

# Cambridge Farmers' Market has been around longer than Canada

OPINION Jul 31, 2017 03:06 by Walter Gowing, Speaks Out Cambridge Times

SHARE



Fresh fruits and vegetables at Cambridge Farmers' Market every Wednesday and Saturday mornings. It is one of the oldest farmers' markets in Canada. - Walter Gowing, Special to the Times

*This is the second in a series on Cambridge Farmers' Market, 40 Dickson St. in Galt.*

This year we are celebrating Canada's 150th anniversary. What about our Cambridge Farmers' Market? We should be celebrating it, as it is older than our country.

The popular food supplier started back in 1830 and now, with a 187-year history of providing residents with fruits, vegetables, cheese and meats, it is one of the oldest farmers' markets in the country.

There are more items like specialty-baked goods, along with honey and maple syrup. Louisa Martin of Auntie's Grove Preserves even offers bottles of birch syrup.

Shopping for foodstuffs is a necessary thing in life. It is always more fun with the market atmosphere where you are served by the same people every week. Meeting friends and neighbours adds to the spirit of the market.

Talk about longtime service, then get in line at Charlie's Deli inside the market building for some great cheese. Charlie's son Bob Nairn, 64, will likely be the guy to serve you.

Charlie Nairn started selling cheese at the local market in 1960. He specialized in imported and domestic cheese. When loyal customers keep coming back week after week, you know the product is good.

A few feet away from Charlie's Deli is another busy vendor, Southern Pride Poultry. In 1962, Don Keeton originally started coming to Galt Farmers' Market. The business was known as Farm Fresh Poultry.

In 1975 it became Paris Poultry Products before taking on its current name in 1982 as Southern Pride Poultry. Don Keeton is now 80 and his son John, 59, operates the chicken business.

In between the cheese and chicken vendors there are a couple of smaller retail outlets. One is the Tea Booth with just about every kind of tea you can think of for sale. The other small operator is Carole's Homemade Baking. Carole Kragelj, who has a modern bakery facility at 397 Middle St. in the city, specializes in sugar-free, gluten-free and other delicious bake goods for people with allergies to ordinary bake goods. She has a regular line of goodies too.

Outside the building on Market Square, the colour of fruits, vegetables and flowers brightens up the scene.

Peter Van Brugge of Scotview Orchard has been coming to the market for 32 years. He hails from Scotland, Ont. The variety of items he displays makes one want to buy a few of each.

Wednesday and Saturday mornings make for a fantastic summer outing with great rewards of fresh produce at Cambridge Farmers' Market.