



## Stuff for Sale

Here's what we have available in January:

**Eggs**

**Garlic**

**Dried Tomatoes and Dried Herbs**

**Kombucha**

**Beef:** ground, stew, steaks, roasts, ribs, liver, heart, tongue, broth

**Pork:** side bacon, back bacon, sausages, chops, roasts, ribs, ground

**Poultry:** soup chickens, meat chickens, liver, hearts, gizzards, broth

**Lamb:** chops, roasts

**Preserves:** tomatillo salsa, onion jam, apple-pear marmalade, apple-pear butter, apple butter, pear butter, spiced wine pear jam, tomato marmalade, tomato jelly, crabapple jelly, BBQ (zucchini) relish, smoked ketchup, sweet chili sauce

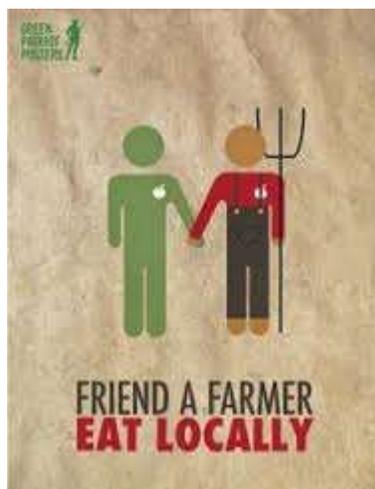
## Local vs In-Season vs Organic: What's a Girl to do?

Eat local. Eat what's in season. Eat organic. Confused by multiple messages about what to eat and where to buy it? Let's look at the benefits of eating what's in season.

**COST:** when produce is in season, and grown locally, the relative abundance of the crop usually makes it less expensive – it's simple supply and demand! Think of the expensive packaged herbs you see in the grocery store during the winter: usually small, limp basil with (often) moldy black leaves! Contrast that with the gorgeous, bright green, crisp basil you get during the summer: twice the amount for less than half the price of you buy direct from a farmers' market!

**TASTE:** For most of us, the taste of the food we buy is every bit as important as the cost, if not more so. When food is not in season locally, it's either grown in a hothouse or shipped in from other parts of the world, and both affect the taste. Compare a dark red, vine-ripened tomato still warm from the summer sun with a winter hothouse tomato that's barely red, somewhat mealy, and lacking in flavor. When transporting crops, they must be harvested early and refrigerated so they don't rot during transportation. They may not ripen as effectively as they would in their natural environment and as a result they don't develop their full flavour.

**NUTRIENTS:** If you harvest something early so that it can endure a long distance shipping experience, it's not going to have the full complement of nutrients it might have had. In addition, transporting produce sometimes requires irradiation (zapping the produce with a burst of radiation to kill germs) and preservatives (such as wax) to protect the produce which is subsequently refrigerated during the trip. While no definitive study quantifies the impact of these treatments, there is good reason to believe that eating local is really the safer option.



## Eggs for Sale

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



Call ahead to pick up eggs at the farmhouse

**Lorraine Schmid  
Lori Aselstine**

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