



## Available this week

Here's what we have available this week:

- ✓ **MEAT**  
Ground Beef, Lamb Sausages, Whole Chickens, Half Chickens (sorry, no pork until mid-October)
  - ✓ **PRESERVES**  
Herbal Teas, Spices, Herb Mixes, Salsas, Chutneys, Zucchini Relish, Roasted Tomato Soup and more
- NEW THIS WEEK:**
- "Mild Ketchup" ... a tamer version of our fabulous "Better Than Ketchup"
  - Nasturtium-Infused Apple Cider Vinegar
  - Organic Chili and Taco Seasoning



- ✓ **FERMENTS**  
Fermented veggies, Kombucha and more
- ✓ **VEGGIES**  
Lettuce, salad mixes, arugula, kale, chard, garlic, beets, carrots, beans, onions, leeks, potatoes, zucchini, cucumbers, eggplant, pears, hot peppers, cherry tomatoes, slicing tomatoes, canning tomatoes, paste tomatoes, fresh herbs and more. Did we mention tomatoes?
- ✓ **BODY CARE PRODUCTS**  
Face, Hand, Foot and Body creams from Down to Earth Nutrition & Wellness

Lorraine Schmid & Lori Aselstine

[www.thymeagain.com](http://www.thymeagain.com)

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## Fermentation Workshop

Lorraine delivered an amazing hands-on workshop at the Earth Haven Learning Centre last weekend. Attendees from far and wide participated in a lively discussion about the health benefits of fermented foods, and then moved into the kitchen to get a feel for the process.



Thanks to Katherine and Rosema for organizing a great event!

## Golden Girls Revival

Welcome to Dorothy, Blanche and Rose ... the newest additions to our TAG menagerie! While they are still a bit skittish around people, they have figured out that's how their food gets delivered, so they are making an effort to tolerate our approach.

In less than a week, they began venturing outside their hut, to explore their enclosure. They've made friends with the ducks, but they aren't really impressed with all of the chickens who stand at the fence and stare at them – it's a bit like being on display at a zoo we suppose.

The Golden Girls will be with us through the winter, so there'll be loads of laughs watching them in snow for the first time. We thank them for being our pigs!

