



www.ottawafarmersmarket.ca  
Phone: 613-239-4955  
October 07, 2007

Happy  
Thanksgiving

The market offers a bountiful supply of everything you need to prepare an unforgettable Thanksgiving meal, from meats and potatoes and colourful, delicious fall vegetables such as Brussels sprouts, a wide variety of squashes and carrots to cranberries for sauce and delicious pies and desserts to round the meal off. Enjoy!

**Meadow Greens Nursery** offers the perfect finishing touch to your Thanksgiving table in the form of "**MUM-KINS**", a colourful collection of fall Mums, kale and statice stuffed into a bright orange pumpkin. These lovely centerpieces would also be a great surprise as a hostess gift, or to give to family or friends,

just because! Visit their booth today to see the wide selection.

## Brussels Sprouts

(*Brassica oleracea, var. gemmifera*)

Brussels sprouts are members of the Brassica family and therefore kin to broccoli as well as cabbage. They grow in bunches of 20 to 40 on the stem of a plant that grows from two to three feet tall. Look for fresh, unfaded green color with no sign of yellowing. The heads should be dense and firm, the leaves unwilted. Smaller ones are said to have the best flavour. To keep for up to 2 weeks in the refrigerator crisper, loosely wrap in a paper towel, and place inside a plastic bag. Brussels sprouts can be steamed, boiled, microwaved or stir-fried. Don't cook to long – it's important to stop the cooking process before you can detect a sulphurous smell. Especially if you are pregnant, consider learning to love Brussels sprouts. A cup supplies 93.6 mg of folic acid, as well as being an excellent source of Vitamin C, and a source of Vitamin A, potassium and fiber, all for only 32 calories per ½ cup cooked.

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For the remainder of October, **Swissly** bakery is offering **Brezel**, a baked good that Europeans eat for the whole month of October. Enjoy the Swiss,

German or Austrian variety.

Ask them about it!

### Basket Draw Winners

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

**Megan Shoemaker**

**Matt Young**

**Linda Kirkwood**

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

#### Roasted Fall Veggies

(Makes 6 servings)

- 1 medium** each regular and red onions, peeled and cut into 1 ½-inch wedges
- 1** rutabaga, peeled and cut into 1-inch pieces
- 4 small** turnips, peeled and cut in half lengthwise
- 1 pound** butternut or acorn squash, peeled and cut into 2-inch pieces
- 3 medium** carrots, peeled and cut in half lengthwise
- 12 ounces** Brussels sprouts, cleaned and trimmed
- 2 Tbsp.** olive oil
- 1 tsp.** salt
- ½ tsp.** freshly ground black pepper
- 1 Tbsp.** chopped fresh rosemary
- 2 tsp.** chopped fresh thyme
- Olive oil, cooking spray

Heat oven to 450 degrees with two racks centered. Spray two 12 x 14" roasting or jellyroll pans with cooking spray. Arrange vegetables evenly in the two pans. Drizzle all with 1 Tbsp. olive oil, and toss lightly to coat vegetables. Sprinkle each pan with ½ tsp. salt and ¼ tsp. pepper, Sprinkle rosemary and thyme evenly over each pan and roast for 25 minutes; turn vegetables with a spatula for even browning. Cook until vegetables are tender when pierced with a knife, 15 to 25 minutes more. Brussels sprouts may cook faster than other vegetables; if so, transfer to a serving platter and keep warm until remaining vegetables are tender.

### Did you Know?

For Thanksgiving **Kathleen's Kitchen** is offering Pumpkin Truffles and Pumpkin Truffle Cheesecake. You have never tasted anything like this! Supplies are limited.

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#### The Hot Potato Company

would like to say a big hello to all their customers past and present, and announce their arrival at the Market. The company is family owned and operated; the stand is run by 16 year-old **Jasmine Leese**, who has been selling baked potatoes alongside her parents and siblings since the age of 8. Jasmine is passionate about her spuds, offering only the finest ingredients in all her delicious toppings. All baked spuds and wedges are freshly baked on site.

Enjoy one today!

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