



www.ottawafarmersmarket.ca

Phone 613-239-4955

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Buy Local Share Local - Today

Today we are pleased to welcome the Ontario Association of Food Banks, who are featuring a fresh food drive in support of the Ottawa Food Bank. Our Market is one of the few chosen for a province-wide initiative to provide fresh, healthy vegetables, fruits and other products to Ontario families who are in need right now, and may not have access to fresh foods. What is donated today from purchasing from our vendors will be distributed to all Ottawa area Food Banks. Can you think of a better way to Give Thanks today? We thank you!

Winners of Last Week's Basket Draw

Helen Fawcett

Irene Sacharuk

Gloria Woods

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

Chalkboard Artist

Watch artist Andy Brown work his magic with chalk near the Food Court Tent today! Andy does the colourful, fun chalkboards in many of the pubs around Ottawa.

Monalea Petting Zoo is back today for the last time this season. There will be a different zoo here on October 26, don't miss it!

Yes, It's True!

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., under the "Big Top" tent and the Food Court Tent.

Rainbow Heritage Garden Project

Located in Cobden, Ontario, the Rainbow Heritage Garden Project was started in 2007 by Kylah Dobson and Zach Loeks, and in December of the same year, it grew to include Jessica Vihvelin and Robin Turner. These four young people grow close to two acres of over 70 different varieties of organic fruits, vegetables and herbs, including a number of heirloom varieties, on a piece of the Dobson family's land. Kylah's father Bob, who raises organic, grass-fed beef, offers constant and insightful advice to them as they learn the trade, and they also participate in a labour exchange with Grant Dobson, for seedlings. Besides selling their great vegetables and fruits at the Ottawa and Carp Farmers' Markets, they also have 27 CSA members to whom they deliver weekly baskets in the Pembroke area. Their enthusiasm and love of growing is just what is needed to get the farming industry growing again. Congratulations on a fantastic season to them! Keep up the great work, and it's nearly time to get out the seed catalogues for next season!

Today's Recipe

Potato and Leek Pizza (Foodland Ontario)

3 Tbsp. olive oil
5 cloves garlic, thinly sliced
2 cups sliced mushrooms
1 cup sliced Leeks (white and pale green part only)
2 tsp. dried rosemary
3/4 tsp. salt
1/2 tsp. pepper
4 medium potatoes, scrubbed and thinly sliced (about 3 cups)
1 lb. prepared pizza dough or unbaked pizza shell
2 Tbsp. grated Parmesan cheese
1/2 cup each shredded Cheddar and Mozzarella cheese

In large pan, heat oil over medium-low heat; cook garlic, mushrooms, leeks, rosemary, salt and pepper, stirring, for 6 to 8 minutes or until mushrooms have released their liquid and leeks are tender. Toss potatoes in leek mixture to coat. Press dough onto 12-inch pizza pan; sprinkle with Parmesan. Top with potato slices with mushrooms and leeks in overlapping concentric circles. Sprinkle with Cheddar and Mozzarella. Bake in 450° F oven for 20 to 30 minutes or until crust is crisp and potatoes are tender.

Next Week: Learn about the different varieties of squash!