

## “Play Aerosmith”, said Charlotte



Performer and music teacher Ed Crabtree plays Aerosmith at the Market Sept. 29th.

**“It’s Liv Tyler, the girl from ‘Lord of the Rings’, she’s here at the Market”,** said Charlotte Hodgkins excitedly. At first I didn’t catch the name and thought she was referring to the Toronto stage production, but Charlotte repeated it and eventually I clued in. And as I looked at the tall thin dark haired woman standing waiting for her crepe, I thought, yeah that could be Liv Tyler.

The young people working at the Market were all abuzz with the news. “I took money out of her hand” said Tamar Gilad, who works as a cashier for farmer Mike Lanigan. Austin McQuaite, who also works for Mike, decided that since Liv Tyler shops here, “the Market now has street cred”. And Miles Lanigan, Mike’s teenage son, declared that this was the coolest thing to happen at the Market since he caught a trout in the creek here several years ago. Charlotte told Ed Crabtree, who was playing guitar at the Market that day, to play some Aerosmith, because Liv’s dad Steven was lead singer for that band...

For the complete story of the day Liv Tyler shopped at the Market, go to [www.villagemarket.ca/news.html](http://www.villagemarket.ca/news.html) –RC



*Cleared for takeoff? Or is that “ready for winter”? The Market’s own mitten-maker in residence, Gennady Shoman, shows off his newfangled real-fur ear muffs and winter gloves which are available for sale at the Market along with custom fur hats and slippers. Most of Gennady’s furs are from vegetarian animals, but we don’t know for sure whether they ate a strict organic diet.*

## Lots of Cafe Choices



*The Cafe scene at the Market is better than ever this season. Mrs Abbas (middle above) along with her nutritionist daughter Zahra (left) serve up East Indian style ready to eat organic foods. We also have Caribbean-style cafe foods and baking from Steve and Cecille at ARWK, as well as vegetarian and raw dishes from long-time main cafe people Mayda and Jack Baghdourian. Plus crepes and omelettes from Michael Earle from Molly B’s.*

*Oh and we also have hot meat and vegetarian dishes from Irene at Deer Valley Farm. And for snacks there are Vitold’s cookies, muffins and brownies. AND Dael Wilson will soon be featuring delicious fruit muffins from his grandmother’s recipe. So there’s lots of choice in the food court at the Village Market these days. Meet your friends here for lunch on Saturday.*

## Body Ecology Diet

Workshop Nov. 3, 11, 24



I think there’s a solid consensus by now that how you eat affects your health, although it seemed as if some doctors didn’t used to think so.

So if you’re willing to make an effort to battle your inclinations and addictions to free yourself from a future of chronic degenerative disease, if you want to have more energy and live longer, then your thoughts will eventually turn to questions of how best to eat.

While organic and biodynamic are important factors, they’re not the complete answer.

**As Village Market manager for thirteen years, I’ve explored a lot of health and diet ideas. It’s my belief that at this stage in our collective development the Body Ecology Diet may well be the best we’ve got, as a culture, as a civilization, as mankind on earth in 2007.**

So we’re lucky to hear about the Body Ecology Diet (it’s only been around since 1994) and we’re lucky to be able to learn all about it from Olga Ullmann at the Village Market. Olga will be teaching the Body Ecology Diet in a three-part workshop Nov 3, 10 and 24 at the Market. See details on the web: [www.villagemarket.ca/events.html](http://www.villagemarket.ca/events.html) or call Olga Ullmann at 905-833-0323 to register or enquire. –RC