

CRAVIN'



MAKING LOCAL HEALTHY FOOD ACCESSIBLE



Selena Martin has a passion for helping people eat great, healthy food. Her business Cravin' offers children's cooking classes to teach kids where their food comes from, as well as how to create simple, healthy meals.

"I'm teaching kids how to feed themselves and their parents, and they get a lot of confidence from that," Selena says. She also supports picky eaters by offering them options and encouraging them to ask, "What could I put in this recipe instead of onions? And how would it taste different?"

"You can always switch up a recipe," Selena tells them. "You can always make something that you want to eat."

Today's class is making hash browns. Each child gets a potato. As they scrub the dirt off their potatoes in the sink, Selena tells them how these potatoes are stored with dirt on them, to help keep them fresh for months. After carefully chopping up their potatoes, kids can choose to add tomatoes, mushrooms, red peppers, cheese, and bacon. Their veggies get tossed in oil, then popped into the oven.

Selena Martin supervises a kids' cooking class.

After they cool down a little, the hash browns will be topped with chopped parsley and the young cooks can enjoy their creations.

In other cooking classes, kids can make individual pizzas or smoothies. "We incorporate as many colours as we can in whatever we make," says Selena. "We do a lot of fruit and veggie smoothies, and the kids guess what colour they're going to turn out!"

Cooking classes aren't the only way Selena Martin is spreading the good food message in the community. You can find her every Sunday at Kingston's Memorial Centre Farmers' Market, where she sells a variety of fresh food (as well as frozen meals to take home). Her menu changes with the seasons. In colder weather, she offers hot soups and fresh bread. Now that it's summer, she offers cold drinks as well as sandwiches, grain salads, and cookies, all using local ingredients. For her beverages, too, Selena uses seasonal fruit, like blueberries, gooseberries, and watermelon.

Everything sold at the Memorial Centre Farmers' Market is truly local – grown, raised, or made within 100 kilometres (or 62 miles) of the market itself. Selena will often get inspiration for her next culinary creation from her fellow vendors. For her cooking class, she got her potatoes from Vintage Soil Farm and bacon from Haanover View Farms, both vendors at the market. It's easy to cook locally when you've got local honey, vegetables, pork, and eggs just across the aisle.



THE MEMORIAL CENTRE FARMERS' MARKET OPERATES EVERY SUNDAY YEAR-ROUND AT 303 YORK STREET IN KINGSTON'S MIDTOWN. FROM MAY TO OCTOBER, THE MARKET RUNS OUTDOORS FROM 9 AM TO 2 PM. FROM NOVEMBER TO APRIL, THE MARKET TAKES PLACE INSIDE THE BARN ON SITE FROM 9 AM TO 1 PM. AS WELL AS LOCAL FOOD, THE MARKET OFFERS LIVE MUSIC AND OTHER ACTIVITIES.

