

## Grow Your Own

By Sarah Moran Collier and Nancy Butler



“Well, why would I bother?” you might ask. That’s why this column is here, to provide a little timely inspiration to you to grow your own fruit and vegetables.

You might do it for the personal satisfaction of being able to bring your beautiful produce to exhibit at the Milford Fair in the fall. That’s our favourite reason. Or you might do it because it’s good exercise to dig and delve in the garden. Or you might do it to have the freshest and most delicious food.

Is your mouth-watering crop “slow” food or “fast” food or possibly the current, cool trend “pop-up” food?

It’s “slow” food of course, produce of our local soil, or terroir as they say, with the taste of our heritage. There’s no anticipation like the wait for that late summer harvest which, in Prince Edward County, means tomatoes. You could be growing heirloom varieties of vegetables and fruit, or even locally developed ones, suited to the land, like Fish Lake Garlic or Black ‘Crick’ tomatoes.

Wait, maybe not. Maybe it’s “fast” food variety you’re interested in. Just think about a cherry tomato. It’s the perfect fast food: very convenient, often not far from the back door, can be eaten on the go, with no need for preparation or cooking facilities or even cutlery. And you could put snap peas or apples into the same category.

Or perhaps your own homegrown style is “pop-up” food. Just like “pop-up” restaurants, it requires little overhead (in this case, not even a food truck) and can appear overnight, as if from nowhere...the way asparagus, radishes and fiddleheads seem to do.

So, if you’re a “slow food”, “fast food” or “pop-up food” junkie, feed your craving and grow your own.

The earth is warm, ready and waiting for you to get started, if you haven’t already, that is.

**Copy & Advertising  
Deadline for the July  
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June 25th**

# The South Marysburgh Recreation Board

The Marysburgh Mumpers  
The Milford Fair Board

## Meetings, Events, Announcements

### Milford Fair Board Meeting

Wednesday, June 10th at 7:00 p.m.  
Milford Town Hall

### Milford Market

Saturdays from 9:00 a.m. to 2:00 p.m.  
in the Shed at the Fairgrounds  
until October 10th

### Milford Market ‘Car Boot Sale’

Saturday, June 27th  
Please call 613.813.3804 to reserve your space.

### Road Bowling

Sunday Afternoons from 2:00 to 3:30 p.m.  
If interested, please contact:  
Mendy Berkson 613 476-4966  
Bruce Dowdell 613 476-8891

*To reserve the Milford Town Hall  
or Mt. Tabor, please contact:  
Bruce Dowdell at 613. 476.8891  
vidvar@kos.net **OR**  
Leon McConnell at 613.476.6606*

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