



www.ottawafarmersmarket.ca

Phone 613-239-4955

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Today

It's Corn Season!

Join us at the demo table in front of the Food Court Tent around 11:00 a.m to experience a taste of fresh-picked corn; sweet, crisp and delicious with melted butter, salt and pepper, or as is! Pick up a dozen or more from any number of vendors to take home with you.

Sweet corn - delicious boiled, steamed, barbecued, or added to salads or other vegetables – there's nothing quite like it. Store corn unhusked in the fridge if you aren't eating it right away; the sugars quickly turn into starch if stored at room temperature. Do not keep corn in a plastic bag as it is too moist and will soon cause breakdown and rotting.

We're Moving for the SuperEx

On **Sundays, August 10th, 17th and 24th** from 8:00am – 3:00pm and **Thursdays, August 14th, 21st and 28th** from 10:00 am – 3:00 pm you will find the Market along O'Connor St. between Holmwood and Fifth Ave.'s in Sylvia Holden Park (adjacent to Lansdowne Park between O'Connor St. and the Driveway. Due to extensive (and expensive) parking problems last year, this year we are offering a **free shuttle service Sunday's only** from St. Paul's University parking lot at 223 Main St. to the Fire Station on 5th Ave. (adjacent to the Park) and back. The shuttle bus will run every half hour from 7:30 a.m. to 3:30 p.m. for your shopping convenience. Parking at the University is FREE.

Winners of Last Week's

Basket Draw

Yvette Hazzard

Allen Johnston

Colleen StMarseille

Make sure you put in a ticket when you visit the Market either day!

Today's Recipes

Last week Chef Marc Miron showed us how to prepare this delicious salad. Here's the recipe.

Panzanella Salad (Tomato and Bread Salad)

1 each baguette or rustic bread, one day old, cut in 2 cm cubes (he used Art-is-in Bakery Dynamite White)
4 vine ripened tomatoes, large diced
½ red onion or scallions, sliced (optional)
½ bunch flat leaf parsley, leaves only, whole
4 to 6 Tbsp. good Olive oil
Salt & Pepper to taste
2 Tbsp. Balsamic Glaze (available from Cuisine & Passion)

Method:

In a non-stick pan heat 4 Tbsp. Olive oil, add cubed bread and fry until golden brown over medium heat. Add remaining oil if needed. Place the browned bread into a bowl and bring to room temperature. In a separate bowl place diced tomato, parsley, onion (if using) and seasonings. Add bread to tomato mixture and toss; drizzle balsamic glaze on top and serve immediately. All

ingredients can be prepared in advance but mixed at the last minute for best results.

Corn Relish

(Jean Paré – Company's Coming)

9 fresh sweet corn cobs
1 green pepper, seeded and finely chopped
1 red pepper, seeded and finely chopped
1 medium onion, finely chopped
½ cup finely chopped celery
½ tsp. table salt
2 ¼ cups granulated sugar
2 ¼ cups white vinegar
½ tsp. celery seed

1 tsp. dry mustard powder
1 Tbsp. Cornstarch
½ tsp. turmeric
2 Tbsp. Water

Cut corn (don't scrape) from cobs. You should have 4 cups. Turn into large pot. Add next 8 ingredients. Stir. Bring to a boil over medium-high heat, stirring often. Reduce heat. Simmer, uncovered, for 30 minutes, stirring occasionally. Mix last 4 ingredients in a small dish, stir into simmering vegetables. Stir as it returns to a low boil and thickens. Pour into hot sterilized jars to within ¼ inch of top. Seal. Makes 6 half pints.