

Seaport Neighbourhood Shops

FEBRUARY 2012

N E W S L E T T E R

VOLUME 1



1209 Marginal Road / Pier 20, Halifax

Building Winter Hours (Jan - Mar)

Tuesday - Friday10 am - 5 pm

Saturday7 am - 4 pm

Sunday8 am - 4 pm

CLOSED MONDAYS

Some of the Storefront (along the building exterior) and Boulevard vendors vary their hours by opening earlier and / or closing later than regular Building Hours. Check the Vendor Profile in this newsletter or contact the individual vendors for specific hours.

OPEN EVERY MONDAY

The Seaport Bread Shop7:30 am - 7 pm

Selwood Green8 am - 5 pm

Storefront and Boulevard Vendors

Biscuit Lips

Cheelin Express

Foxhill Cheese House

Getaway Farm Meatmongers

Gourmandises Avenue Chocolatiere

Maritime Pasty Co

Mr. Smooth

Noggins Corner Farm

Sea Blooms

Seafoam Lavender

Seaport Bread Shop

Selwood Green

Steve-O-Reno's Cappuccino

The Fish Shop at Pier 20

Wrap-So-D

Noggins Corner Farm



Noggins Corner Farm is a diversified multi-generational family farm located just outside Wolfville in the beautiful Annapolis Valley. The farm has been in the Bishop family since 1760 and Andrew and his family are the sixth and seventh generations of Bishops to farm this fertile land along the Cornwallis River and Minas Basin. Today, the farm encompasses a modern fruit packing warehouse, long term storage facility, a busy year round farm market, an agritourism component as well as three farm market locations in the Halifax area. The main horticultural focus is fruit with orchards producing thirty plus varieties of apples, as well as pears, peaches, plums, sweet cherries, strawberries, and raspberries. Vegetables are also an important component of the horticultural operation with acres of sweet corn, squash, brussel sprouts, zucchini, field tomatoes, cucumbers, peppers, gourds and lots and lots of pumpkins.

The Noggins Corner Farm stall at the Halifax Seaport Farmers' Market currently features Honey Crisp, McIntosh, Gala, Ambrosia, and Cortland apples. Local pears include Bartlett and Bosc with varieties changing weekly. Winter root vegetables on offer include carrots, parsnips and turnips great for winter stews along with different varieties of potatoes. Freshly pressed sweet apple and apple-cranberry cider are also available. The stall also features award winning Tideview Cider brewed with Golden Russet, Cox and Orange Pippin apples grown on the farm.

Contact: Andrew Bishop • **Phone:** 902.679.9522

Email: sales@nogginsfarm.ca

Facebook: Noggins Corner At The Seaport Market

Twitter: @nogginscorner • **Web:** www.nogginsfarm.ca

Days & Hours of Operation

Tuesday - Friday ... 10am - 5pm

Saturday 7am - 4pm

Sunday 8am - 4pm



The Fish Shop at Pier 20

The Fish Shop at Pier 20, owned by Chef Peter Boudreau is the only independent fishmonger on peninsular Halifax. Focusing on fresh, sustainable seafood the shop concentrates on fresh and smoked products from local fishers, whenever possible. Shellfish such as Oysters, Lobster, Scallops and Mussels are complimented by fin-fish such as Haddock, Halibut, Salmon and Tuna. New sustainable options include Sea Bass and Arctic Char, produced locally through ecologically sustainable, land based aquaculture methods.

The Fish Shop also offers a high quality and highly praised menu of take-out items including Haddock Fish & Chips, Lobster Poutine, Chowder, and possibly the best Lobster Roll in HRM. Local ingredients such as Foxhill Cheese in the Lobster Poutine are chosen whenever possible and only transfat free oil is used for cooking.

Contact: Peter Boudreau

Phone: 902.405.3474

Email: peterboudreau@yahoo.ca

I ♥ LOCAL

Days & Hours of Operation

Tuesday - Friday 10am - 6pm

Saturday 7am - 5pm

Sunday 9am - 5pm



“Leap Into Local” with the Incredible Community Supper

The Halifax Seaport Farmers Market is hosting an Incredible Community Supper on Wednesday, February 29, 2012 from 6:00 pm until 9:00 pm. This Incredible Community Supper, sponsored by Select Nova Scotia and The Coast, features a multi-course meal, with over 20 items prepared by 10 Seaport Market Chefs from local, seasonal ingredients. A cash bar featuring Nova Scotia wine, beer and spirits will be available. Tickets are \$75.00 (HST included) and are available at the Halifax Seaport Farmers' Market, 1209 Marginal Road, through the Halifax Seaport Farmers Market Business Office, or by calling 492-4043, or emailing eventsjk@halifaxfarmersmarket.com

Come show your support for our local farms, food providers, Market vendors and a local, sustainable food industry.

Sea Blooms

Sea Blooms is the retail name of the great plant store in the Halifax Seaport Farmers' Market. For over 20 years, Dan Calda has owned and operated the Seabright Greenhouse and Nursery on the Peggys Cove Road, St. Margaret's Bay. A fixture at the Halifax Seaport Farmers' Market for many years, during winter and spring the retail shop at the Halifax Seaport Farmers' Market features a mix of grown and beautiful cut flowers such as roses, tulips, spidermums, irises and freesia. Potted spring flowers include hyacinths, daffodils and tulips. Imported flowers are Fair Trade and Eco Certified.

Greenhouse grown sweet green and red peppers, jalapenos, English cucumbers, mushrooms and reputedly the best ginger root in Nova Scotia are offered daily throughout the winter.

On Monday, February 13, Sea Blooms will be open from 10am-6pm for your fresh rose purchase.

Contact: Dan Calda
Phone: 902.802.8424
Email: dan.calda@bellaliant.net

Days & Hours of Operation

Tuesday - Friday 10am - 6pm
Saturday 7am - 4pm
Sunday 8am - 4pm



The Seaport Bread Shop

Every day of the week, the Seaport Bread Shop offers fresh, lovingly made local baked goods. Prepared on-site daily by baker, Ella Dodson, you can purchase a variety of freshly made specialty breads, cookies, bagels, muffins, sandwiches, soups, bread puddings and such specialty items as panko crumbs and pizza dough.

A transplanted lawyer from New York, Ella is fulfilling her dream to own and operate an artisan bakery, where breads are made by hand daily using local ingredients. In addition to whole wheat and mixed grain sandwich breads, some of her popular specialty breads include: dairy-free Challah; authentic New York Style Bagels; Beer & Cheese bread made with Garrison beer; Three Olive bread; and her signature Sweet Potato Bread and Rolls.

The Seaport Bread Shop encourages custom or specialty orders for any of its products or other baked goods at least a day in advance, to ensure that they are in the shop when the customer needs them.

Contact: Ella Dodson
Phone: 902.428.5469
Email: seaportbread@bellaliant.com

Days & Hours of Operation
Monday - Friday 7:30am - 7 pm
Saturday 7 am - 6 pm
Sunday 8 am - 5 pm



Cheelin Express

Cheelin Express offers traditional Chinese food influenced by Beijing and Szechuan cuisine. Its parent restaurant, Cheelin, is perennially recommended in *Where To Eat in Canada* and *Frommer's*, and both locations are popular with the Chinese students here in Halifax. Operating for over 17 years in Halifax, owner Fanny Chen is proud of her well earned, word-of-mouth reputation for fresh, flavourful food featuring local ingredients and no MSG. Of special note, gluten free options are also available.

Popular items include: Beef Egg Rolls and Vegetable Spring Rolls; Pork and Vegetarian Dumplings; flavourful, medium spicy Chili Chicken; and Saturday Noodles featuring wheat or rice noodles with stir-fry vegetables

Contact: Fanny Chen • **Phone:** 902.489.6815

Days & Hours of Operation

Wednesday - Friday 10am - 2pm
Saturday 8am - 4pm
Sunday 10am - 4pm



It's A Different Place During The Week

While you may be a big fan of the exciting weekend farmers' market experience with all the bustle and energy, it's a pleasure to visit the local permanent vendors throughout the week. There's a real chance to get to know them and the relaxed atmosphere is a great opportunity to have lunch or a snack, read a book or get some exercise in the winter and watch the harbour activity from the warmth of this fabulous, sustainable building.



Biscuit Lips

Biscuit Lips is the name of a wonderfully popular Taiwanese/Japanese lunch stand at the Halifax Seaport Farmers' Market. Owned and operated by Yen and Steven Chen, the stand is an extension of their Dartmouth café they have operated for over 22 years.

Popular items include Spring Rolls, Sushi, Steamed Buns (stuffed with delicious barbeque pork and onion), Homemade Tofu and Soy Milk that regularly sells out, and various dishes made with locally made noodles.

Yen and Steven take pride in using local vegetable and meat ingredients and believe freshness is one of their most important qualities. Their food is made fresh from "scratch" daily – even their great chili sauces.

Contact: Yen Chen

Phone: 902.219.4858

Days & Hours of Operation

Tuesday - Friday 10am - 4pm
Saturday 7am - 4pm
Sunday 8am - 4pm



Getaway Farm

Located on the North Mountain in the beautiful Annapolis Valley, the three-generation family that owns Getaway Farm raises 100% grass fed beef and sheep, and pastured pork. This means that with the exception of young animals drinking their momma's milk, their diet consists entirely of grasses and other diverse pasture plants. The animals are pastured during the green months and eat North Mountain sweet hay during the winter. These sustainable agriculture practices reduce the need for fossil fuel inputs through imported feed, reduce erosion and result in carbon-rich soil. Grass fed and finished, as opposed to grain-fed, animals are proven health foods with higher levels of omega-3 fatty acids, beta carotene and essential fatty acids. Grass-fed beef has a significantly lower fat content and because it is leaner, it cooks about 15% faster than supermarket beef.

A mix of standard and heritage breeds, the naturally raised animals from the farm supply the Getaway Farm butcher shop at the Halifax Seaport Farmers' Market. The shop practices whole-animal butchery and offers a wide variety of standard and custom cuts of meat. Check out their very competitive pricing on the Getaway website www.getawayfarm.ca

Contact: Chris de Waal

Phone: 902.266.6328

Email: info@meatmongers.com

Facebook: Getaway Meat Mongers

Twitter: @meatmongers

Web: www.getawayfarm.ca



Days & Hours of Operation

Tuesday - Friday 10am - 6pm
Saturday 7am - 5pm
Sunday 9am - 5pm

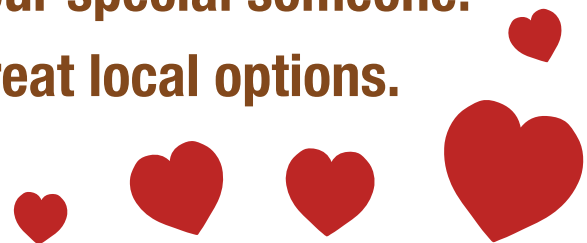


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Check out some great ideas for celebrating Valentine's with your special someone.

Check out these great local options.

Surf & Turf Special



The Fish Shop at Pier 20 and Getaway Farm are partnering on a great Surf & Turf combo. Get a succulent, fresh 1 lb live Lobster from the Fish Shop at Pier 20 and a juicy, 10oz Rib Eye or Strip Loin grass fed steak from Getaway Farm for **\$20**. Each combo sold includes a contest entry for a prize of a dozen long stem red roses and a tasty bottle of Sainte Famille 2006 Baco Noir wine from Sea Blooms. Persons must be 19 years of age to enter contest.

Apples and Chocolate, MMMMM

The nutritious and affordable Valentine treat from Noggins Corner Farm is a delicious, local Honey Crisp Apple and a decadent Gourmandises Avenue Chocolate, all wrapped in a ribbon for **\$3.50** each.

Two Gardening Workshops with Norbert Kungl

Organic farmer and gardener extraordinaire, Norbert Kungl will be hosting two gardening workshops at Selwood Green at the Halifax Seaport Farmers' Market

Urban Garden Planning and Seed Ordering
Wednesday, February 22 from 4:00pm to 6:30pm



Seed Ordering and Seedling Production
Wednesday, March 7 from 4:00pm to 6:30pm

A hearty supper of soup or stew will be included in the \$22 per person registration fee for each workshop. Register at Selwood Green in person or by calling 420-0376 or send an e-mail to Norbert at novahort@yahoo.ca He has lots of Johnny's Selected Seeds Catalogues, but bring your favourite seed catalogues and all your gardening questions.

Selwood Green - Norbert's Good Food

Since 1989 Norbert Kungl has been known as one of the leading advocates for local, organic farming in Nova Scotia through his family farm called Selwood Green, located in Hants County on the Minas Basin. When the new Halifax Seaport Farmers' Market opened, Norbert and his wife Minga were ready for something new and so they opened Norbert's Good Food, a special combination of his fresh, seasonal fruit and vegetable stand and a breakfast/lunch counter. This the only place in Halifax where you are eating food prepared for you by the farm family that grew it. Norbert's Good Food is also the Halifax outlet for the Boulangerie La Vendéene organic bakery.

Enjoy comfort food that is lovingly prepared from family recipes and naturally localicious. Check out the All Day Breakfast, Daily Lunch Specials and the other hearty fare at www.selwoodgreen.ca

Contact: Norbert Kungl • **Phone:** 902.420.0376

Email: novahort@yahoo.ca

Facebook: Selwood Green

Twitter: @NorbertsFood

Web: www.selwoodgreen.ca



Days & Hours of Operation

Monday - Friday..... 8am - 5pm

Saturday..... 7am - 4pm

Sunday 8am - 4pm



Steve-O-Reno's Cappuccino

Steve-O-Reno's has been a go-to place for Halifax coffee fans for years because of its great products and its friendly and engaging baristas. Winner of multiple Best Of awards in the Coast and earning great reviews on Yelp, Frommer's and Trip Advisor means its well-earned reputation has spread far and wide.

The popular shop at the Halifax Seaport Farmers' Market offers a great grab-and-go selection of greatest hits including Cappuccino, Lattes, Americano, Hot Chocolate, Chai Latte and popular Strawberry or Tropical Smoothies. Baked goods include substantial Oatcakes, Chocolate Chip Cookies and their special Energy Cookies with honey, dates and cranberries.

Bring your re-usable cup and save credits towards a free drink.

Contact: Steve Armbruster

Phone: 902.429.3034

Email: info@steveorenos.com

Facebook: Steve-O-Reno's Cappuccino

Twitter: @SteveORenos

Web: www.steveorenos.com

Days & Hours of Operation

Tue - Fri 10am - 4pm

Saturday..... 7am - 4pm

Sunday 8am - 4pm



HALIFAX SEAPORT FARMERS' MARKET ESTABLISHED 1750

Halifax Seaport Farmers' Market, 1209 Marginal Road / Pier 20, Halifax, NS, B3H 4P8

seaport@halifaxfarmersmarket.com

www.halifaxfarmersmarket.com

