



www.ottawafarmersmarket.ca

Phone 613-239-4955

May 18, 2008

It's Planting Time

Spring has sprung and the Victoria Day weekend, the traditional weekend for planting in Ottawa, has arrived - a little early this year but still a great time to plan your garden.

Don't know what to plant where?

Don't know which plants thrive in sun and which ones die? Get some

sound advice from

David Hicks

Master Gardener

12:00 noon

near the food court tent

Thank you to "**Friends of the Market**" Carol MacLeod, Cathy Black, Brenda Givins and Joe Cook for cutting and serving cakes and sparkling cider at the Official opening last week. It was a wonderful way to kick off the season.

mmm..... Asparagus in February - freeze it!

Prepare the asparagus as you would for cooking, group the stalks into small bundles and tie with string. Bring a large pot of water to boil, drop the asparagus bundles into the boiling water. After the water returns to boil, boil for one minute. Quickly lift out the stalks and immerse them in cold water (add ice cubes to make it really cold). Leave for two minutes. Drain well, pat dry and package the asparagus in freezer bags. Seal and date package. Freeze immediately. Asparagus can be stored one year at -18 deg. C.

Asparagus is...

- Low in calories; just 20 calories per serving (8 medium spears)
- Fat and cholesterol free
- An excellent source of folacin
- A leading source of glutathione
- A good source of protein
- A significant source of thiamin and vitamin B6
- One of the richest sources of rutin, a drug which strengthens capillary walls.

Winners of Last Week's Basket Draw

Judy Swartzen

Peter Duncan

Inez Crowe

Enter your name at the Information Booth for your chance to win a basket of goodies next week!

Les Serres M. Quenneville Greenhouses

Michel and Mariette Quenneville started the business of growing and selling plants in Plantaget about 30 years ago. Just recently, in early 2008, they partnered with Dominic Fortin and his wife Nadia Carrier who will take over most of the growing operation while Michel and Mariette continue selling at the Markets. They offer some 2000 varieties of ornamental plants; perennials, annuals, herbs, house plants, aquatic plants, and cut herbs, just to name a few. Preparation for the Market season takes place throughout the year in the form of making cuttings, seeding, transplanting, etc. and throughout the winter months this is done in a wood-heated greenhouse environment. M. Quenneville Greenhouses pride themselves on the huge variety of plants they have available and always give precise and proper information and care instructions with each plant they sell. This year they will be bringing more annual flats and some aquatic plants to the

Market and will have cut fresh Basil available by the end of July. You can also visit their greenhouses 7 days a week at 5690 Hwy. 17 in Plantagenet, Ont. to see the full range of what they have to offer. Check their booth in the north-east corner of the Market each week for new and different plants!

Did you know?

Petunia seeds are worth more than gold – they are so fine that one ounce of seeds costs more than \$1,000.00.

Next week is Kid's Day!

*Don't miss the fun next week when we bring excitement to the market for the children – a petting zoo, entertainment, pony rides, face painting and more!
Don't miss it!*

Gluten Free Baking

Swissly Bakery offers a variety of Gluten free products at their booth – visit them today to see what's available!

Thursday market starts June 26 from 2:00 p.m. to 7:00 pm