

Telegram From

May 2010



## Fair Trade, Great Community, New Growth

The Second Saturday in May marks Fair Trade Day. Fair Trade day is important not only for Global Consumerism but also for Local Consumerism. Fair Trade Co-operatives bring community together around the world – they use the regions natural resources having little to no impact on the environment. Our Local artisans and farmers are in need of your support and need to be paid a fair income for their product. Demand from your favourite shopping destinations that you would like to see product from the local region or if international that it meets Fair Trade Guidelines – **Your Purchasing Dollar Can Make a BIG Difference** – WHERE you spend and WHAT product you buy affects billions of people around the world.

**Food For Thought:** In 2006 the average income for an Ontario Farmer (-\$12,000); Out of approx. 3.2 billion adults, 2.7 billion make less than \$2 a day; In Waterloo Region 10% or approx. 50,000 residents are in poverty! Think about what you consume and Help Create Change! Send us an email if you like to know more on how you create this change.

Knowledge of Fair Trade is growing and will continue to do so as more people become educated on the topic. Fair Trade Guidelines are as follows: • A fair price paid directly to the producer/artisan for their product • Product is made Sweatshop Free and Child Labour Free with proper working hours. • Conditions of the workplace are clean and healthy • There is limited to no impact to the environment during the production of the product • Profits are going back to help the community.

**Come Celebrate Fair Trade Day at Seven Shores  
Saturday May 8<sup>th</sup> 2010 between 9am-5pm**

**25% of all Seven Shores Coffee Sales will go towards  
Tesoros Del Sol Coffee Co-operative in Costa Rica.**



This was Seven Shores first connection to the world of coffee. Currently there are 55 families in the co-operative, their coffee is certified organic and each farmer is paid \$2.00 lb for their green bean- That's \$0.35 more than certified fair trade and \$1 more than many of the big coffee corporations. This is how we as mass consumers can help change the way many coffee farmers live around the world.

**Let`s celebrate a co-operative that is making a difference. Pass the news on!**



## Seminar: Enhance Your Fertility with Yoga and Aromatherapy

Reframe your conceptions about conception. Yoga and aromatherapy enhance your fertility and support your journey towards creating a new life.

In this workshop you will have the opportunity to explore postures that provide an antidote to the physical impacts of stress. Kerri Schnarr, owner of **svasukha yoga studio** and certified aroma therapist, will lead you through a sequence of postures and encourage you to be present in the moment. Some of the benefits of yoga and aromatherapy include: improved respiration, increased blood flow to the reproductive organs and deep, active relaxation. A custom aromatherapy essential oil blend will be used to enhance your experience in the studio.

Please bring a yoga mat if you have one. Wear comfortable and non-binding clothing for practice. A cozy sweatshirt is always nice to stay warm during the mindful rest at the end of class.

**When:** Wednesday May 12<sup>th</sup> 2010  
**Where:** Svasukha Yoga Studio  
194 King St N 2nd Floor Waterloo N2J 1P9  
**Phone:** 519-588-5984  
**Time:** 7:00 pm – 8:30 pm  
**Cost:** \$25.00  
**R.S.V.P** by Monday May 10<sup>th</sup> –space is limited email [kerri@svasukha.com](mailto:kerri@svasukha.com) or [info@sevenshorestrading.com](mailto:info@sevenshorestrading.com)

## Seminar: “Container Gardening” Garden Anywhere You Like

Presented by Victor from Ontario Seed Home Hardware

With 30 years experience in Gardening, Victor will educate you about how to do Container Gardening – knowing the differences from regular backyard gardening with regards to soil, fertilizers, seed / plant choice due to wind / sun exposure.

**When:** Thursday May 13<sup>th</sup>, 2010  
**Where:** Seven Shores Urban Market & Café  
8 Regina St. N. Unit 5  
**Time:** 7:00pm to 7:45pm  
**Cost:** FREE

## Great Support! "Procession of the Species Parade"



K W Procession of the Species Parade

What an amazing day on April 24th. Lots of great costumes, music, and exciting vibes. Thank you to all who helped make this a great event. Especially to the parade organizers-Crystal Bradford, Liam Kijewski and team. Check out [www.kwprocession.ca](http://www.kwprocession.ca) for next year.

## Local Organic Certified Beef!

**Available from the Seven Shores Market:  
Tenderloin, Top Sirloin, Striploin, Eye Round,  
Prime Rib, Blade Roast, Stewing Beef and  
Ground Beef.**

**For Every \$5 spent on Beef - receive a ballot  
to win a free BBQ dinner for 15 people –  
including Beer – Contest Ends June 21st! To  
order please email us or come by the Cafe.**

## 14 Day Community Cleanse

Vibrant Living co-founders, Robin Walsh N.D. and Kristijana Rakic N.D., Moksha Yoga, and Seven Shores Urban Market & Café are bringing together their collective expertise to host the 2<sup>nd</sup> **Annual Community Wide Spring Cleanse.** Begins Today May 3<sup>rd</sup> to know more visit [www.vibrant-living.ca](http://www.vibrant-living.ca)

## Thank You

To Adam Kasper on his presentation about Mountain Gorillas in Rwanda. We were well educated on the tribulations the Gorillas and Rangers go through trying to keep this species from extinction. To know more visit: [www.ecoearthphotography.org](http://www.ecoearthphotography.org)

## LOCAL PRODUCE AT SEVEN SHORES THIS MONTH

Asparagus, Rhubarb, Garlic Scapes, Radishes, Parsley – along with Beans from Stratford – Sunflower Oil from Mitchell, as well as the continued local Beefsteak Tomatoes, Cherry Tomatoes, Carrots, Potatoes, Spinach, Apples and we can't forget the Beef!

Sign up for our weekly Organic food box program [www.sevenshorestrading.com](http://www.sevenshorestrading.com)

### Recipe:

#### *Mediterranean Asparagus and Tomato*

Simple is often the best treatment, particularly when you have freshly picked Ontario Asparagus. Try to buy similar sized stalks for an attractive presentation and for even cooking. This can be doubled or tripled and served at an early summer buffet or barbecue. It's wonderful with all grilled meats.

**Preparation Time:** 10 Minutes

**Cooking Time:** 2 to 4 Minutes

**Standing Time:** 30 to 60 Minutes

**Servings:** 4

### *Ingredients:*

- 2 tbsp (25 mL) red wine vinegar
- 1 tsp (5 mL) Dijon mustard
- 1 tsp (5 mL) liquid honey
- 1/2 tsp (2 mL) each of salt and dried basil
- 1/4 cup (50 mL) olive oil
- 1 lb (500 g) Ontario Asparagus
- 1 ripe Ontario Greenhouse Tomato, seeded and diced
- 1/4 cup (50 mL) freshly grated Parmesan or Asiago cheese
- Fresh basil leaves (optional)

### *Preparation:*

In small bowl, whisk together vinegar, mustard, honey, salt, basil and pepper; slowly whisk in oil until smooth. Set aside.

Break asparagus. In large pot of boiling water, cook asparagus until bright green and tender-crisp, 2 to 4 minutes (depending on thickness of stalk). Drain and chill under cold water. Drain well and place in shallow dish.

Sprinkle tomato over asparagus. Pour vinaigrette over top and shake dish to coat. Let stand at room temperature for up to 1 hour. Garnish each serving with Parmesan and fresh basil leaves (if using).

<http://www.foodland.gov.on.ca/english/vegetables/asparagus/recipes/medi-asparagus-tomato.html>



### Nutrition

Asparagus is a source of Vitamin C and Vitamin A, and an excellent source of folacin. One-half cup of cooked asparagus contains 24 calories.



Seven Shores Urban Market and Café  
8 Regina St. N – Unit 5, Waterloo, ON.

[www.sevenshorestrading.com](http://www.sevenshorestrading.com)

519-342-0916

### New Summer Hours

Monday to Friday: 7am to 7pm

Saturday: 9am to 5pm

Sunday Closed for time with Family and Friends