Welcome to Saturday morning --





Now, I know that the most logical and profitable way to spend a Saturday morning is to hide under a pile of warm blankets and blissfully sleep off Friday night's date with a mean bottle of Jack Danials. But if ever (in a brief moment of uncontrollable feeblemindedness) you decide to fritter away a Saturday morning among Fredericton's early-risers, you may pass the most enjoyable time, getting some great bargains in the process, by paying a visit to the city's Boyce Market on George St.

Although things move into gear at the unheard of hour of 7 a.m. the most comfortable and painless way to "do" the market is to arrive around 9 or even 10:00 a.m. To really get a more reasonable outlook on the day you would be well advised to fortify yourself with a *real* breakfast from Goofy Roofy's breakfast counter. In the warmer months tables are set up outside and the smell of sizzling bacon and fresh coffee is enough to clean the spiderwebs out of anyone's brain. In the winter, at the inside counter, the conversation is as brisk and lively as the business and the food has made Goofy Roofy's somewhat of a local meeting spot.

Thus, breakfast having put you in a much more comfortablish frame of mind, stroll into the main market area. Merchants and craftspeople offer for sale everything from double-yolked eggs, to heavenly homemade pies, to jewellery, ceramics, and a myriad of other goodies. The prices for meats, vegetables and other grocery items are far better than in the supermarkets. The quality is the best and you don't pay for fancy packaging, slick advertising and a check-out girl with a Pepsodent smile. My own favourite items are the cheddar cheese, homemade eggrolls, yogurt, and of course those incredible pies. Then, naturally there is homemade maple candy, fudge and baked treats for your sweet tooth and warm knitted socks, mittens and scarves for your cold winter mornings, and for a taste of something really unique – try the counter with the goats' milk products. Also, you may wish to sample some of the ethnic foods offered at various booths.

This is the best time of year to reap the benefits of local harvests. Of course, there is one minor drawback to visiting the market: you'll probably come away with a puppy or a kitty. How anyone can resist the liquid brown eyes and wet nose of one of these pups is beyond me.

Visit the Boyce Market and discover what Saturday mornings are all about. Experiencing the sights, sounds, smells and friendly faces can definitely be habit forming.

Keep an eye open for the Annual Craft Festival held at the Boyce Market in November and December. Great Christmas shopping for locally created crafts such as jewellery, silver and pewter craftwork, ceramics, macrame, batik, stained glass and leather goods, and so on, and so on....

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