



www.ottawafarmersmarket.ca

Phone 613-239-4955

October 26, 2008

November Market

Saturdays and Sundays
8:00 a.m. to 3:00 p.m.

The majority of vendors will still be here to serve you for the first three weekends in November, "Under the Big Top". The market has rented a huge tent to make your shopping experience warmer and more pleasant in the colder temperatures.

Come and pick up your favourite baking, meats, cheeses, produce, flowers, and crafts for gift giving.

Fresh farm eggs will be available Saturdays, and the Food Court will be open on both days serving hot, appetizing food to take the chill off!

Last Thursday Market

October 30th

1:00 p.m. – 6:00 p.m.

As the days get shorter and the nights draw in...

we unfortunately lose some of our produce vendors due to heavy frosts at night. Those producers who do not have storage facilities or greenhouses have come to the end of their season. However, we know they will be planning for next season during the winter and will be able to continue later into the season next year. We look forward to their return in 2009.

Winners of Last Week's Basket Draw

Helen Cuccaro

Betsy Cummings

Elizabeth Doering

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

Today:

Big Sky Ranch Petting Zoo

will be here for kids of all ages - come and see the 25 lb. rabbit! Don't miss it!

Lansdowne Live!

Undoubtedly you have all been reading and hearing about the proposed redevelopment for Lansdowne Park presented as "Lansdowne Live" by a group of four Ottawa businessmen via a News Conference on October 17th. The space they have allocated for the Farmers' Market is far too small to accommodate us now, let alone in the future. We feel that housing the Ottawa Farmers' Market would be the ideal use for the heritage Aberdeen Pavilion, which was originally built for Agricultural Fairs and displays, and should remain an agricultural venue. If you agree, please send a message, preferably hand written, to your local Councillor and Mayor O'Brien to:

City of Ottawa

110 Laurier Avenue West

Ottawa, Ont.

K1P 1J1

You can also visit the developer's website directly at

"Lansdowne Live" on the internet to get an overview of what they are proposing, and contact the developers directly at rburgess@Ottawa67s.com

We truly appreciate your support.

Today's Recipe

Vegetables Amandine

- 1 head each** cauliflower and broccoli, cut into florets
- 4 tsp.** olive oil
- ¾ tsp.** salt
- ¼ tsp.** black pepper
- 2 Tbsp.** slivered almonds

Preheat oven to 425°F. Spray a large rimmed baking sheet with nonstick spray or coat with oil. Combine the broccoli, cauliflower, oil, salt and pepper in a large bowl; toss to coat. Add more oil if necessary, depending on size of heads.

Spread the vegetables on baking sheet, roast until golden and tender, about 25 minutes, turning once halfway through.

Meanwhile, place almonds in a small skillet and set over medium heat. Cook, shaking skillet occasionally, until lightly toasted, 5-6 mins. Transfer the vegetables to a large bowl and sprinkle with the almonds. Serve at once.