



[www.ottawafarmersmarket.ca](http://www.ottawafarmersmarket.ca)

Phone 613-239-4955

August 17, 2008

## Shuttle Bus

Save yourself a long walk or a parking ticket and park your car and catch the FREE shuttle bus at St. Paul's University located at 223 Main Street which will deliver you to the Fire Station on Fifth avenue, just a few steps away from the Market, located in Sylvia Holden Park along O' Connor Street between Holmwood and Fifth Avenues. The same bus will take you and your purchases back to your car at the University. This services is provided on **Sunday's only** for the duration of SuperEx. Thursday Market is from 11:00 a.m. to 5:00 p.m. in the park; on-street parking is available beginning a couple of blocks away on Third Avenue.

## It's Time to Get Pickling!

Many people have forgotten the tradition of "putting down" pickles and preserves for the winter as a way of keeping an overabundance of precious food from spoiling and providing the family with nutritious, inexpensive and extremely tasty "summer" foods during the long winter months. Home made preserves are so much tastier than store bought. There are a number of good preserving books available, and all types of canning supplies can be found in most hardware stores and many grocery stores. **The biggest secret to home preserving is organization; read the recipe beforehand to be sure you have all of the ingredients you need; have your jars and lids washed and ready to sterilize just before you are ready to bottle, and have your surroundings tidy so you can concentrate on the job at hand. Invite other family members and/or friends to join you and "share a batch" or make a double batch! Pickles and preserves should always be stored for a couple of weeks at least before tasting to allow all the flavours to blend and penetrate into the vegetables or fruit.**

☺ HAPPY PICKLING ☺

## Today's Recipes

### Bread and Butter Pickles

Compliments of Linda Cook,  
Market Manager

6 medium onions, thinly sliced  
1 green pepper and  
1 sweet red pepper, washed,  
seeded and cut into thin strips  
16 cups sliced cucumbers, about ¼  
inch thick  
1/3 cup course pickling salt

Layer vegetables in large pot, sprinkling salt between layers. Mix a tray of ice cubes throughout the vegetables, cover with another tray of ice cubes. Cover with an inverted plate and leave 3 hours; drain well and pick out any pieces of ice remaining, drain again.

#### Bring to Boil:

3 cups white vinegar  
5 cups sugar  
1 ½ tsp. turmeric  
1 ½ tsp. celery seeds  
2 Tbsp. mustard seeds

Heat to boiling point only, pour over vegetables and bring to boil again. Pack into hot, sterilized jars, seal immediately.

**Note:** the best size of cucumbers for these pickles are about 1½ ins. in diameter and 4 – 5 inches long.

## The Park Atmosphere

*We have had many comments from our customers about how lovely the park setting is and how they wish we could be there all the time! We enjoy it too, and it is much more pleasant for all of us to be on grass and shaded by the numerous trees in the park than to be on pavement. However, the fact that no hydro is available, which excludes some of our vendors with freezers for meat, etc., getting large farm vehicles in and out of the park before and after market, and taking space away from family fun in the park, all make our three week stay more of a "holiday" for us than a practicality.*

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Winners of Last Week's Basket  
Draw

**Penny Riis**

**Donna Deknatel**

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

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We have two new vendors joining us in the Park today – **Baby Retreads**, soft-soled leather shoes for babies, toddlers and children and **Bombay Garden Indian Cuisine** featuring meat curries, vegetable curries, samosas, pakoras, and a whole variety of delicious take-home Indian delights!