

Rural Community Expo June 4 at Furnace Falls Farm

Notes from
The Farmer's Daughter
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Sunday, June 4, is shaping up to be a big day for visitors to the Rural Community Expo at Furnace Falls Farm in Lyndhurst (#504 Old Briar Hill Rd.).

The event, co-hosted by the Lyndhurst, Seeley's Bay & District Chamber of Commerce, Furnace Falls Farm, Wendy's Country Market and sponsored by Farm Directory Leeds Grenville, will surely have something for everyone.

With an impressive list of more than 45 vendors ranging from local makers and bakers to landscapers, local producers and community groups, there will be lots to see. You can shop indoors and out over the expansive grounds at the farm venue while enjoying live entertainment from local musician Pat Johnson.

Artist Phil Chadwick will be displaying his talent while painting plein air. And new this year, there are special guest speakers scheduled to inspire and inform as they provide a variety of intriguing topics in the Barn.

From 11:30 to noon, Annick Rousseau, Farmer and Astrologist from Berry Homestead Farm and Astro 4 U 99 will discuss the influence of the moon cycle in the garden with her "Intro to Biodynamic Gardening" presentation.

12-12:30 pm Dr. Dodie Elkins from Seeley's Bay Family Chiropractic will ask if pain is getting on your nerves as she invites you to learn some easy, feel-good tips to get your back doing the things you love to do.

1 - 2 pm The presentation "Adventure Smart - Hug-A-Tree" by Susan Bunge from Rideau Ground Search and Rescue is geared to kids from kindergarten through to grade five.

Last but certainly not least, from 2 - 2:30 pm, a sweet presentation by Cindy Healy from Ridgeway Confections will discuss the "History of Chocolate." Cindy will have some tasty samples on hand too.

The Chamber of Commerce will accept donations for the local foodbank upon admission to the Expo. Everyone eighteen and older entering the Expo will be provided with a ballot to go into a draw for a grand prize of an "Experience Lyndhurst Package," which (so far) includes a weekend canoe rental from Wing's Live Bait & Tackle, a family picnic pack from Furnace Falls Farm, an overnight camping stay



Lindsay Hadcock of Goat Ridge Farm holding one of her "kids" at last year's Expo.

and donkey visit from Berry Homestead Farm, A goat walk for up to 6 people from Goat Ridge Farm, a \$25 Gift Certificate from Petra's Place, and a \$25 Gift Certificate from The Green Gecko.

A family fun kids zone will feature a few old-fashioned carnival-style games (with prizes while they last), and colouring contests, sponsored in part

by the Seeley's Bay Frost Fest Committee. Leeds and the Thousand Islands Public Library will also be part of the kids' fun zone with their cool button maker and fun minute-to-win-it activities.

Backwoods Maple Works from Toledo will be making their awesome maple kettle corn on site, and of course, Chef Karen will have farm fresh lunch

available to purchase from the courtyard BBQ silo.

The Rural Community Expo is the perfect chance to get out and learn what businesses and organizations are right in your own backyard. Please stop by the kid's fun zone at the Farm Directory Leeds Grenville table and say hi to me, The Farmer's Daughter!