



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

Phone 613-239-4955

August 24, 2008

## Final Sunday in Park

Today is our final Sunday in the Park for this season. Next Sunday, the 31<sup>st</sup> of August, we will be back at Lansdowne Park in our usual spot with all of our regular vendors joining us again.

**We will still be in the Park on Thursday, August 28, from 11:00 a.m. to 5:00 p.m.**

We wish to thank you all for your patience and understanding with the parking issues because of the SuperEx. The free shuttle bus is still available today from St. Paul's University at 223 Main Street. There is no shuttle on Thursday but street parking may be available again as the SuperEx will be finished (but not cleaned up).

## SURVEYS

The Market Board of Directors has given their approval to University Student Stephanie Kittmer, who is working on her Honours Degree in Environmental Studies, to survey customers and vendors of the Market. The topic of her thesis explores Farmers' Market Catchment. She will be sharing the results of her survey with the Market.

Also, the Market Board itself will also be conducting another survey shortly. We would very much appreciate your input if approached for either of these short surveys as this information is invaluable to us in order to serve you, our customers, to the best of our ability.

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Winners of Last Week's Basket Draw

**Olivia Roberts**

**Sheila Nicholson**

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

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*Next Week: Terrific Tomatoes - learn about and taste the numerous different varieties available*

## Glengyle Garlic

Donna Davidson and her husband Cliff Neudorf began cultivating garlic on 20 acres of land in Lanark, Ontario in 1994. At the Glengyle Garlic booth you will find garlic shallots in May, garlic scapes from the end of June to the end of August, and garlic bulbs beginning at the end of July. Their garlic is grown organically and you can purchase it in bulk, braids, or single bulbs, as you desire. They also offer seed garlic, and a wide variety of unique and original garlic food products, as well as cookbooks and a video to inspire other cooks. Many other family members help out during the busy season. During the off season they plant new garlic, mulch, and pray for a good growing season! They are currently working on new food products to bring to the market to expand their already popular repertoire.

## Did you Know?

People with access to garlic survived the concentration camps.

In ancient Egypt garlic was used as currency!

## Today's Recipes

Compliments of Glengyle Garlic

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### Roasted Garlic

This is an amazing way to enjoy garlic. Roasted garlic can be used on crackers, toast, as a dip or as an addition to many dishes such as soups, sauces, pizza and sandwiches. It combines well with cheese.

Cut the top off a whole head of garlic so that the tip of each clove is exposed. Drizzle lightly with olive oil and wrap in heavy foil. Bake at 350° F for 45 – 60 mins. or until garlic is soft and light brown. When cool enough separate cloves and squeeze the garlic from each; throw the skins away. Store roasted garlic in fridge for up to 3 days or freeze until needed.

### Gourmet Garlic Mashed Potatoes

Add one garlic clove per large potato to pot with potatoes and water. You may wish to use more or less garlic according to your taste. Cook until potatoes are done; drain well. Add a little extra virgin olive oil or butter, enough milk to moisten and salt and pepper to taste. Mash all ingredients together.

The resulting potatoes are so, so good!