

May 2016 Nutrition Nook Posts

Links may no longer work

May 3, 2016 - Availability Guide

It looks like the snow is finally gone, I'm starting to crave fresh produce, right from the farm. What's in season? Check out Foodland Ontario website for the [Availability guide](#). Asparagus is in season!



They also have a ton of recipes that use [in season produce](#).

It won't be long before the North Bay Farmers Market is open!

May 9, 2016 - It's Good Food Box time again!



Doug, our Finance Manager is ordering a larger box meant for a family of 4, 20\$.

Veronica, our Registered Dietitian is ordering a smaller box meant for 1-2 people, 10\$.

Orders are taken at the NP clinic on Lakeshore and at the Indian Friendship Centre on Cassells. For more information about the Good Food Box, click [HERE](#). Order your Good Food Box by Thursday May 12!

Can't wait to see what they cook up with their fresh produce!

May 16, 2016 - FARMERS MARKETS!!!!

This weekend, two places, North Bay and Powassan. I love walking around on Saturday morning chatting with people and buying fresh local produce. Two to check out! AND they're calling for nice weather! Time to get my bike out 😊

2016 NBFM Special Events

Saturday	May 21	Opening Day
Wednesday	May 25	Opening Day
Saturday	May 28	Pancake Festival
Saturday	June 18	Kid's Day
Saturday	July 2	Strawberry Festival
Wednesday	July 6	Senior's Strawberry Social
Wednesday	August 3	Blueberry Social
Saturday	August 20	Corn & Garlic Festival
Saturday	September 17	Potato Festival
Saturday	October 1	Cultural Day/Pumpkin Painting
Saturday	September 24	Customer Appreciation
Wednesday	October 5	Customer Appreciation
T.B.A.		Ride Your Bike to Market Day
T.B.A.		Plant Day
T.B.A.		Recycling Information Day
T.B.A.		Book Exchange

*All events/festivals are subject to change. Please check northbayfarmersmarket.com & our Facebook page for updates. Designed by www.LittleLisaBigDesigns.com




POWASSAN FARMERS' MARKET

Main St. South, between The Beer Store & Oleys Auctions

Opening Saturday, May 21, 2016

and every Saturday to Thanksgiving

Rain or Shine 9 am to 1 pm See you there 😊

Special Events 2016

- Saturday, May 21 – **Market Opens for 28th Season**
- Saturday, June 11 – **Worldwide Knit in Public Day**
- Saturday, July 2 – **Canada Day Market – wear Canada red**
- Saturday, July 9 – **Welcome New Canadians Fundraiser**
- Saturday, July 16 – **Show and Shine - Antique Tractors, Trucks & Cars**
- Saturday, July 23 – **Christmas in July**
- Saturday, July 30 – **Customer Appreciation Day - Free Draws**
- Saturday, August 6 – **Powassan Food Bank Foodraiser Day**
- Saturday, August 13 – **CORNFEST**
- Saturday, August 20 – **Summer Bounty Festival**
- Saturday, September 3 – **Western Day**
- Saturday, September 10 – **Giant Pumpkin Weigh-in Largest Pumpkin in Adult & Junior categories, Best Shaped, Most Unusual Shaped, Smallest & People's Choice Pumpkin**
- Saturday, October 8 – **Harvest Fest and Market Closing**

HELP Save the Environment! Please bring Reusable Bags! Reusable bags available at cost.

Please NO SMOKING on market grounds. Pets must be leashed.

For more information, contact: Vicki Schlosser 705-724 3144, schlosserfarm@netspectrum.ca,

www.powassan.net/events www.farmersmarketsontario.com/powassan  PowassanFarmersMarket

May 25, 2016

The North Bay Market is back on tonight and Wednesday evenings all summer long. Missed Saturday, head down today from 10am-2pm behind the bus terminal.

Food Box Update!



My food box came at the perfect time to fill the fridge with fresh produce. The small box was perfect for me, just enough fruit and vegetables to last a week and a bit. Here is a picture of what I received in my small box.



Doug got the big box and what he liked best about his box was the variety and quality of the produce. He liked that it came with a recipe too! Here is a picture of what he got in his bigger box.

We plan to order boxes again soon!