



www.ottawafarmersmarket.ca
Phone: 613-239-4955
October 21, 2007

Food Drive Today

The Ottawa Food Bank is at the Market today 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 are 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.

Thanks to all who signed the petition to help keep us at Lansdowne next season – if you didn't sign last week please sign today. We thank you for your ongoing support.

Pumpkins (*Cucurbita maxima*)

'Tis the season for big beautiful orange pumpkins to decorate for Halloween or to make delicious pies and desserts from. For Halloween pumpkins look for a sturdy stem, well-rounded shape and one that will stand properly. For cooking, small pie pumpkins are best. Look for a firm, smooth orange skin with a heavy feel for its size. Small to medium sizes are best for kitchen use because of their finer texture and flavour. You can keep an unblemished whole pumpkin in a cool, dry place for several months. Once fresh pumpkin is cut up, it should be wrapped in plastic, refrigerated and used within five days. It can also be cooked and frozen for up to six months.

Next week join us around noon for carving demonstrations near the information tent. Learn how to carve amazing pumpkins for Halloween.



How do you mend a
broken Jack-o-lantern?
With a pumpkin patch!

Today's Recipe

Pumpkin Cranberry Muffin Squares

2 cups all-purpose flour
1 Tbsp. pumpkin pie spice
2-1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
3/4 cup chopped fresh cranberries
1/2 cup chopped walnuts
1 egg
2/3 cup packed brown sugar
1/2 cup orange juice
1/2 cup milk
1/4 cup vegetable oil
1 Tbsp. grated orange rind
3/4 cup cooked pumpkin puree
Topping
3/4 cup granulated sugar
2 Tbsp. all-purpose flour
1/2 tsp. pumpkin pie spice
1 Tbsp. butter, softened

Topping: In bowl, combine sugar, flour, pumpkin pie spice and butter; set aside.

In large bowl stir together flour, pumpkin pie spice, baking powder, baking soda and salt; stir in cranberries and walnuts.

In separate bowl, beat egg; mix in brown sugar, orange juice, milk, oil and orange rind. Blend in pumpkin puree. Pour over flour mixture and stir just until moistened. Spoon into greased 8-inch square pan. Sprinkle with topping. Bake in 375°F oven for 35 to 40 minutes or until cake tester inserted in center comes out clean. Run knife around edges to loosen, turn out onto wire rack and let cool. Cut into squares. (Alternatively, spoon batter into 12

large greased muffin cups, filling to top. Sprinkle with topping. Bake 30 to 35 minutes of until firm to the touch.) Serve warm or at room temperature.

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

Did you Know?

Swissly Bakery is bringing a real specialty from Switzerland today, for **Silser-Day**. This is a special dough from which croissants, buns, brezel etc. are made; the outside crust of all items is black and the inside is whiter than snow. You really must visit the Swissly booth and try this for yourself. All European people know what Silser-Day is!

Basket Draw Winners

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

Brenda Sidla
Jen MacLeod
Elsie Demers

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