

www.pecfestivaloftrees.ca

#### Join us this summer and fall at our community Farmers' Markets

#### Picton Town Hall Farmers' Market

2 Ross Street, Picton 9 a.m. - 1 p.m. Sundays (June 12 & 26, July 10 & 24, August 7 & 21, Sept. 4 & 18, Oct. 2)

### Wellington Farmers' Market

The Eddie Hotel & Farm 15786 Loyalist Parkway 8 a.m. - 1 p.m. Saturdays (June 18, July 30, August 27, Sept. 24, Oct. 8)

#### Wellington Community Market

Wellington United Church 243 Main St, Wellington 9 a.m. - 1 p.m. Saturdays (July 2, Aug. 20, Sept. 10)

All proceeds go to the Prince Edward County Memorial Hospital Auxiliary

### Local Farmers Named County Sustainability Group Bursary Winners

### (Continued from page 3)

different crops in the greenhouse alone, not including the seedlings started there to transplant to the gardens outside. They'll be adding more fruit trees and setting up bee hives as well. Learn more about them at www.hawkridgehomestead. com

A brand new bursary program for local farmers committed to the principles and practices of organic farming was generously funded by a gift from PEC's Long Point Honey Company. This annual \$500 bursary is awarded by CSG to a farmer who best illustrates sustainable practices to protect, preserve, and promote pollinator health.

Mike Barnes of Lambs Quarter Farm on Talbot St in Picton has been chosen as the deserving winner of this new award for 2022. Much of the focus on their family farm is with a nod to pollinators like butterflies and native bees in particular. They plant trees and bushes that are especially important for the bees. The market gardens feature walking rows of white clover cover crops with buckwheat and crimson clover. They feel humbled in their service when it comes to the pollination of

all the fruit and vegetables they grow organically and sustainably without pesticides or herbicides. As their sign says " Growing for Today & Thinking of Tomorrow " is at the heart of all they do. Learn more about them at

<u>www.lambsquarters.farm</u> The public can support

these bursaries by purchasing rain barrels and accessories at www.rainbarrel.ca/csgpicton

# Interested in advertising in the South Marysburgh Mirror?

Reach more than 600 households eager to reach each issue of the Mirror.

Call 613-471-1816 or email themirror@kos.net for rates and dates.

# NUTRITIONAL THERAPY + MENTAL HEALTH COUNSELLING

can help. ere's how:

### • digestive issues

- inflammation
- stress/anxiety/ depressive symptoms
- food behaviour
- CBT
- dietary changes
- youth counselling
- goal setting
- lifestyle changes

Meet from the comfort of home over phone, zoom or facetime. In person sessions in Wellington coming soon! EMAIL: HELLO@NATALIEFADER.COM

## NATALIEFADER.COM RNT, NNCP, CBT

## 🔿 @the.nutritional.therapist