

Market Matters

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

TASTY TILLEY ACRES

Recognize this SJFM farmer? It's Ronald Tilley of Tilley Acres, an SJFM vendor since 2019, and also a 3rd generation machinist who works and operates their family shop, full-time. He formally began his farming operation in 2018, but has been growing food since he was a kid.

Each year Tilley Acres grows in size, adding greater product variety. This year, garlic, fresh herbs, and cut flowers make their debut.. Their products can be found most Saturdays at SJFM, mid-summer through December, and at other local businesses.

Harvest is a significant season. In recent years, Tilley Acres has made it special for fellow vendors and customers by providing a beautiful display featuring one of their vintage tractors. What a generous way to celebrate - watch for it this fall!



QUICK CO-OP FACT

Newfoundland and Labrador has over 30 co-operatives and 9 associate members spanning childcare, glass recycling, housing, artisans, fishing industry and more. See the full list of co-operatives in the link. <https://nlfc.coop/membership/>

MEET ME AT
THE MARKET!



ARABESQUE NL SALAH BILILA

- business inspiration came from friends' enthusiastic response to his Ramadan desserts
- recommends Basbosa, an Egyptian cake (many varieties, including vegan)
- & black licorise flavoured
- Anise Biscotti
- loves the camaraderie amongst vendors & the vibrant SJFM atmosphere.
- follow at:
linktr.ee/arabesque.kitchen.nl



SHE SELLS SEA GLASS NL A BITTA BEACH BEAUTY

A passion for beachcombing resulted in so many glittering treasures that Lauren Ash decided to create one-of-a-kind pieces for friends and family. Lauren is a teacher by profession and can spend the summertime hunting for sea glass along the island's shores.

Almost a decade's worth of experience has enabled Lauren to fashion anything from colourful earrings to whimsical greeting cards and Christmas decorations. She makes exquisite framed works; some to celebrate milestones and others that depict cozy scenes of everyday life. She also teams up with clients on custom designs.

Lauren loves the sense of community at the SJFM. She enjoys chatting with her regular customers and is always delighted to share her art with new faces as well.

MOTHER JOYCE'S CARROT CAKE

Ingredients:

1 cup vegetable oil
2 cups white sugar
3 cups grated carrot
1 cup nuts, chopped (usually walnuts)
1 teaspoon each of cinnamon, salt, baking soda
4 eggs
2 teaspoons baking powder
2 cups all-purpose flour
½ to 1 cup currants (optional)

Instructions:

Mix dry ingredients together, mix wet together, then combine wet and dry. Oil and flour (or oil and line with parchment paper) a medium-sized tube pan or any baking pan of similar size. Spread mixture in pan and bake at 350 degrees Fahrenheit for 45 - 60 minutes.

Cream Cheese Frosting:

4-ounce block of cream cheese at room temperature
1 & ¾ cups icing sugar
½ cup coconut
½ cup ground walnuts
1 teaspoon vanilla extract
⅛ cup of room temperature unsalted butter

Mix all frosting ingredients together thoroughly. Spread frosting generously over cooled cake. Serves 12.



Recipe courtesy of Pam Anstey

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

nirigatiginiarqussi - نوش جان - buon appetito - buen provecho



YES, THAI! KITCHEN

“Think of Thailand, Think of Yes, Thai!”

The descriptor on Orathai Congmee’s business Facebook page says it all. An SJFM “haven of flavours” hot food vendor, Yes, Thai! Kitchen’s debut coincided with the opening of the new SJFM in 2018.

Being an entrepreneur was not Orathai’s original path. Graduating in 2011 with a degree in Sociology & Psychology, Orathai worked in social support services before fostering a desire to change careers. Yes, Thai! Kitchen was created; classic Thai and Vietnamese dishes from her childhood with a fusion twist. SJFM opportunities (food booth and cooking classes) were the catalyst for her latest endeavor Eve & the Kitchen, personal chef services.

Info on SJFM dates/Thai cooking classes and personal chef services are posted on her business social media pages. Check it out!



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

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

Fridays 5:30-9:30pm:
Tombolo Multicultural Festival NL
(rental event)

September 15th 10am-3pm:
SJFM Book Fair Market

September 29th 10am-4pm:
Etsy St. John's Market

October 4th 5-9pm: SJFM Queer
Market x Quartz Queer Arts Festival

October 6th 10am-3pm: SJFM
Women-Owned Business Market

October 12th 9am-4pm: St. John's
Farmers' Market Harvest Market

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...



- Bridges to Hope food bank donations can be made at SJFM. Drop off your non-perishable items in the crate just inside the entrance, and grocery gift cards can be left at the office.
- Would you like to volunteer at SJFM? There are many opportunities throughout the year; email volunteer@sjfm.ca for information.
- WANTED: consumer members featured in the newsletter. If you are interested, please email info@sjfm.ca with your contact information so our newsletter team can contact you. :)
- Membership Committee is accepting team members; if you are a vendor/consumer member and would like information please contact membership@sjfm.ca.

KIDS SPACE

Botanical Sun Catchers

Materials:

1. frame material (could be paper plate, frame mat, poster board, cardboard etc)
2. clear sticky contact paper
3. fallen petals, leaves, grasses
4. scissors, hole punch, string



Instructions:

1. Cut the centre from whatever material you are using for your frame, leaving edges for the "frame" (if using a picture frame mat, skip this step).
2. Use the cut-out centre piece to determine what size piece of contact paper you need. Cut it a little bigger than the centre piece.
3. Stick the contact paper to the BACK of the frame.
4. Gather petals, grasses, leaves from your own garden (please do not pick from the gardens of others or parks) and stick them to the contact paper. They can be placed randomly or arranged to make an image or pattern.
5. "Press" the flowers by cutting a second larger piece of contact paper and placing it over the front of the frame, pressing it against the back sheet so they stick together.
5. Display your art by hanging it, taping it to a window, placing it in an actual picture frame.

Photo courtesy of www.diyuncrafts.com
Activity courtesy of www.rhythmsofplay.com

SJFM COMMUNITY FACES



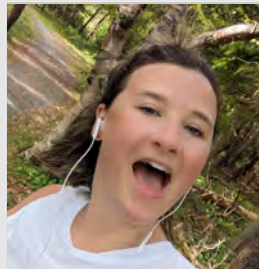
Consumer Member

Kenneth Adele enjoys the freshness and diversity of SJFM products, crafts, foods, and the community feel when engaging with creators.



Vendor Member

A new SJFM vendor, **Soli** of "SoliKnit" registered her brand in Canada in 2015, making hand-knit and leather products. Welcome, Soli!



Board Member

Kaylah Mercer is new to the SJFM board. Kaylah enjoys visiting the Saturday Market with her family; involvement and contribution from all sides.



Staff

Ibrahim's SJFM began as a volunteer overseeing the volunteer program, and is now our Activities Coordinator. Hooray, Ibrahim!



Volunteer.

Luke is a weekly SJFM Volunteer who loves helping out and spreading musical joy to customers and vendors alike. Let's hear it for Luke!