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Wilmot Farmers Market Celebrates Its 10th Season

Wilmot Farmers Market press release

The Wilmot Farmers Market began its 10th season on June 25 on the green at the Wilmot Town Offices. The market will continue, rain or shine, every Saturday from 9 AM to noon through September 24. Performing on June 25 was Richard King, with old-time songs, Americana, and contemporary folk music.

Presently, 17 vendors have signed up for the market in addition to some non-profit organizations. Representing Andover will be Spice 'n' Cheese Emporium, run by Joe Stearns. He brings spices, rubs, seasonings, marinades, oils, and barbecue sauces. Peter Zak and Mary Lloyd-Evans, from Highland Lake Apple Farm, will be providing vegetables, small fruits, tree fruits, potted flowers, and strawberries, jams, jellies, and honey products. Amy Fec-

teau will be selling her creative hand-stamped greeting cards and tiles.

From Danbury, Phil and Donna Sprague from Huntoon Farm will be selling baked goods, meat, maple syrup, and prepared foods. From Salisbury, Bernard Joly and Ruth Chase of Emma Chase Designs will bring their fine jewelry. Other vendors are from Springfield, Sutton Mills, Grantham, Plainfield, Bristol, Wilmot, and Pembroke.

The market has become a community, where people return week after week and season after season to enjoy the sights, sounds, and tastes and the opportunity to buy local. Many will come to enjoy a hot breakfast or lunch and socialize with neighbors while listening to talented area musicians.

For further information, visit WilmotFarmersMarket.com or contact Manager, Mary Lloyd-Evans, at 735-5058.

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WITH THIS AD



**JULY
SPECIAL**



Kearsarge Co-op Offers Programs For Natural Healing, Protection

Kearsarge Co-op press release Hope for Lyme Disease

On Monday, July 11, at 6 PM, the Kearsarge Cooperative Grocer will present Linda Howes, CN, HHP and Laura Piazza, the author of *Recipes for Repair*, in a program to give hope to sufferers of Lyme disease. Laura will share her personal experience with Lyme disease and how this experience led her and her mother to write and self-publish a cookbook for those with Lyme and other inflammatory illnesses.

Like many Lyme patients, Laura was misdiagnosed for years, and she will explain why this disease can be so difficult to detect and diagnose. She will also share strategies for living with Lyme and important lifestyle changes that are essential in conjunction with treatment.

Linda will provide the viewpoint of a practitioner, discussing far-infrared sauna, ionic footbaths, bio-energetic testing, homeopathy, and more. Linda feels that "nutrition and detoxification

are the foundation of every effective healing strategy."

Natural Sun And Bug Safety

Join herbalist Carolyn Kelley on Monday, July 25, at 6 PM as she presents safe, natural solutions to sun and bug safety for the whole family. She will present simple, sensible ways to be safe outdoors, clearing up confusion about UV rays as well as what sunscreen additives to avoid.

Carolyn will discuss herbs, oils, essential oils, and flower essences for sun, bug, and poison ivy protection and healthy skin. She will also talk about the vital importance of vitamin D3 and healthy antioxidant foods.

Registration

Each program is free, though space is limited and reservations are required. To register for either class, call the Kearsarge Cooperative Grocer at 526-6650 or sign up at the store, located at 52 Newport Road in New London. For more information, visit KearsargeCoop.coop.

**Market
on the
Green**

Wednesdays • Rain or Shine
3-6 PM • New London Town Green

Farm products, arts, crafts,
prepared foods, live music, etc...

Brought to you by the Center for the Arts – Lake Sunapee Region

603-526-4444
www.marketonthegreen.com

ASLPT Holds Dragonfly Walk

ASLPT press release

Did you know there are more species of dragonfly and damselfly in New Hampshire than there are in California? Ausbon Sargent Land Preservation Trust (ASLPT) is holding a walk on Friday, July 29, from 2 to 4 PM on the Deming property in New London, and we will try to find some of them.

The walk will be led by ASLPT's land protection specialist, Andy Deegan, and will include information on the life history of local dragonflies and

damselflies. The walk will be easy and is open to everyone – including children of all ages.

Bring normal hiking attire and an insect net if you have one. We will be catching individual "dragons" for identification purposes and releasing them once photos are taken. Light refreshments will be served.

Please let us know you plan to attend by contacting Nancy Smith at 526-6555 or ASLPTnancy@tds.net.