



www.ottawafarmersmarket.ca
Phone: 613-239-4955
October 14, 2007

Autumn Culinary Delights

Today take time to stop by several of the vendor's booths to sample their different delicious wares as their way of saying thank you to all of their loyal customers. Hot samples can be found at the following booths:

Bearbrook Farm
Hot Potato Company
Thai 1-2 Go
in the food court tent, and:
Elk Ranch
Hall's Apple Market
Fitzroy Beef Farmers
Pykeview Meadows Bison
in the outside vending area.

Kids can decorate a mini pumpkin today at the Kid's Table while supplies last!

There will be chef demonstrations throughout the market day in the Information Booth area. Come and watch these creative chefs work their magic and get some great tips on preparing fresh local food!

Food Drive Next Week

Next week, October 21st, the Ottawa Food Bank will have a truck at the Market to accept donations of fresh food for the needy people of Ottawa. Please consider purchasing a little extra from a vendor to donate into the truck. Cash donations are of course always welcome too. Vendors will be donating excess food at the end of the Market day.

Copies of "Hay West" books will be available for purchase at the Information Table with all proceeds going directly to the Food Bank, courtesy of Wyatt McWilliams, owner of Clydesdales Max and Willie, and who along with his Father instigated the incredible and moving feat of getting hay to drought ridden farmers in the West in 2002.

Today's Recipes



Quick & Easy Elk Ranch Stew

1 kg. Elk stew meat
1 cup water
2 bay leaves
1 tsp. each rosemary & thyme
½ tsp. savory
½ tsp. black pepper, salt to taste
1/3 cup hearty red wine or dark beer
3 carrots
3 sweet potatoes (or red or white)
1 onion
½ - 1 cup fresh cranberries
1 apple (cored, peeled and chopped)

Place frozen elk stew meat, along with water, herbs and spices into crock pot or slow cooker in the morning. Around 1-2 hours before eating dinner add chopped vegetables, apple, and cranberries and don't forget the wine or beer! See website or visit the Elk Ranch booth for variations on recipe!

All Vendors at the Ottawa Farmers' Market proudly grow, produce, bake and/or make everything they sell at their booth themselves!

Pykeview Meadows Bison Chili

1 lb. ground bison
1 onion, chopped
1 green pepper, chopped
1-28 oz. tin diced tomatoes
1-14 oz. tin red kidney beans
1-14 oz. tin beans in tomato sauce
2 tbsp. vinegar
1 ½ tbsp. chili powder

Brown ground bison and onion in a large pot. Add green pepper and cook 3 minutes. Add remaining ingredients and simmer about 1 hour. Enjoy!

Did you Know?

In recognition of World Food Day the Reel Food Film Festival presents the Ottawa Premiere of

King Corn

Tuesday, October 16th
Saint Paul's University
Auditorium

Doors open at 6:30pm, film at 7pm. Free Admission.

Basket Draw Winners

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

Barbara Clark
Victor Thomas
Honey Radbourne

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