



### **The most popular fruit?**

*More sought after than the banana!*

That's right. The people who keep these kinds of stats say that tomato cultivation worldwide exceeds bananas (the second most popular fruit) by a whopping 37percent.

By now, most of us know that what the French call the "apple of love" is, in fact, a fruit. This in spite of it being declared a vegetable by the U.S. Supreme Court back in 1893 which, of course, confirms one of my suspicions about the presumptive nature of the U.S. legal system, but that's another story and maybe a totally different newsletter genre.



Here are a few other facts about the tomato:

- Tomatoes are rich in vitamins A and C and fibre, and are cholesterol free
- A medium tomato has about as much fibre as a slice of whole-wheat bread and only about 35 calories
- New medical research suggests that the consumption of lycopene - the stuff that makes tomatoes red - may prevent cancer
- The scientific term for the common tomato is *lycopersicon lycopersicum*, which mean "wolf peach"
- The tomato is a cousin of the eggplant, red pepper, ground cherry, potato, and the highly toxic belladonna, also known as nightshade
- There are more than 10,000 varieties of tomatoes
- Tomatoes should never be left to ripen in direct sunlight, as they will lose most of their vitamin C
- To peel tomatos easily, place them in boiling water and remove from heat, allow to stand for one minute then plunge them into cold water
- Tomatos will keep longer if you store them stem down
- When slicing tomatoes, it will be easier if you use a bread knife with saw teeth
- two-thirds of the world's eggplant is grown in New Jersey (if you've been reading

this then you will know that this fact is at least related to the tomatoe)

- If you are sprayed by a skunk and bathe in tomato juice you will wind up smelling like skunk + tomato juice

If it's tomatoes you're after, at the Weston Farmers' Market, it's tomatos you'll find! Whether you spell it tomato or tomatoe (and in the interests of equity, I've used both) our vendors have them by the basket.

## Meet the Vendors

*Lincoln Line Orchards - speaking of fruit.*

Peter Bosman of Lincoln Line Orchards tells me we are into apple and pear season and based on what I've seen in his stall the past few weeks, there's a solid core of truth to the statement. Here's a bit of the Lincoln Line story, in their own words: "Lincoln Line Orchards is owned by Peter and Mary Bosman. We have a family of six children, 5 girls and one boy. We class this farm as a family farm where every body tries to help in the operation. In peak seasons of labour, pruning or harvest extra help is needed to get the job done.



"The farm has been in existence for over 40 years and a lot has changed in those years. The farm is 66 acres and about 45 acres are in orchard production. What used to be standard sized trees are being replaced by smaller dwarf trees systematically over time. These smaller trees make labour so much easier for the orchard farmer as well as the fruit has more colour and size. Often the dwarf trees are staked to give added support and trickle irrigation is added to give the trees the added moisture in drought situations. Moving to dwarf and intensive plantings is the modern management of fruit farming in order to be economically viable.

"Lincoln Line Orchards grow many varieties of apples and pears. In apples *Golden Delicious, Royal Gala, Cortland, Mutsu, McIntosh* and many other varieties are grown. In pears there are *Bartlett, Bosc, Flemish Beauty* and *Anjou*. The fruit start to grow in June after pollination in May and generally is harvested from August to November. Many problems can plague the farmer from insects, fungal diseases to hail and can cause havoc; but we thank God for giving us the faith to endure such calamities and to be thankful in good times!

"On our farm, we have excellent storage facilities where we can put fruit in refrigerated coolers as soon as it is harvested. The temperature in the coolers will be close to freezing and moisture is retained in the rooms so not to dehydrate the fruit. Also we have Controlled Atmosphere (CA) rooms where apples or pears are sealed up, and oxygen removed to 2&percent;. In such rooms the fruit will remain firm and crisp for a long time (6-8 months). So we can offer fruit well into next year without compromising quality.

"We are located on highway 20 east of Stoney Creek towards Smithville where we have a Farm Market in front of the farm. We sell mainly our produce through the market as well as cider, pies, apple chips, preserves and many other value added items. We invite you to visit us at the Weston Farmers' Market for country hospitality and fresh, farm produce at excellent value!" Additional information on this wonderful Weston Farmers' Market resource is available at [www.lincolnlineorchards.com](http://www.lincolnlineorchards.com). Very real and tangible proof of the

taste and quality is available every Saturday at the Weston Farmers' Market.

### **Where's the Coffee Guy?**

*We're working on it, trust me.* If I had a nickel for every time that question was asked of me this season, I'd be able to buy a heap of java. Without going into details, suffice it to say that we are bringing in a new vendor this weekend. Adrian Morka, a local resident, works for a local roaster of organic fair-trade coffee and he expressed interest some time ago to get on the vendor roster. Since we had already signed a deal for a coffee vendor, I had to put him off. As soon as we had made the determination that the current vendor wasn't working out, I contacted Adrian to gauge his interest and he fairly jumped at the chance to come in at the end of the season to develop his market. Adrian will be offering the following to Weston Farmers' Market patrons:

- fresh brewed coffee from beans roasted and ground the day before
- espresso/lattes/cappuccini (is that the plural of cappuccino?)
- hot chocolate
- tea
- fresh roasted beans (he'll even grind them for you, if needed)

Stop by Adrian's stall this Saturday to see for yourself that, indeed, the Coffee Guy *is* in.

### **Next up?**

*Cheese for every taste.*

By now you will have noticed the new vendor tent on the side of the market closest to the train tracks. It's our newest vendor Cheese of Canada, operated by Gurth M. Pretty, chef, author and cheese connoisseur. I'll have plenty to tell you about Gurth in our next issue of Weston Farmers' Market News. In the meantime, if you're in the market for some fine artisanal cheeses, pay a visit to the Cheese of Canada tent.

The Weston Farmers' Market is a project of the Weston Village BIA



**Help us spread the word about WFM.** The Weston Farmers' Market has been running for 29 years and it is considered an anchor activity of the Weston Village community.

We hope to send this newsletter out every two weeks to keep you posted on what's happening down in the GO Station parking lot every Saturday from May through October.

If you know anyone who would like to receive this email, click on the "Forward to a friend" link on the bottom of this email or have them drop a line to us at [jpp@westonvillagebia.com](mailto:jpp@westonvillagebia.com).

We'll be sure to add them to our mailing list. If you have a story to share about the market, send it on and we'll try to publish it in an upcoming issue. **WFM Specifics.**

The Weston Farmers' Market runs every Saturday from mid-May through to the end of October.

Hours of operation are 7:00 a.m. to 2:00 p.m. We are located in the GO Station (Green "P") parking lot, one block north of Lawrence Avenue West and slightly east of Weston Road.

For further information please contact John Patric Price at (416) 244-3248 or by email at [jpp@westonvillagebia.com](mailto:jpp@westonvillagebia.com).

If you are a farmer or local producer or a vendor of value-added product and would like to become one of our vendors, we would love to hear from you.

Weston Farmers' Market is a proud member of Farmers' Markets Ontario.

