Barry's Bay to host Taste of the Valley August 14

 By Patricia McLee

Enjoy a ?Taste of the Valley? this Friday at Station Park in Barry's Bay

?Bring your cooler!?

That's the advice from Danielle Paul, coordinator of this year's Taste of the Valley in Barry's Bay.

The Valley's best home-grown produce, baked goods, and arts and crafts will be featured at this event from 10 a.m. to 5 p.m. Friday, August 14 at Railway Station Park in Barry's Bay and there will be plenty of tasty treats available to fill that cooler.

Virtually all of the regular vendors from the Madawaska Valley Farmers' Market will be on hand with loads of farm-fresh produce. They will be joined by a couple of dozen other vendors from all over Renfrew County and the Pontiac region as well as Moose FM and Valley Heritage Radio.

?This will be one of the sweetest Tastes of the Valley in years,? Paul said. Looking over her lists, she noted at least four vendors will be offering maple syrup products and one will have honey. Many others will also have those homemade jams, jellies and preserves that make country markets so special. And, of course, the Valley bakers will be there with their delicious butter tarts, doughnuts, cakes, cookies and breads.

Snacks and lunch will be available from a number of vendors, but there will also be frozen dinners and organic meat to take home for later. Locally-roasted coffee, fresh-squeezed lemonade and homemade ice cream are also on the menu.

Musicians will provide live entertainment throughout the day, with Chris Hum, The Valley Shantyman, back by popular demand all afternoon, and there will be face painting for the little ones.

A blacksmith, a furniture maker and several very talented jewellery artisans will join vendors offering original artwork, walking sticks, natural skin care products, cedarleaf oil, herbal medicines and more.

There will truly be something for everyone at the Taste of the Valley, adopted as an annual event by Renfrew County eight years ago, so it's well worth a visit.

Oh, and don't forget to bring that cooler.