributed by:
Sidne Shears (Sxdne)
SJFM Vendor Member

bon appetit - guten appetite - بالعافية - melkam megib- itadakimasu

nirigatiginiarqussi - نوش جان - buon appetito - buen provecho



ذِي **DÉLICIEUSE (DELICIOUS DELICIOUS)**

Do you ever crave the crisp, subtle sweetness of baklava? Lamyae Charifi of Casablanca Bakery and Catering Inc. bakes not only this customer favourite, but also a wide assortment of Mediterranean and European pastries, items free of gluten, dairy or nuts, and more.

Lamyae constantly develops new products and frequently showcases them at her table. In addition to the market, orders may be placed for specialty cakes, cheesecakes, AND in-home catering of amazing Mediterranean meals.

Arriving in St. John's from Alberta, where she worked in one of the largest hotels in that province, Lamyae can be found at the SJFM most Saturdays, however you can always order through email, Facebook, or Instagram. How fortunate are we that Lamyae chose St. John's as her home!



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

Wednesdays
5-9pm:
Humpday Market
(rental event)

Feb 9th 5-9pm: Needful Things
Bizarre (rental event)

Feb 11th 10am-3pm: SJFM Love is
Love: Queer Market

Feb 16th 5-9pm: Black Owned
Vendor Market (rental event)

Feb 18th: Chinese New Year (rental
event) details TBA

Mar 3rd 10am-3pm: SJFM Vintage &
Collectibles Market

Mar 10th 10am-3pm: SJFM Women
Owned Business Market

Mar 17th 10am-3pm: SJFM Market
from Another Dimension

For more event info, check out
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

Your newsletter committee:
Julie McIlquham, Carla McIsaac, Theresa Murphy,
Liz Stefan, Pamela Wells, and Greg Whelan.

DID YOU KNOW...



“Dreamcatchers are a traditionally Ojibwe cultural item, and I focused mainly on those. The original story of the dreamcatcher, as I have always heard it, was that an Ojibwe grandmother was watching her little grandson one day when he tried to kill a spider that was making a web behind her bed. She stopped the boy and told him not to hurt the spider because the spider had done nothing to harm them. Afterwards, the spider wove her a big beautiful web above her bed to thank her for saving its life, and told her that the web would catch all her bad dreams and leave her all the good dreams to enjoy.” -Nicole Cox

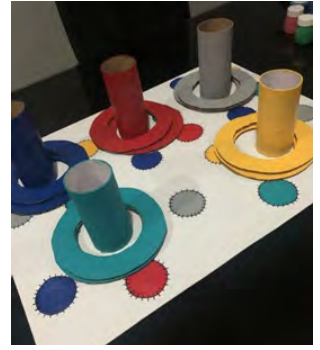
KIDS SPACE

The modern version of the traditional ring toss game.

What You Will Need:
Paper Plates, Paper Towel Tube,
Brush, Tape, Scissors, Paint

Instructions:

1. Stand paper towel roll upright in the middle of the plate.
2. Trace and cut out the circle outline, creating a small hole in the plate.
3. Paint a paper towel roll and leave it to dry for 1–2 hours.
4. Cut small slits about half-inch long in the bottom of the paper towel roll with a 1” gap in between.
5. Lightly fan out slits and tape down in the middle of the paper plate.
6. Slide paper plate with a small hole below paper towel roll to make the ring toss base.
7. Cut large holes in 4–5 additional paper plates, paint with different patterns and colors. Leave to dry for 1–2 hours.
8. After the painted plates are dried, it’s time to finish the tossing rings by cutting out the center of the plates.

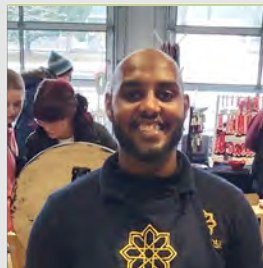


SJFM COMMUNITY FACES



Consumer.

Chioma Ezera is a new member who embraces winter; sleeps with windows open and fan on. BRRRR!



Vendor.

Salaheldin Bilila (Arabesque NL) loves being among diverse vendors and seeing the reaction of people trying his dessert samples for the first time.



Committee Member.

Matt has been a patron of the SJFM since 2008. This is his second term on the Board of Directors.



Staff.

Mark Anthony is on the SJFM Most Wanted list; from fixer-of-all-things to plant whisperer, he can do it all!



Volunteer.

A school program (CAST) brought **Justin** to SJFM over a year ago. Justin rocks it at the craft table, so stop by and say hi!