

## MARKET MUSINGS

**By Jan Freedman**

This is a great time at the Aurora Farmers' Market and Artisan Fair. Our talented artisans have had several months to design and create their stunning, one of a kind pieces and have a variety to choose from.

If you are looking for a special piece as a gift for the holidays, you might want to discuss your needs with the artisan of your choice now to begin planning. The artists and mosaic makers, in particular, will need some time to craft that unique piece that you seek. As families begin to return from holidays, the Market becomes very busy. What they will find waiting at the Market is an abundance of fresh, local produce heaped on the farmers' tables.

On Saturday, I saw that several farmers had both pears and some early apples, along with plums, peaches, apricots, assorted berries, cantaloupe and watermelon.

Of course, there is still a lot of delicious corn available and the Cooper Farm had their first delicate white corn of this season. It's my personal favourite. Willowtree Farm will have their own strawberries available until the frost. 19th Avenue Farm had the most wonderful green Champagne grapes that were simply irresistible. Whatever your favourite fruit or vegetable is, you'll likely find it now at the Market.

The next vendor I'd like to introduce you to is artist Sharon Pozner of The Yellow Studio. Sharon grew up in Toronto and Los Angeles. She was crazy about both animals and art from early childhood. She has had many pets throughout her entire life and almost became a vet.

In her teens, Sharon won a scholarship to study art on Saturday mornings at the Ontario Art Gallery. Later she continued her studies at Three Schools of Art in Toronto, at an art college in the Netherlands and at the Ottawa School of Art. She worked as a caricature artist in the Ottawa Market for many summers, where she honed her drawing and people skills.

She loves having children watch her at work and especially loves to see the smiles on people's faces when they receive their caricature or portrait.

It was through her work as a dog walker that she came to understand and appreciate dogs, in all their wonderful varieties. Her own two dogs are her pride and joy. She wanted to try to paint dogs and started with a small painting of a friend's two cocker spaniels. Encouraged by the result, she continued. When she moved to Stouffville, she began to paint animal portraits in earnest. When you look at her work, you can readily see how well she captures the likeness of the animals she paints.

Sharon's Yellow Studio is new to the Market this year.

At her booth you'll see her beautiful portraits of dogs, cats and horses in acrylic on canvas and sometimes in watercolour. She also paints horses in the landscape around York Region. She can create a quick watercolour sketch of you or your dog right on the spot. Or you can send her an email with a picture of your pet(s), or she can take a photograph, and from that, produce a detailed work in acrylic on canvas within a few weeks.

Sharon grew up eating delicious Jewish food made by her Mother and Grandmother. This is one of the recipes they all loved.

### **CABBAGE BORSHT**

2 lbs. soup meat (brisket or flank) cut into cubes

2 - 3 soup bones

3 qts. Water

½ head of green cabbage-chopped

28 oz.can of tomatoes

Tomato paste to taste

½ cup brown sugar

2 tsp. lemon juice

Salt and pepper to taste

Cut up the meat into cubes. Add the meat and the soup bones to the water. Bring to a boil and skim off the foam.

Reduce the heat and add remaining ingredients. Cover the pot and simmer for 3 hours.

You could add more sugar if a sweeter soup is desired.

This soup freezes very well and serves 8-10 people. It is taken from the cookbook, ?Second Helpings Please?.

The next special event at the Market is our Community Corn Roast next week on August 24. We will be grilling large quantities of local corn from our farmers with the proceeds going to the Food Pantry.

As our entertainment for that day, we will be presenting Town Council's very own Kouncil Kritters and also the Thursday Night Jam Band. The latter band always requests that people bring donations to the Food Pantry whenever they play---in a truly community-minded and generous spirit.

It promises to be another wonderful day at the Aurora Farmers' Market and Artisan Fair, so plan to join us.