



www.ottawafarmersmarket.ca

Phone: 613-239-4955

September 23, 2007

Salsa Demos Today

Join **Just Food** today right outside the Food Court Tent between 10:00 a.m. and noon for a short demonstration on preparing salsa and how to preserve fresh produce for winter by canning it. They'll also answer your questions about freezing foods and other ways to put food by for the winter.

What would we do without ONIONS?

Onions, garlic, leeks, scallions and shallots are all part of the *Allium* family. Onions, although not terribly nutritious, are used extensively for

flavouring in most savoury dishes. Some cultures use onions more than others; they are used very heavily, for example, in Indian curry dishes for flavour as well as a thickening agent. Onions can be eaten raw, fried, grilled, boiled, and roasted, in fact just about any way.

Yellow and red onions contain an antioxidant that is associated with beneficial effects on human diseases such as cancer and heart disease.

Basket Draw Winners

The winners of last weeks draw for a basket of "Market Goodies" are:

**Charlotte Robichaud
Chris Habrowych
Jason Budd**

Don't forget to put a ballot into the draw box at the Information Booth during your visit today for your chance to win!

**ONE OF THE HAPPIEST
PLACES TO LIVE IS
INSIDE YOUR OWN
INCOME**

Today's Recipes

Potato Leek Soup

3 leeks
4 potatoes, quartered
¼ cup butter
½ cup milk
½ cup light cream
1 quart water or chicken stock
¼ tsp. fresh chopped chervil
2 Tbsp. each chopped celery and shallots
1/8 tsp. celery seed
parsley to garnish

Peel and quarter the potatoes.

Prepare the leeks by removing the green portions, reserving for another use if desired. Cut down the center lengthwise and wash thoroughly. Chop the white portions finely and sauté lightly with the chopped shallots in half the butter for 5-7 minutes. Add 1 quart of water or chicken stock, ½ tsp. of salt, celery, the quartered potatoes, and simmer 20 – 25 minutes. Remove the potatoes and leeks to a small bowl, reserving using a potato masher, mash to a puree and return the puree to the cooking water. Stir in the milk, cream, and remaining butter, reheating one minute if needed. Season to taste with salt and pepper. Garnish with parsley and croutons.

Did you Know?

Need to remove a sliver? Put a slice of onion on the gauze padded part of a bandage. Leave it on overnight and the onion will draw the sliver to the surface, so you can more easily remove it.

The Market's Future

Mayor Larry O'Brien has asked the public to let him know what they would like to see done with Lansdowne Park. If you would like to see the Ottawa Farmers' Market as part of the Lansdowne "plan", please let your Councillor know, as well as the two Councillor's named below and the Mayor. Every e-mail or phone call will make a difference.

Councillor Clive Doucet
613-580-2487
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Councillor Peter Hume
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Mayor Larry O'Brien
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Thank you for your support!