

July 14, 2010

MARKET NEWS

WWW.LANGLEYCOMMUNITYFARMERSMARKET.COM



Highlights

- New vendor—Dr. Ken Adams offering free spinal/posture assessments.
- Local Taoist Tai-Chi Club in the market giving demonstrations of this art.
- New Vendor—Glen Valley Artichoke Farm.
- Music by Rumi.

Tai Chi for Everyone

Some local people who practice Taoist Tai Chi are in the market today to demonstrate and talk about this form of relaxation and exercise.

The Taoist Tai Chi™ incorporates a significant degree of turning and stretching in each of the movements, combined with the adaptability of the form to suit individual needs, are just some of the factors that contribute to its focus on restoring, improving and maintaining health.

The health benefits include: improved circulation, balance and posture; increased strength and flexibility; and reduced stress.

Although not a substitute for proper medical treatment, the art can help to improve the health and quality of life for people dealing health conditions such as poor circulation, high blood pressure, arthritis, back pain, joint immobility, respiratory problems, digestive disorders, Parkinson's disease, multiple sclerosis, fibromyalgia and many others.

The local Taoist Tai Chi Society, a volunteer run registered charitable organization that runs classes in Langley/Surrey at Douglas Rec. Centre, Murrayville library, Sharon United Church, the Kinsmen Hall, Clayton Hall, and other locations.



Visit their booth today, watch a demonstration and find out more or visit the web site at www.taoist.bc.ca



Today's Vendors

FARMS/GROWERS/PRODUCERS

Chanthorn Orchids
Country Village Fruit and Veggies-
NEW
Apple Barn Pumpkin Farm
Eagle Bluff Orchard-*NEW*
Farmhouse Natural Cheese
Gelderman Farms Pork
Glen Valley Organic Farm
The Organic Farm Connection
Glenwood Valley Farms
Rockweld Farm-*NEW*
Natural Village Farm
Empire Valley Beef-*NEW*
Glen Valley Artichoke Farm-*NEW*
Pacific West Perennials-*NEW*

FOOD PRODUCERS

Ace Curries to Go
A Bread Affair
Two Guys With Big Peppers
Ivy Oven

FOOD PRODUCERS

Aji Gourmet Products
Bite Me Buffalo Smokies
Fort Langley Bakery

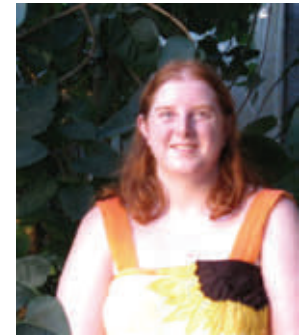
ARTISANS

Frogs Not Included
Serenity Now Soaps
WigglePie Crafts
Josh Jenkins
Photography
Barbara Cartile Soaps
The Beadin' Path
Shipwrecked Treasures
Diva Dawg Clothing
Magnetite Jewelry
Love Bomb
Fresh-n-Home Products
Meditative Images
Gems in Bloom
Dr. Ken Adams



Congratulations to the Winner

Linda Friars won the Vendor Gift Pack last week. This was Linda's first visit to the Langley Market, although she has frequented markets near her former home on Vancouver Island.



Visit the market info booth and fill out an entry form. You could be today's winner.

Cool. Clear Water

It is our pleasure to be able to offer market customers a cup of cool water during market days. This is courtesy of Clearstream Premium Water, a local company that offers an alternative to heavy jugs of filtered water. This product includes 4-stage filtering installed in home or office water systems.

Clearstream has provided us with a system including a cooler so we can keep you cool and hydrated this summer. Stop by the market information booth anytime for your free cup.

