



www.ottawafarmersmarket.ca

Phone 613-239-4955

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Welcome back for another great Market season. We have been working through the winter to bring you a better Market with more vendors, more choice, with all the same high standard premium local products. The Market is also growing to a second day. Our Thursday afternoon Market will start up on June 26th with many of the same vendors and additional vendors who cannot participate on Sundays. In addition to being a customer you can play a very helpful role as an ambassador for the Market. When you tell your friends and neighbours about the Market, you are introducing them to a great source for great products, and helping us reach those interested in local. We look forward to your helping us make this Market a great success.

Andy Terauds, President

"Flip over Flapjacks"

Today we honour a truly great Canadian local product, Maple Syrup. Sample some of the area's finest from

Garland Sugar Shack

with a bite-sized pancake in front of the food court tent between 9:00 and 11:00 a.m.

Don't forget to hitch a ride with Max and Willie the gentle Clydesdales from Navandale Farm, as they make their way around the Glebe and Lansdowne with owner Wyatt McWilliams

Mickie's Miniatures

Today from about 10:00 to 2:00

Mickie Moir from Osgoode is bringing in her

Miniature Horses

They are adorable!

Remember to put your name in the ballot box on the information table for your chance to win to win a basket of **Market Goodies!**

Garland Sugar Shack

Ivan and Jocelyn Garland of Vars, Ontario, began their maple syrup business formally in 2004, but have been doing syrup for their family since 1986. They have approximately 2,000 taps of pipeline to collect the sap that they make into syrup and other delicious maple products. The sap is collected in early spring (mid March to mid April), and is very thin, almost like water, but contains about 2 percent sugar (sucrose). While it may yield sap for 100 years or more, a tree is usually not mature enough for permanent tapping until it reaches 45 years old. One tree might yield 10 gallons over the course of four weeks. The sap is boiled to drive off the water, and eventually you get maple syrup. The syrup can be further processed, as the Garland's do, to produce other yummy treats such as taffy, candy, jelly, butter, taffy filled cones, and their signature product, delicious maple cotton candy. This you MUST try!

Did you Know?

It takes 30 - 40 gallons of sap to make 1 gallon of maple pancake syrup. A gallon of pure maple syrup weighs 11 pounds.

Today's Recipe

Maple Fondue

500 ml maple syrup
500 ml cream (35%)

Mix both ingredients in a pan and bring to a boil, mixing regularly until thick (not too thick, but until mixture is not liquid). Pour in a fondue pot, serve with various fruits.

Next week – The first 100 Moms will receive a beautiful rose from Carleton Growers. Stay and join us for our official opening, and say hello to your local City Councillors and dignitaries.

NEW - Thursday Market starting up on **June 26th** from 2:00 p.m. to 7:00 p.m.