



www.ottawafarmersmarket.ca
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Cranberries

Thanksgiving weekend is fast approaching and Upper Canada Cranberries has a bountiful harvest of berries waiting to be turned into fabulous cranberry sauce to go with your Thanksgiving turkey. Lyle Slater, owner and operator of the local cranberry bog, has been working tirelessly to bring you the freshest, best tasting cranberries and cran-apple juice you have ever experienced. At Upper Canada Cranberries, the Stevens variety of berries is grown with no use of insecticides or herbicides. The cranberries are grown in a peat bog and then flooded when ripe so the berries can float to the surface to be harvested.

Cranberries contain proanthocyanidins (PACs) that can prevent the adhesion of

certain bacteria, including *E. Coli*, associated with urinary tract infections to the urinary tract wall. The anti-adhesion properties of cranberries may also inhibit the bacteria associated with gum disease and stomach ulcers. Cranberries are packed with Vitamin C and are a source of fiber.

Visitors to the Upper Canada Cranberry bog are more than welcome and there is a store on site, which is open seven days a week. The address is 2283 Stagecoach Rd., just before the little town of Enniskerry, about a half hour drive south of the city. What a great fall family outing and a chance to see a cranberry bog first hand!

Basket Draw Winners

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

Brenda Lee
Mary Ellen Porter
Todd Saunders

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

Today's Recipes

Autumn Harvest Salsa

(Courtesy of **Just Food**)

4 cups ripe tomatoes, peeled and chopped
1 sweet red pepper, chopped
1 onion, chopped
3 cloves of garlic, minced
2 small jalapeno peppers, minced
3 Tbsp. fresh orange juice
½ cup red wine vinegar
2 Tbsp. chopped fresh coriander
Freshly ground pepper and salt to taste
½ cup tomato paste

Combine all ingredients except tomato paste in a pot and simmer gently for 30 minutes or until thick. Stir in tomato paste and cook two more minutes.

Pack into sterilized jars, leaving a ½ inch of air space at top. Top with hot sealing lids and screw bands on finger-tight. Process in a water bath 20 minutes. Remove and let rest for 24 hours. Store in a cool place.

Did you Know?

It takes at least three years of hard labour and a large financial outlay before a Cranberry Bog starts to give any monetary return.

Cranberry Sauce

(Makes 3 cups)

2 cups fresh cranberries
½ cup apple or orange juice
½ cup honey
Grated rind of ½ orange

Mix cranberries, juice and honey in a pot. Cook on low heat for about 5 minutes, until cranberries pop. Remove from heat. Stir in orange rind. Let cool at room temperature, then refrigerate, or bottle hot and seal.

If desired, add ½ cup of chopped pecans, walnuts, mixed dried fruit or chopped up apricots, pineapples or pears to the sauce when adding the orange rind for variety.

Visit Hall's Apple Orchards booth today and treat yourself to a

Honeycrisp

apple. These apples are extraordinarily crisp and juicy with a wonderful aroma and flavour. You won't be disappointed!
