

# Apple festival heralds final Farmers' Market

The final market festival of the season will take place this Saturday at the Duncan Farmers' Market from 9 a.m. until 1 p.m. This weekend's theme is 'Apples' and 'crazy' France has planned lots of fun activities including face-painting for the kids, apple bobbing and a chance to win some Market Dollars by naming those apples!

Apples are BC's biggest tree fruit crop, producing about 30 per cent of the apples grown in Canada. About 98 per cent of the apples grown in BC are produced in the Okanagan-Similkameen valleys. BC residents consume about 25 per cent of the apples grown in the province. That's about 75-100 apples per person per year!

Apples are about 85 per cent water and are sources of carbohydrates, Vitamins A and C, and Iron. Eating a fresh apple is a

great way to clean your teeth. Science has shown that apple

eaters have fewer headaches, intestinal disorders, colds, respiratory problems and illnesses associated with the nervous system. Just goes to show you that an apple a day does keep the doctor away!

There are over 100 varieties of apples grown in North America, but we see only a handful on local grocery store shelves. Local orchards are producing a far wider variety of apples here in the Valley.

One of the newer vendors at the Duncan Farmers' Market, is Limbrant Acres, a new apple and pear orchard located at 4151 Riverside Road in Cowichan Station. The



FOOD CONNECTION  
**Karin Bruce**



orchard began in 1999 with 615 dwarf trees and expanded in 2000 to over 1,300 trees, producing 11 varieties of apples and three varieties of pears. Limbrant Acres is an organic producer, using no pesticides.

Apples picked during September and October are sold fresh and processed into apple sauce and butter right at the farm. Stop in and see Therese and William Janssen of Limbrant Acres this Saturday at the market or give them a call at 743-9843 or 748-4062 to arrange a visit to the farm.

*Until next time - Stay Connected! See you at the Market!*

**Limbrant Acres' award-winning stall will be at this weekend's market with 11 varieties of fresh-picked organic apples.**