

# Who is Going to be Here and What They Will Have!

## October 20th

**Apple Meadow Organics:** Steve, Linda and Melanie are very please bring you our certified organic veggies through to mid November. This week our famous mennonite garlic (and a couple of others), spinach, cauliflower, broccoli, beets and our renowned carrots. Russet, fingering, and yukon potatoes, spinach, onions and 3 kinds of Kale! Looking forward to seeing our old friends and meeting some new!

**Alton Estates Winery:** one of London's closest wineries, located just south of Forest, will be at the market selling locally made high quality vqa wines. Varieties include Sauvignon Blanc, Chardonnay, Cabernet Sauvignon and Cabernet Franc.

**Blanbrook Bison Farm:** Super popular bison is lean and high in iron. Try some burgers on the bbq, a pot roast in the oven, or maybe some bison salami for lunch!

**Dave's Beef Lamb:** Dave's Beef and Lamb has many delicious cut of lamb and beef for your springtime barbeque needs. Enjoy a quick dinner with our ground beef or lamb patties; so easy. All without the use of added hormones or antibiotics. You can't get more local than this!

**Da Costa Jewelry:** Da Costa's excited to be back at the market with new items every week. Come see our latest Essential Oil Diffuser bracelets and new stone necklaces. Thursdays AND Saturdays

**Gonzo Chefs:** Chef Christie creates incredible frozen meals from local ingredients. They are perfect for a busy family on the go and are all \$5. Try delicious soups, gonzo pies, vegetarian dishes and more!

**Great Lakes Goat Dairy:** Dave and Michele are goat farmers just outside of London and have a great selection of goat's milk cheeses!

**Harvest Moon Trading Co:** Emily makes a large range of preserves; check out her delicious variety of mustards, pickled vegetables and homemade granola! Thursdays AND Saturdays.

**International Bakery:** Great selection of artisan breads, including focaccia, sprouted wheat, and more!  
Thursdays AND Saturdays

**Joyce Farms:** Heather is back with incredible produce from their farm, strawberries, peppers, tomatoes and more! Thursdays AND Saturdays.

**Lynch Farms:** New crop maple syrup, maple butter, maple sugar leaves, maple spiced nuts .

**La Houlette de Vie Bakery:** Based out of Orchard Hill Farm, near Sparta, Seth Wiggin bakes naturally fermented, wood-fired bread, using farm grown milled flour and organic ingredients. Thursdays AND Saturdays.

**Made From Scratch:** Dee makes beautiful baked goods every week! Muffins, butter tarts and squares! Each week check out her low sugar and vegan options.

**Morsels:** Lorraines tarts and samosas are legendary—super delicious!

**Pillitteri Winery:** A great range of VQA wines from the Niagara region.

**Soiled Reputation:** salad greens, arugula, watercress, micro greens, sprouts, heartnuts, shiitakes, and honey

**Sungold :** Sungold is a market garden founded on the principles of bio-intensive, sustainable agriculture. We grow a variety of vegetables and herbs, with a focus on salad greens, baby root vegetables, and tomatoes. We sell direct to consumers at farmers markets, and wholesale through restaurants and local retailers in the London area.

**Sweet Brigadeiros:** Back at our market for the month of October! Try some new flavours of brigadeiros, including coconut and chai. Enjoy Brazilian cheese buns and gf coconut tarts.

**Springhouse Garlic:** Linda and Ron specialize in growing garlic . They started growing garlic in very small quantities in 2012 and have built up their inventory of gourmet garlic over the years.

**Tiramisu:** Danielle has her famous scones , cookies and classic baked goods. Come by early for the best selection. Thursdays AND Saturdays

**Tru Green Organics:** Bee will be here with amazing organic skin care and body products. Body butter, face wash and hair oils that are all hand made using natural ingredients.

**The Whole Grain Hearth:** Amazing sourdough made from local grains! Baked goods are available too, try their legendary chocolate rye cookies and delicious sesame sourdough.

**Zehr Family Farms:** Meet new farmer Sam. Sam has farm fresh eggs and a selection of seasonal produce from his acre market garden in Millbank .