



The Produce is Arriving...

As temperatures warm and sunshine and rain together bring life to the tiny plants and seeds, crops are beginning to grow to bring you the bounty of fresh, local produce you have been waiting for through the long snowy winter. Already the Market offers field-fresh asparagus and rhubarb, scallions and wild garlic, and greenhouses are ripening up large, succulent tomatoes, peppers, cucumbers and salad mixes, to name just a few. Every week will bring something new to the vendor's tables until they are laden with delicious, healthy choices. Don't forget to visit our meat vendors for superb cuts of beef, bison, elk, lamb, exotic meats and more. Now is the time to purchase those special plants for your garden, whether they are for beauty or for yield, our vendors have just what you need.

www.ottawafarmersmarket.ca

Phone 613-239-4955

May 25, 2008

It's "Kid's Day" at the Market!

Everything for the young and
the young-at heart. Enjoy,
from 10:30 am until 2:00 pm

Pony Rides for a twonie

(all proceeds going to Humane Society)

Petting Zoo

Face Painting

Popcorn

Popsicles and more!

Cool Tip

Put a cooler with ice packs in your car when you come to the Market so you can keep frozen products, produce and baking cool as a cucumber so you can enjoy the sights and sounds a little bit longer without worry of spoilage!

Winners of Last Week's Basket
Draw

Susan Thompson

David Shulman

Hilary Myron

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

Sweet Potato Tots

Aida Alves began thinking about sharing her home-made baby foods with other Mom's in February of this year, and in April it became a reality with her two business partners, Laura and Emily Dunn. Their foods for babies and toddlers are made from the finest, freshest ingredients with no added water, salt or preservatives to achieve the fullest flavour possible. Nutritional enhancers (+) are added to recipes for babies 8 months and up for added vitamins, minerals, and Omega fatty acids which are great for the immune system and brain development. All of their products are made in a kitchen that is totally free from nuts, pets, smoke and chemical cleaners. Vegetables and harder fruits are steamed, pureed and strained, then quickly frozen into cubes that have special lids to prevent freezer burn. For older toddlers the foods are left a bit chunkier so they can enjoy the texture as well as the taste. They provide food for babies 6 to 18 months in age and beyond, but it doesn't really stop at "baby food", parents can add "creamy banana berry swirl +" into their child's oatmeal for delicious added nutrition. Taste tested by their own babies, you must stop by their booth and see all of the delicious varieties they offer for your little one!

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

Baby Boo Gear

Baby Boo Gear products are parent-approved and child-tested! Each item is handmade with care and attention to detail using quality, durable fabrics purchased locally. Bright and colourful patterns are used to create a fun and stimulating product. As a work-at-home mom in Osgoode, Ont., Anne Duquette initially created similar products for her own babies. The popularity and demand amongst her friends and family encouraged her to expand and give other parents the chance to experience her products. Her love for sewing and her desire to create practical and unique items for parents has brought her to the Ottawa Farmers' Market. Stop by the Baby Boo Gear booth and see the quality of the fleece Sleepy Sacks, Change Wraps, Stroller Blankets, Shopping Cart Covers, Slings, "Tagalong" toys, Burp Cloths, and more! Ask her about the PPTP's – a fun and practical gift for new baby boys. Anne will also do custom orders by request. This is one booth that new Grandparents will love!

Next week - is all about Herbs. Choose from a wide selection of herbs for your garden; learn about cooking with them from the experts!
