

# Farm-fresh foods coming back to annual Farmers Market



It's farmers market season again!

Genuine local farmers will be at the Downtown Georgetown Farmers Market selling farm-fresh foods every Saturday morning from 8 a.m. to 12:30 p.m. running from June 4 until Oct. 15.

It's a sure sign of spring when Downtown Georgetown Farmers Market opens for the season, delighting residents and visitors with just-picked produce, farm specialties like baked goods, maple syrup, honey, VQA wines, plus friendly, knowledgeable advice on how to prepare, store and enjoy their products.

The farmers market experience is uniquely rewarding. It not only brings the town and the country together, it also brings friends and neighbours together. And although farmers

market foods are terrific, food isn't the only reason to love the market. It's a fun place to be: a great place to hang out, to taste new things, learn new things, and teach your kids about where their foods really come from.

Keep an eye out for the real heroes of any farmers market: vendors who are MyPick® Verified Local Farmers®.

Whether you're shopping at our local

market or at any other farmers market, look for vendors displaying the MyPick® logo. It's your guarantee that a vendor displaying the logo is a real local farmer. Their farm has been visited by Farmers Markets Ontario® inspector who has confirmed that the vendor is truly a local farmer who sells only what he or she grows or produces on his/her own farm – not a reseller of foods pro-

duced who-knows-where. To find out more about the MyPick® program, visit [mypick.ca](http://mypick.ca).

Buy from MyPick® Verified Local Farmers® to enjoy farm-fresh foods made close to home while supporting local agriculture. That way, we can continue to celebrate the start of the farmers market season every year for many, many years to come.

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**... Lend Me Your Ears**

By Cory Soal  
R.H.A.D.


**COMMON QUESTIONS ABOUT TINNITUS - PART 1**  
**WHAT IS IT?**

Tinnitus is a subjective experience where one hears a sound, ringing or noise when no external physical sound is present. Some call it head noises, ear ringing, or other similar things.

**WHAT CAUSES IT?**

There are many causes; indeed almost everything that can go wrong with the ear has Tinnitus associated with it as a symptom. Things as simple as wax against the eardrum to very serious items such as tumors on the 7th facial nerve can produce Tinnitus. Meniere's disease has Tinnitus associated with it. One of the most common causes of Tinnitus is exposure to excessively loud sounds such as shooting, chain saws, rock concerts, or other loud noises.


For more information feel free to call



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