



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

Phone 613-239-4955

November 01 & 02, 2008

## Thursday Markets

are now finished. Thanks to all of the customers who supported the vendors who came out on Thursdays.

### *A Local Success Story....*

In 1811 on a small farm near Dundela in Dundas County (about 10 km north of Iroquois), 34 year-old John McIntosh transplanted a few apple tree seedlings that he found when clearing secondary growth from a ¼ acre field. The seedlings thrived in John's garden for about 15 years, but by 1830 only one tree had survived to bear apples; however, this fruit was excellent and recognized locally as the "Granny Apple", probably because John's wife, Hannah, nurtured the

tree. Later, at the urging of his neighbours, John named his delicious apple the "McIntosh Red".

Although John probably never realized the extraordinary value of his tree, his son, Allen, certainly did. He established a successful nursery by grafting scions of his father's tree onto root stock of other apple varieties, and by as early as 1842 a Dundas County survey recorded over 11,000 McIntosh apple trees.

Today, nearly 200 years after its accidental birth and discovery, the many millions of McIntosh apples produced from the Maritimes to British Columbia are the fruit of direct lineal descendants of John's original tree, which died in 1906 only 60 km south of our Market.

From "History of Stormont, Dundas and Glengarry – 1784-1945" by John Graham Harkness

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### Joanne Bowen

won a basket this Saturday  
and

### Carol MacLeod

won Sunday's basket!

### Congratulations!

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

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## The Hot Potato Company

Greg and Christina Leese started their business on the Rideau Canal for 1999's Winterlude. They are a mobile catering unit travelling to many special events including the Ottawa Folk Festival, Highland Games and different Fairs in the region. They are also the contracted food vendor at the Experimental Farm for their special events. Because they have been selling at the Market for the past five months every Sunday they consider it their semi-permanent location. They bake, on site, potatoes and hand cut wedges with various delicious hot and cold toppings. Choose from garlic butter, sour cream, shredded cheddar, hot cheese sauce, veggie chilli, baked beans, green onions, or any combination of these. The wedges are hand cut, brushed with sunflower oil, topped with spices and then baked, not fried, in the oven.

You will find their daughter Jasmine, who is saving for her University education, behind the booth with dad Greg every Sunday serving up delicious, nutritious baked potatoes and wedges. Packed with vitamins and high in fibre, baked potatoes are the healthy alternative!

### Did you Know?

The United nations has declared 2008 as the International Year of the Potato!

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## Today's Recipe

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### Hearty Winter Vegetable Soup

2 Tbsp. butter  
2 medium onions, each cut into 8 wedges  
2 medium carrots, sliced  
1 can (10 oz.) chicken broth  
1 bay leaf  
½ tsp. salt  
5 medium potatoes, peeled and cut into ½ inch cubes  
2 cups rutabaga, cut into ½ inch cubes  
2 Tbsp. all-purpose flour  
2 cups milk  
1 cup shredded old cheddar cheese

In large heavy saucepan, melt butter over medium heat. Saute onions and carrots about 5 min., stirring occasionally. Add chicken broth, bay leaf, salt, potatoes and rutabaga. Cover and bring to a boil. Reduce heat and simmer about 20 minutes or until vegetables are tender.

Dissolve flour in small quantity of milk. Add to soup with remaining milk. Cook and stir until thickened and mixture comes to a boil. Remove bay leaf. Stir in cheese, serve immediately.

### Today and Tomorrow:

Max and Willie will be here each market day in November, weather permitting, to give wagon rides to kids of all ages!