

**Meet Another Vendor from the Farmers Market in the Park**

**"The Bread Basket"**

Carrol Price and her husband Clyde have been residents of Botetourt County for more than 10 years. Some of you may know Carrol because she drives a school bus for the county in the Nace area, or you may remember her from when she worked at Thriftway.

Carrol loves to bake and was making bread before she started her business, "The Bread Basket." She was given her first home milled flour by Angie Lenoir, and when she baked bread from that, she was blown away by the difference in the flavor from the flours that she was buying that were supposed to be "whole grain." Carrol got a mill for her birthday, and started milling her own flour. It took trial and error to get the perfect recipe for her bread, but now she has a loaf that is full of flavor, won't crumble when it is sliced and is full of all the good things that should be in bread – bran, germ, fiber, complex carbs, vitamins and minerals. Her bread is 100% whole wheat, and everything she makes is from whole wheat. She also makes sandwich rolls, sweet breads and muffins.

Carrol takes orders by phone (520-3687) or you can contact her by email ([carrolprice@yahoo.com](mailto:carrolprice@yahoo.com)) or just come by and see her at the Farmers Market in the Park (Shelter B).

**Who's Got SPIRIT??  
Troutville's Got SPIRIT!!!**

Have you noticed the fancy new look of the Troutville Service Center? Quite a significant change to a gas station that has been a part of Troutville since the 1960's.

Due to a change in marketing strategy in 2009, California-based Chevron (owner of Texaco) decided to halt retail operations in Virginia. But, don't worry....the Spirit gasoline is coming from the same supplier in Montvale, and Tony & Debbie Myers and Mike Morris will continue to provide the same outstanding, personal service to our community that they have for the past 25 years – they just have to learn a new way to answer the phone!!

**"LIFE IS NOT MEASURED BY THE NUMBER OF BREATHS WE TAKE, BUT BY THE MOMENTS THAT TAKE OUR BREATH AWAY."**

*"Thanks to all of the Sunshine Girls for getting the Farmers Market started. Thank each and every one of*



*you for your efforts in coming to make sure it runs smoothly and that there is harmony among the vendors and visitors. Everyone – visitors and vendors alike – seem to be so very pleased with everything. We hear such fine things from people coming in through our area. We are always happy to point out that if not for you ladies working so hard to organize, and for all your many efforts to get the flags and to advertise, the market would not be the success it is today.*

*I pray that this time next year the market will be even more successful, and even more widely known and traveled.*

*Thank you and bless you all – now and always!"*

*Earl and Linda Ruggles*

Missed an issue of the TROUTVILLE Tidbits? You can also read it online at [TownofTroutville.com](http://TownofTroutville.com).

**Two Upcoming Events at the Pomegranate Restaurant**

**SUNDAY BRUNCH**

*(Date and Time to be Announced Soon)*

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A very special event is coming this Fall!

**Troutville's First Annual**

**"Uncorked and On Tap" Wine & Art Festival**

An event on Saturday afternoon, November 6<sup>th</sup>, that will include wine tastings from Botetourt's finest vineyards, beer garden, fine art exhibits by local artists, special music, good food and door prizes.

You won't want to miss this, so keep watching for additional information coming soon!

**For more information on the "Friends of the Park", contact -**

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