

Market Matters

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

LA PASTELERIA

Valentina Quevedo's baking skills were limited to just one type of cake and some crepes before the pandemic hit. With the extra time at home, she developed her talents in the kitchen. Today she runs La Pasteleria with her husband, Fabian Camacho.

All of their offerings look delectable! Valentina especially recommends the "Chilean Thousand Layer Cake," which she bakes using her grandmother's recipe. This traditional cake, a staple of Valentina's childhood, features South American favourite dulce de leche.

The cheery couple are celebrating one year as vendors at the SJFM. They enjoy the friendly vibe of the market, and love the opportunity to reach new customers. Stop by and treat yourself to something sweet!



QUICK CO-OP FACT

SJFM co-op members can avail of perks such as discounts/coupons at Perkopolis and a prescription medication program with Genrus. Inquire at the office for information.

MEET ME AT THE MARKET!



SMILING SISTERS ZOE WU

- offers a wide variety of Taiwanese-style food & drinks.
- menu changes regularly with gluten-free/vegan options; they also provide catering.
- product is also available at MUN (currently at Panda Grocery at UC)
- find them on Facebook at "FOOD - Fabulous Original Oriental Dining"



INSPIRED NL UPCYCLED COPPER, BRASS, STEEL. AND BIRCH BARK ART

Karen Osmond is artist-owner of Inspired NL. She has been making jewellery for many years, and in 2015 started turning pennies into copper jewellery.

While walking outside Whitbourne, Karen gathers lichens and fallen birch bark to use in her jewellery. Hammers, awls, jeweller's saw, self-created stencils, and other tools are used to create unique tiny landscapes. Each custom piece is hammered, cleaned, and shaped, and is always evolving with new techniques such as electro-etching and fold-forming.

Karen "paints with fire" using a torch on clean and shaped copper. Using eco-friendly, sustainable materials such as salt, egg and inks, each piece develops a very different patina.

Her metalwork is time-consuming, demanding, and detailed; it is her passion and she is excited to transition to this full-time.

OATCAKES

1 cup rolled oats
1 ½ cups flour
¼ cup sugar
½ cup shredded coconut
½ tablespoon each: cinnamon,
salt, baking soda
¾ cup cold butter
¼ cup milk

Combine all dry ingredients in large bowl.

Cut butter and mix into the dry ingredients until the largest crumbs are pea-sized.

Add cold milk and mix well.

Roll dough ½ inch thick on lightly floured surface.

Cut into desired shapes.

Bake in preheated oven for 15 minutes at 350°F.



Recipe courtesy of
Happy Day Donuts

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

nirigatiginiarqussi - نوش جان - buon appetito - buen provecho



STRONG ROOTS CULTIVATION CO.

Brittany Kelly made something wonderful from difficult times. The pandemic allowed her to shift from an office job to one which has always brought her peace and happiness; working in the garden, sharing food with others. Thus was created Strong Roots Cultivation Company, with a SJFM debut in late 2021.

Her goal was to be a farmer at the market. Farmland proved elusive, so she started small. Early market booths included plant clipping propagation stations, various plants, and seed packets; all earning her a solid customer base from which to grow.

Farming is year round. For Brittany, January-March is planting prep: crop planning, seed ordering, equipment sanitization, hosting workshops and rock picking. April-December is active farming; sowing, managing, harvest, clearing, and preparing for the next season.

Brittany's produce is available every Saturday beginning in June. She also offers a CSA veggie box program. Her farm grows more each year, and as she says, "The stars have aligned."



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

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

Monthly:
Tombolo Multicultural Festival NL
(rental event)

May 26th 10am-4pm: Record Fair
NL (rental event)

June: EV Roadshow by Take
ChargeNL (rental event, date TBA)

June 2nd 10am-3pm: SJFM Vintage
& Collectibles Market

June 23rd 10am-3pm: SJFM Market
from Another Dimension

July 20-21: SJFM Birthday Weekend!

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,
Pamela Wells, and Greg Whelan.

DID YOU KNOW...



Introducing the

2024 SJFM Board of Directors:

Troy Mitchell
(Chair)

Andrea Maunder
(Vice Chair)

Sheldon Pike
(Secretary Treasurer)

Pamela Wells
(Membership Committee Chair)

Bruce Carey
Christina Driscoll

Matthew Howse

Carla McIsaac

Kaylah Mercer

Winni Ohwoka

Jonathan Richler

KIDS SPACE

"Highlights Hidden Pictures"

<https://parents.highlights.com/printable-hidden-pictures-coloring-pages>



Share your kid's colorful creations with #MyHighlightsKid for the chance to be featured on our Social Media!

SJFM COMMUNITY FACES



Consumer Member

From vendor to board member, committee chair, and now an SJFM consumer member, **Mimi Sheriff** has done it all; how fortunate are we!



Vendor Member

Liliya Nikishina of Smachno.ua has provided an ever-expanding selection of delicious Ukrainian sweet & savoury pastries at SJFM since November 2022.



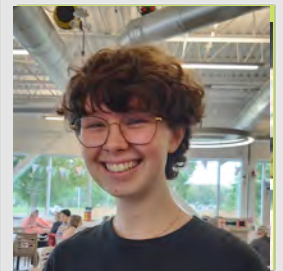
Board Member

Artist **Troy Mitchell**, Spillers Rock Studio, brings the waters of Twillingate to St John's through his art and is newly re-elected to the board.



Staff

Support Staff member **Rhea Layman** cheerily greets our visitors with the most welcoming smile (whilst sporting her eye-catching fashion!) Love it!



Volunteer.

Dedicated volunteer **Ronan Cook** is struck by the market's supportive vibe and provides a creative outlet for visitors by working at our Craft Table.