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A R T I S A N



FARMERS MARKETS

Burnaby | Ambleside | Lonsdale

Meet Makers, Bakers and Growers May through October

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## COMMUNITY NEWSLETTER

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*Hi Everyone!*

*We're having another photo contest! This time it's a Photo Frame Picture Contest for Father's Day! We'll tell you more about it in this newsletter.*

*We'll also tell you about 'Learn to Love Local', the Artisan #BCbuylocal 'Fresh Food Nutrition' event where you'll be able to meet experts in food nutrition and the humane treatment of chickens and livestock. That's this weekend at Lonsdale and next at Burnaby and Ambleside.*

*So check it all out below and click through the vendor maps if you want to see which vendors will be at your favourite Artisan Market this weekend.*

*BTW - Did you make it to the expanded Lonsdale Artisan Market last weekend? What a great setting, to be at the market by the fountain overlooking the Burrard Inlet and the Vancouver skyline.*

*Enjoy the newsletter and we'll see you at this weekend's markets!*

*Bernie*

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**Father's Day Photo Contest and Kids Card Craft**

Use the hashtag [#ArtisanFathersDay](#) on Facebook  
and Instagram to join in!

When you're at the market this weekend, snap and post a photo of yourself in the Artisan Father's Day Photo Frame to one of our Facebook or Instagram pages.

## Win a Salmon and Beer Treat for Dad!

**The photo that gets the most 'Likes' wins a Salmon and Beer treat for dad, plus and awesome Dageraad T-Shirt!**

(or you can just enjoy it all yourself ;-)

Special thanks to [Dageraad Brewing](#) and [Wild West Coast Seafood](#) who are generously donating the prizes.

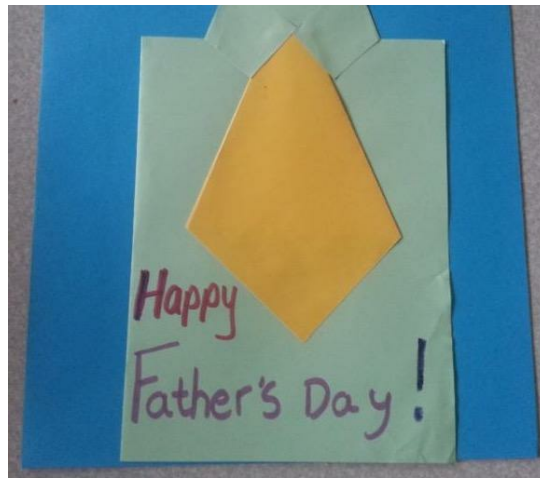


It's on at all three Artisan Farmers' Markets!

[Click here for rules and details](#)

## Father's Day Kids' Card Craft

This weekend, each Artisan Market will have a Kids Card Craft table set up where your little ones can make an awesome card for dad.



Bring the kids and have some fun as they create their own card to give dad!



## **Artisan #BCBuyLocal ' Fresh Food Nutrition' Event, Saturday at Lonsdale Artisan Farmers' Market**

Artisan's #BCBuyLocal 'Fresh Food Nutrition' is on this weekend and next at the following markets and dates:

- Lonsdale Artisan Farmers' Market on Saturday, June 17th
- Burnaby Artisan Farmers' Market on Saturday, June 24th
- Ambleside Artisan Farmers' Market on Sunday, June 25th

The event will focus on fresh food nutrition and humane chicken and livestock practices.

## **Inhumane Chicken Raising Practices**

With horrific chicken raising practices in the news this week, the timing could not be better for you to take a good look at the journey chickens make from egg-to-plate and how they are treated along the way. If you are like most of us, you were appalled at the video that surfaced showing how chickens are being abused at some high-volume chicken factory-style operations, and you don't want to support these kinds of barbaric practices.

## Humane Chicken Raising at Artisan Farmers' Markets

Coincidentally, this weekend's Artisan #BCBuyLocal event is focused on exactly that, how local food makes its way from the farm to your plate and especially the humane treatment of chickens.



You can meet the folks from the BC SPCA to learn about their BC SPCA Certified program and speak directly with chicken and livestock farmers to learn more about animal care practices ([more](#)) and how the food you get at the market is raised, grown, prepared and transported, with care for your consumption and enjoyment. It's one of the main reasons people purchase their fresh foods at Artisan Farmers' Markets.

### The BC SPCA will be at all three Fresh Food Nutrition events

- **Lonsdale on Saturday, June 17th**
- **Burnaby on Saturday, June 24th**
- **Ambleside on Sunday, June 25th**

There'll also be some [Free Giveaways](#).

The dates and featured vendors who practice humane animal care practices are:

#### Rockweld Farm

- **Burnaby on Saturday, June 24th**
- **Ambleside on Sunday, June 25th**

Meet Tim and Flo from Rockwell Farms and learn how they raise their humanely treated, non-medicated chickens. Tim's farm has been SPCA Certified for 15 years. [more](#)



#### Redl's Home Grown Beef

- **Burnaby on Saturday, June 24th**

Barry Redl of Redl's Home Grown Beef, makes the drive from 150 Mile House to our Burnaby Market frequently throughout the summer. He brings a book filled with photos of his cows and can explain how the mother/calf pairs have just gone out to range, living on crown land and eating grass until coming back to his ranch in October. [more](#)

- **Ambleside on Sunday, June 25th**

Natalie Forstbauer is at Ambleside Artisan Farmers' Market every Sunday, selling produce and meat from her family's farm. When Tara has been at the Forstbauer Farm previously, she asked Natalie about how the dairy cows next door at a neighbour's farm live in indoor stalls versus on the land, as the Forstbauer's cows live, an example of all that you can learn about your food.

At the Artisan Markets, you can always speak directly with the farmers to understand how the food you are eating is raised, grown, prepared and transported, with care for your consumption and enjoyment. It's one of the main reasons for you to purchase food at Artisan Farmers' Markets. [more](#)

[Read this and learn more on our Blog](#)

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## **Father's Day Gift Ideas**

### **Looking for Father's Day gift ideas?**

There are a bunch of cool gifts you can get for your dad at the markets. Of course, one of the best gifts is spending time with him!

How about taking dad to the farmers' market and treating him to an awesomely delicious lunch from one of the food trucks?

If you take dad to the Ambleside Market this Sunday, stop by the Roast'd Coffee truck and treat him to a cappuccino. Not only is the Roast'd Coffee van impressive eye candy for any car and coffee loving man, but they are a coffee of choice on movie sets, so your dad will feel like a movie star!

Speaking of cars, Telsa and Evo cars will be at Ambleside too. So dad can check out the latest in electronic cars and car sharing services that are paving the future of gas-free, pollution-free transportation! Don't let dad miss out on this!

Here are a few of the other Father's Day gift ideas you can find at the market:

- Leather wallets from [Dig Leather](#)
- Beer Napkins with cool sayings from [French Press Linens](#)
- Booze - Spirits, Wine and Beer
- Men's leather jewelry from Stones & Weave



hot sauces from [Hot Arusha](#), Salmon from [Wild West Coast Seafood](#) and bacon from [Georel Smokehouse](#)

There's a lot more at the markets, so check the maps below to make sure the market you go to has the vendors of the gifts you are looking for.

## Who's at the Markets This Weekend?

Click on the links below to see market site maps with vendors that are scheduled to be at each market this weekend. Nadine and Ron are working diligently to update these vendor maps weekly, along with last minute changes, **by Friday noon**.

### **Burnaby** - [See Burnaby Vendor Map](#)



[See the full Burnaby Market Page](#)

Photo Credit: Diego Lin

### **Lonsdale** - [See Lonsdale Vendor Map](#)



[See the full Lonsdale Market Page](#)

### **Ambleside** (now in Ambleside Park) - [See Ambleside Vendor Map](#)



[See the full Ambleside Market Page](#)

## Who's Entertaining at the Markets This Week?

- **Burnaby Market (Saturday)** - [The Land of Deborah](#)
- **Ambleside Market (Sunday)** - [The Land of Deborah](#) is an award-winning singer-songwriter with a unique take on life, love and the pursuit of fair trade chocolate.



- **Lonsdale Market (Saturday)** - [Ranj Singh](#) (a.k.a. Ranj!) makes music with a distinct Indian-Western flair that draws on the singer-songwriter and self-taught guitarist's love for rock music and heartfelt lyrics. He refers to his unique blend of music as "Indo-Canadian Folk".



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## Upcoming Kids Events

Here are some of the kids' activities we have planned at the Burnaby, Lonsdale and Ambleside Artisan Markets.

- Jun 17/18: Make a Father's Day Card for Dad
- Jul 15/16: Hear Stories at the Teddy Bear Picnic
- Aug 12/13: Enter your Vegetable in the Zucchini Races
- Sep 16/17: Laugh at the Dog Days Fashion Show
- Oct 21/22: Dress up at the Harvest Festival Photo Booth

## #BCBuyLocal Events by Market Location

### Burnaby

- Jun 24 - Fresh Food Nutrition
- Jul 29 - Berry Baking
- Aug 26 - Vegetable Salsas
- Sep 23 - Native Foods
- Oct 14 - Harvest Preserving

### Lonsdale

- Jun 17 - Fresh Food Nutrition
- Jul 22 - Berry Baking
- Aug 19 - Vegetable Salsas
- Sep 16 - Native Foods
- Oct 7 - Harvest Preserving

### Ambleside

- Jun 25 - Fresh Food Nutrition



- Sep 24 - Native Foods
- Oct 15 - Harvest Preserving

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## Manager's Message

Hey Everyone,

Can you believe it? The season's seventh week of markets is fast approaching us already!

What an amazingly great opportunity I have been given to meet you and work with such fantabulous makers, bakers, and growers. I look forward to our ongoing journey together, learning and growing with each week and market that passes.

Coming to our markets is a chance for real human interaction and relationships. So we hope you enjoy your time in line, grab a coffee and doughnuts and stroll along with the crowd. Don't be afraid to ask a vendor how his day is going. Thanks for coming by.

Nadine Strom

Market Manager, Ambleside and Lonsdale Artisan Farmers' Markets

[Nadine@ArtisanMarkets.ca](mailto:Nadine@ArtisanMarkets.ca)



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## General Manager's Message

Our three markets will be giving away t-shirt shopping bags to all children who attend the Zucchini Races on Saturday, August 12th in Burnaby and Lonsdale and Sunday, August 13th in Ambleside.

To ensure these shopping bags get filled with shopping money for the children whose families receive [BC Farmers' Market Nutrition Coupons](#), please bring your own shopping bags to Whole Foods over the next two weeks and donate to Artisan Farmers' Markets. Our Whole Foods fundraising ends July 1st, so shop now at Whole Foods in Burnaby and West Vancouver!



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