

**FARMERS' MARKET MONTH  
LOCAL FOOD FOR LOCAL PEOPLE**

September is the traditional time of the year for celebrating our harvest, and it will therefore come as no surprise to find that this is "Farmers' Market Month"! Additionally, we are seeing the 3rd year of British Food Fortnight (18th September – 3rd October – pitched to coincide with the 3 Church harvest festival Sundays). British Food Fortnight's theme for 2004 is "Putting the Ooo back into Food" with particular emphasis on education.



So what's so special about farmers' market? For those of you unfamiliar with the concept, a farmers' market is one in which farmers, growers or producers from a defined area attend and sell their own produce, direct to the public. All produce sold will have been grown, reared, caught, brewed, pickled, baked, made or smoked by the stallholder.

We are all now aware of the quality of food we are consuming and the growth of farmers' markets demonstrates the growing interest we all have in the source of our food. At the markets you will be able to ask the producer questions – how are the animals housed and what are they fed on? Queries on food miles, ingredients, pest control, recipes – if a vegetable is not in season how has the producer managed to grow it? The survival of these markets depends on keeping customers happy – something that is vitally important to all the producers, who will take time to chat and discuss any aspect of the market.

Do visit your local market to source some wonderful produce – you will immediately be made welcome and your trip will be rewarded by taking home some of the finest and freshest of locally produced food – you will immediately notice the difference in taste.

To find out more about farmers' market in our area, visit the Thames Valley Farmers' Market Co-operative Ltd website [www.tvfm.org.uk](http://www.tvfm.org.uk), or call Suzie Crafer on 392011 for a copy of TVFMC's calendar. The Abingdon Farmers' Market is on the 3rd Monday of the month. For more information on British Food Fortnight visit [www.britishfoodfortnight.co.uk](http://www.britishfoodfortnight.co.uk).

**IT'S COMING.....**

**WHAT:** A joint WI fundraising event  
**FOR:** The new JR children's hospital  
**WHEN:** Saturday 6 November am  
**WHERE:** Duffield Place  
*More details next month*

**WANT TO DO A CAR BOOT SALE?  
NO CAR? DON'T WANT TO GET RAINED ON?  
Why not come along to our Table Top sale?  
Saturday 25 September  
The Institute 2pm – 4 pm  
£5 per table, all proceeds to Marcham  
Playgroup  
Admission free  
Cakes and cream teas    Teddy tombola  
Call 01865 391401 to book your table**

**TALKING SCIENCE  
AT RUTHERFORD APPLETON LABORATORY**

Friday 8 October 2004 7 pm Age 8+

**Let's Look at Light:** With demonstrations we shall show that light travels in straight lines, but that prisms, mirrors and lenses can change its direction. These ideas are then combined to build a simple pinhole camera which is subsequently improved to produce a simple 'eye'. The nature of colour is also investigated and how humans detect colour is explained using Tyndals classic three colour patches. Finally, the lecture will look at human vision itself and then use a series of classic optical illusions to show that in many ways it is the brain that creates images that guide our understanding.

**How to book:** Admission is by ticket only. Reservations must be made in advance from four weeks before the date of each lecture. Please contact Lisa Faircloth on 01235 445789 to book your tickets.  
*Let's get talking...*

**DEVON VEGBOX SCHEME COMES TO OXFORD**

The award winning Riverford Organic Vegetables will be starting their home delivery of organic vegetable boxes to homes throughout the Marcham area this October, including Cothill, Frilfold, Garford, Gozzards Ford and Tubney.

Local distributor, Trevor Wood, who lives in Frilfold Heath has given up his job as a Company Director to begin home deliveries of organic fruit & vegetables throughout Oxfordshire. "Having lived in Russia and Eastern Europe throughout the 1990's fresh fruit and vegetables were hard to source, except from small villages on the outskirts of the cities," comments Trevor. "It was this way of life that encouraged us into eating and cooking with the seasons, and is what attracted us to Riverford Organic Vegetables. We will be supplying fresh, seasonal vegetables to customers throughout Marcham and surrounding areas on a weekly basis."



Trevor will begin deliveries in the first week of October, just as the farm harvests some great produce for the boxes, including freshly grown artichokes, beetroot, cauliflower and leeks. Riverford grow over 85 varieties of vegetables selected for their flavour and cookability, which they deliver to 12,500 homes across the South of England and Wales in weekly vegboxes.

Riverford Organic Vegetables was established in 1986, and achieved organic status from the Soil Association in 1988. It is now (as a member of the South Devon Organic Producers Cooperative) the largest producer of organic vegetables in the UK

**SEE THE ADVERT IN THE OCTOBER ISSUE OF MADNEWS FOR DETAILS**