



www.ottawafarmersmarket.ca

Phone 613-239-4955

October 05, 2008

Octoberfest?

Well, not entirely, since we can't serve beer, but do drop by the table in front of the food court tent around 11:00 a.m. and sample some German sausages, made, supplied and served by Bearbrook Farm's Walter Henn, along with some tasty traditional Sauerkraut. Mike Grebler will also play some German Folk Songs on his organ for your enjoyment!

Winners of Last Week's Basket Draw

Bill Pugsley

Harriet Hale

Ed Tweedy

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

Next Week October 12th
Buy Local Share Local
Just in time for
Thanksgiving

Can you imagine not having fresh vegetables or fruits to eat week after week? We are very excited to have been the Market chosen to host the Ontario Association of Food Banks (OAFB) "Buy Local Share Local" drive wherein customers are encouraged to purchase fresh local product to donate to the Ottawa Food Bank, to be distributed to those in need. This is a wonderful way to support both the Food Bank and the local farmers. The Ottawa Food Bank will have a truck on site, the OAFB will be here with a host of volunteers as well as a couple of famous athletes who will pump things up! Please join us for an exciting day of sharing and caring! **Look for a recipe-filled information flyer in the Ottawa Citizen (subscriptions only) on Thursday, October 9th.**

Exciting News

The Market will be extended into the first three weekends of November on both Saturdays and Sundays from 8:00 am to 3:00 pm. Most vendors will be under cover of a large tent for your shopping comfort! Stay posted!

Upper Canada Cranberries

In 1998 Lyle Slater had a vision – a vision of being a cranberry grower; the only one in Eastern Ontario. Lyle worked hard and that vision became a reality, with his 20 acres of cranberries growing stronger every year just off of Stagecoach Road, West of Greely, Ontario. Cranberries grow in a man-made pond setting; the pond is dry in the growing season during summer and flooded to harvest the berries and then flooded again after harvest for winter protection. Because of the necessity to flood the plants Lyle has an additional 4 acres of ponds. Cranberry bushes require one inch of rain weekly in the growing season from June to harvest time in late September/early October. This year Upper Canada Cranberries are preparing to plant 3 acres of the new *Ben Lear* variety of cranberry which will ripen 10 days earlier, in addition to the existing *Stevens* variety. Watch for Lyle or one or more of his four children, who all help out at various times, attending Market earlier this season because of the new variety and enjoy the new products he will be offering; Cranberry Jelly, Cran-Apple Jelly, Cranberry Jam and Cranberry Cocktail as well as fresh cranberries, Cranberry Concentrate and Cran-Apple juice. The favourite season to enjoy cranberries of course is Thanksgiving and Christmas with that big turkey, but cranberries

are delicious and very nutritious and because they freeze so well can be enjoyed at any time of the year. Upper Canada Cranberries have a store on site at 2283 Stagecoach Road where you can also purchase their products.

Today's Recipe

Cranberry-Orange Loaf

- 1 ½ cups flour
- 2/3 cup oat bran
- ½ cup lightly packed brown sugar
- 1 Tbsp. baking powder
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- ½ tsp. salt
- 2/3 cup chopped dried cranberries
- 1/3 cup chopped walnuts or pecans
- 1 cup low-fat plain yogurt
- 3 Tbsp. vegetable oil
- 2 eggs
- 2 Tbsp. frozen orange juice concentrate, thawed
- 2 tsp. grated orange zest
- 1 cup each grated carrots and grated, unpeeled zucchini

In large bowl combine first 7 dry ingredients, stir in cranberries and nuts. In medium bowl whisk together yogurt, oil, eggs, orange juice concentrate and orange zest. Stir in carrots and zucchini. Add wet ingredients to dry ingredients and mix just until dry ingredients are moistened. Spoon batter into 9 x 5 inch loaf pan sprayed with cooking spray and bake at 350° F for 45 to 50 min., or until loaf is lightly browned and a toothpick inserted in center of loaf comes out clean. Cool loaf on wire rack for 10 min., remove from pan and cool completely on rack.