



Reflexology Special

Treat yourself for Christmas! With all the hustle, bustle and stress of the holidays, don't forget to relax, energize and revitalize your body and mind! Pamper yourself with a reflexology treatment between December 1st and December 31st, and receive 20% off our already low price – that's only \$40 for a one hour session!

Call Lorraine at
613-922-2226
to book your appointment

Eggs for Sale

* Certified Organic * Farm Fresh * \$5.75 per dozen *



The Farm Stand

NEW HOURS: Our on-site farm stand is now open daily from **9am to 5pm** (we are closing one hour earlier due to darkness!). We continue to feature farm fresh produce, frozen meats and a variety of preserves – all from our farm! We also have a few remaining products from *Honey Pie Hives and Herbals* and *Melody's Garden*. This week, the stand is stocked with:

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|-----------------|-------------|-------------------|
| Eggs | Garlic | Salad Mixes |
| Kale | Chard | Arugula |
| Turnips | Beets | Potatoes |
| Squash | Tomatillos | Pears |
| Apples | Artichokes | Berry Jams |
| Tomatillo Salsa | Dried Herbs | Dried Tomatoes |
| Jellies | Marmalades | Sweet Chili Sauce |
| Lamb | Beef | Pork |
- and more!



Winterizing the Gardens

We bet that each and every one of you spend at least some effort at this time of year winterizing your car, your summer lawn equipment, and even your house. You want to make sure that when the temperatures drop, and the snow flies, your prized possessions are ready to meet the demands of (or at least survive a hibernation through) a Canadian winter!

Well, the soil that we depend on to support the growth of our amazing organic produce, deserves just as much attention. So we've been very busy these last few weeks, putting our garden beds to bed, so to speak! Thanks to a local arborist, we have lots of rich wood mulch. We've been adding the wood mulch to our composted manure, as well as applying it directly to garden pathways to preserve the top soil. We also laid a thick blanket of straw mulch over our freshly planted garlic -- it's like we've tucked our garlic snugly into their beds so that when it's time to awaken in the spring, they'll be well protected and nourished.

But the gardens aren't the only things that require a little touch-up before winter really hits. We've been extremely fortunate with the weather recently, and have taken advantage of Mother Nature's generosity to do some much-needed barn repairs. Not only will the work make the barn cleaner and easier to maintain, but the changes we've made to entryways and feeders will contribute to improved animal health and safety!



Concrete blocks will be placed in the barn to build a retaining wall and barrier between sheep and cows!

Lorraine Schmid
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