

Cornucopia

from our hands to yours

December 2010

Inside this issue:

- ◇ Good Spirit Farm & Bakery — Page 1
- ◇ Wally's Urban Market Garden — Page 2
- ◇ Prairie Pie Company — Page 3
- ◇ Holiday Celebrations at the Market — Page 4
- ◇ WinterShines — Page 4
- ◇ Thank You — Page 4

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Location:

19th Street and Ave. B

Hours:

Tuesday-Friday 10—5

Saturday—8-2

Market days are
 Wednesday and
 Saturday

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Good Spirit Farm & Bakery

Nine years ago, Peyton Leavitt and Jonathan Lee, along with their herd of sheep and goats, moved to a farm near Naicam, Saskatchewan. They planned to raise and sell stock, but the BSE crisis changed their plans.

Peyton is an experienced organic farmer and chef, and “we were living in the midst of all this wheat – why not make bread?” explains Jonathan.

Ingredients

Jonathan defines artisan bread as a hands-on quality product that has been thought about from start to finish.

“The ingredients are so important,” Jonathan says. “We started growing and milling the wheat ourselves because we wanted it as fresh as possible. We want to control the ingredients and the nutrition.”

Good Spirit Bakery has a repertoire of about 30 different kinds of bread, with about 10 varieties available at a time. “We’re up to our eye balls in cookbooks,” says Jonathan. “We take a little bit from here and there, add in our own ideas and come up with something quite nice.”

As much as possible, they take advantage of seasonal ingredients – crabapples for an oatmeal-apple bread, fresh basil for the focaccia.

Peyton’s son, Asher, has recently joined the team as pastry chef – croissants, muffins, veggie pot pies. “He’s really talented in the kitchen, just like his mother,” says Jonathan. “I’m just the labourer. I run the farm and the oven.”

Wood oven

Three years ago, Jonathan and Peyton built what they believe to be the first wood oven in Saskatchewan. “Wood



Photo credit: Good Spirit

heat is lovely,” Jonathan says. “It cooks so evenly – right through the bread. You can get a lovely crust and a lovely flavour.”

Baking in a wood oven is a huge undertaking. You chop the wood and start the fire. The bread is baked using the residual heat that is stored in the oven. “You have to understand the wood, what kind of heat it will produce – will it heat the top or bottom bricks,” says Jonathan. “There’s no dial, so it’s all by judgment. If you don’t get it right, the heat will die out – or you cook the bread too fast.”

To produce a crusty loaf of bread, they throw in a gallon of water after placing the loaves in the oven. The steam rises, coating the bread and creating a golden crust.

The focaccia is different. It must be baked while there is still an open flame behind the bread to cook the top.

Market day

The drive to Saskatoon takes over two hours. “It’s a bit of an epic journey,” says Jonathan, especially as they have been baking bread for most of Friday night.

Pork, lamb and goats

In addition to making bread, Peyton and Jonathan have sheep, dairy goats and free-range heritage pigs. Pork and lamb are available by the piece at the Market.

Wally's Urban Market Garden



Some farmers have a large rural acreage; others grow their crops in a greenhouse. Wally Satzewich and Gail Vandersteen grow their crops on small, urban plots. But that hasn't always been the case.

From driving a taxi to farming

When Wally finished university, he drove a taxi for 10 years but devoted his summers to gardening. His family had a rural acreage, and Wally planted a one-acre garden where he could experiment with different growing methods.

By 1990, Wally was farming full time and had expanded his land base to include his mother's and uncle's backyards.

Customers

Wally says that his Market customers are his friends and peer group. Unlike a supermarket, there is time to talk to each other and share stories. "You get to know people when you see them every week for 10 years," Wally says.

One of Wally's customers was Gail Vandersteen, who would go on to become his wife and business partner. When they first met, Gail was working full-time at the University Library. This was gradually replaced by full-time farming.

Large-scale market gardening

In 1993-94, Wally and Gail decided to expand their operation and bought a piece of land near the Hague Ferry. They planted a 20-acre market garden while still maintaining some of their urban plots for salad greens.

Hiring the people needed to work on a large plot of land proved challenging. When a neighbour offered to purchase their land, they accepted his offer and returned to urban farming.

Small Plot Intensive

Wally and Gail have up to 30 urban garden plots, many of which are very specialized

with 1000 sq. ft. of lettuce or green beans. They pay some renters cash; in other cases, the renters receive credit at the Market.

Wally and Gail specialize in salad greens during the spring and summer. In the fall and winter, they have storage vegetables – carrots, onions, squash.

The carrots come in every colour of the rainbow, from white to purple, and many of the squash are heirloom varieties.

"We focus on more exotic crops that aren't normally available," Wally says. "We may start growing more heirloom seed varieties in the future."



Country living

Wally and Gail have recently purchased a number of properties in Pleasantville, a very small community in northeast Saskatchewan, in order to have access to larger-sized properties at a cheaper price. "We still have town water and neighbours, but it's very quiet," Wally says. "It's more in tune with where we want to be in 5-10 years time."

Small plot intensive

In the winter, Wally focuses his attention on SPIN (www.spinfarming.com). Working with a partner in the United States, SPIN offers educational material and answers questions from other people who are interested in small-scale intensive farming.

"We've been involved in projects all over the US and Canada," Wally says "as well as Great Britain, Australia, India and Brazil."

Wednesday and Saturday markets

Wally is deeply committed to supporting and developing the Saskatoon Farmers' Market. "Our biggest challenge is to get more people to the Wednesday market," Wally says, "and the Market merchants are open 5 days a week. We need much more support on weekdays."

Ukrainian Christmas Dinner

Sunday, **January 9** at 6 pm
(details will be on the website)

Prairie Pie Company



Since their early days at the Farmers' Market in a red wagon parked in front of City Hall, Mary Uzelman and Kevin Porfoun have delivered smiles and friendly greetings along with pie, muffins and coffee.

Operating out of a tiny corner location, Mary and Kevin sell up to 18 dozen muffins every week at the Wednesday and Saturday markets. The coffee is fair trade organic and is always freshly ground. And there's a wide range of fruit, meat and veggie pies to take home.

Cherry Lane Orchard

Mary and Kevin have a property on the river near the Hague Ferry, north of Aberdeen. In 2001, they planted a 12-acre orchard with sour cherries, Saskatoon berries, rhubarb, raspberry and black currant.

They've never lived there, but Kevin goes out on a regular basis to prune, weed between the rows and keep the old equipment running. For the past two years, they've hired Keith Jorgenson (Fruition Orchards) to harvest their fruit using a commercial harvester.

In the kitchen

Mary and Kevin used to own a restaurant, so they decided to use their fruit in baking. But they needed a commercial kitchen. For a number of years they rented or worked out of the River Landing concession stand, but Mary is delighted to now have her own commercial kitchen adjacent to her

house. Public Health is happy too as the suite is completely separate from the house. There's even a second storey office and washing machine.

Mary is in the kitchen every single day except for winter Sundays, with help a couple of days a week.

Mary sticks to a firm schedule. She makes the fillings for the meat pies on Mondays. Tuesdays she makes the pastry shells. In addition to the Wednesday market, Mary spends Wednesdays and Thursdays making the fruit smoothies and muffin mixes and doing the ordering and shopping.

Friday is the big baking day so that everything is as fresh as possible for the Saturday market.

At the market

Space is tight, and the customers are often lining up at the Market. "This summer, for the first time, we had four people working in the kitchen," says Mary. "We couldn't move from our spot or someone would get burned."

The Prairie Pie Company initially served pie and cappuccino, but they started offering muffins because it's a morning market. Pies continue to be the bestseller at big events, such as Sun Dog or the Jazz Festival, but muffins are the top sellers at the Farmers' Market.

Working on the recipes

The flavours are always changing as Mary tries out new combinations, but the muffins and pies are always rich in fruit. Even some of the meat pies, such as the Asian pork pie, include fruit. There are two vegetarian pies: lentil and curried chickpea and vegetable.

"We really like the business where it's at right now," says Mary. "But I'm always working on the recipes. We've just started offering an Italian sausage, mushroom, spinach and cheese pie, and I want to make more open-face, free-form pies with vegetables and cheese."



In the background is the machine Mary uses to roll the pastry for her large fruit pies.

Beat the January blues at the **Friday Market Lunch Buffet**
Garlic Guru and Riverbend Plantation
Reservations: 370-0033 or 975-2010

Holiday Celebrations at the Market

The Market is bursting at the seams with holiday goodies this month, so be sure to stop by and pick up some extras to make your holiday season extra special.

Saturday, December 11

Santa will be stopping by from 10 to 11, and if you've ordered some **holiday goodies**, they'll be ready for you to pick up.

Saturday, December 18

Are you shopping for last-minute **Christmas presents**? Then look no further! What about a gourmet gift box from Premala's Spicy Sensations or a tin of Linda Marie's Gourmet Toffee? Not to mention soaps, candles and much, much more.

Don't forget to pick up some **treats** for yourself as well – organic stollen from Good Spirit Farm & Bakery, tourtières from Prairie Pie Company, holiday cupcakes from Sliced Decadence . . . oh! the list goes on and on.

Wednesday, December 22

It's our final market before Christmas so we'll be open from **11 am to 7 pm** to give you time to drop by and pick up some last-minute goodies or simply enjoy the holiday season.

Children's activities

There will be holiday crafts for kids of all ages with the **Mendel Art Caravan** from **11 am to 2 pm**. Afterwards, they can shop for presents – and **gift wrap** them – at the Little Market Store.



Happy hour

Living Sky Winery will be hosting a Happy Hour with **drinks and appetizers** from **4 to 7 pm**. We hope to have **carollers** to add to the festivities.



The Market will be closed December 24, 25 and January 1 and will close at noon on December 31.

It will be business as usual from 10 am to 5 pm on December 23, 28, 29 and 30.



WinterShines 2011

January 22 – February 6, 2011

Be sure to join in the fun at the Potash Corp WinterShines Festival. There will be snow carvings along the river and ice carvings in the Market Square. New this year are an ice park with an ice slide and climbing wall south of the Market and a high school band competition.

And the Market vendors and merchants will be waiting with hot chocolate, pie and other goodies to warm you up.

<http://potashcorpwintershines.ca/>

Thank You!

The vendors, merchants and staff of the Saskatoon Farmers' Market wish you a happy holiday season and all the best in 2011.

Thank you for supporting not only the Market but also the many community groups who have held fundraising and information sessions at the Market.

Saskatoon's greatest strength is its citizens – working together, playing together and supporting each other. Thank you.

Living Sky Winery is at the Market on Saturdays and some Wednesdays starting immediately.

New in January – **McKeown's Ready-Made Meals and Catering** – delicious!