



www.ottawafarmersmarket.ca

Phone 613-239-4955

August 31, 2008

All About Tomatoes

We're back at Lansdowne in Parking Lot #5, between the Coliseum Bldg. and Holmwood Ave., celebrating the height of the tomato season! Today, near the information booth, our vendors will display some of the largest, prettiest, most colourful, tastiest specimens of tomatoes there are to be had! Whether they are field tomatoes or greenhouse tomatoes, come and learn about all the different varieties available, including heirloom varieties. See some real beauties as vendors enter a contest for the largest tomato!

Winners of Last Week's Basket Draw

Nina & John Fysh

Vanda Stanley

Hilary Porter

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

At the Demo Table

Watch Chef Marc Miron around 11:00 a.m. work his magic making Gazpacho, using all of the fine ingredients available at our vendor's stalls. His recipe will be available to you in next week's newsletter!

Thursday Market New Fall Hours

With fall in the air and nights closing in, the new hours for the Thursday Market are 1:00 pm to 6:00 pm from September 4th until the end of October. We sincerely hope this will fit into everyone's schedules.

Next Week - Grandparents Day

Kids - bring your grandparent and enter a contest for the youngest and oldest grandparent. Great Prizes!

Fitzroy Beef Farmers

Co-operative Ltd.

The Fitzroy Beef Farmers Co-op is made up of 16 family-operated farms located in the vicinity of Fitzroy Harbour. Most of the farms operate with about 100 acres but some have more acreage under cultivation. The group was started in April 2005 while the US border was closed to Canadian beef, and it was incorporated in March of 2006. The focus of the co-op is to sell the beef of the members to provide them with the best return possible. Each farm member and his family run the booth at the Ottawa Farmers' Market at least one Sunday during the season. In spite of their busy summer schedules this has become a much enjoyed family event, and they are learning from the experience of selling directly to consumers. Many are finding this to be much more rewarding than selling their beef for export to southern Ontario as they did in the past. Their cattle are humanely raised without artificial growth hormones and without antibiotics in the feed, and processed at a local family-operated abattoir which has been in operation for many years. They offer a wide selection of beef products from steaks, roasts, ground beef and patties as well as pepperettes, jerky and their healthy all beef delicious sausages. If it's beef, they have it!

Today's Recipe

Tex Mex Chili

(makes 8 servings)

3 pounds Fitzroy Beef round steak or stewing beef, cut into 1" cubes
Olive oil as needed
2 medium sweet onions, diced
2 medium green or red bell peppers, diced
4 or 5 cloves garlic, minced
1 tsp. cinnamon
2 Tbsp. chili powder
1 Tbsp. ground cumin
1 bottle of beer or equal amount of tomato juice
2 to 3 cups beef broth

In dutch oven or 10 quart saucepan heat olive oil on medium high to high heat. Sear the beef cubes in batches and set aside, adding oil as required for each batch. Reduce heat to medium and add the diced peppers and onions; sauté until soft. Add the garlic, chili powder, cumin and cinnamon and cook for another minute. Slowly add the beer or tomato juice and reduce to about half, stirring and scraping the bits from the pan bottom. Return the beef and any accumulated juices to the pan, add the beef broth, bring to a simmer and then reduce heat to medium low. Cook on stovetop with lid on or in a 250° oven for 3 hours, stirring occasionally. Test a cupe of meat for tenderness; you should be able to cut it with a spoon. If done, remove about ½ of the meat cubes to a bowl and shred with two forks and return to pan. Taste and add salt and additional chili pepper and cumin if desired. Cook for another ½ hour and serve hot, topped with chopped onions, diced fresh tomato and canned, drained and rinsed red kidney beans, cilantro leaves or fresh parsley. Serve with warm corn bread.