



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

Phone 613-239-4955

June 01, 2008

### Attention Dog Owners

The Ottawa Farmers' Market welcomes dogs, but some vendors and members of the public at large are getting increasingly concerned about pets being allowed too close to the vendor's booths, particularly the baking booths. Please watch your pet closely at all times and keep them on a short leash. Thank you for your cooperation.

### Take Charge - Herbs Have Made a Comeback!

For almost two generations western society had lost the habit of using herbs every day for cooking, or for comfort. All the fast and convenient foods that require little effort not only offer little nutrition but also pose health risks such as some toxins and trans-

fats. The renewed popularity of herbs is in keeping with the "buy local and fresh" trend and the desire for whole, unadulterated food. The popular food network often showcases the creative use of herbs.

If you wonder how to make herbs a part of your life, start simple with a weekly bunch of parsley for salad, soup, or tabouleh. Don't be shy to put a full bunch into your rice or couscous or quinoa after it is cooked so that the parsley stays green and fresh; know that you just added calcium, Vit. C, beta-carotene, iron and iodine to your diet. Grab a bunch of basil each week and whip it with your hand blender adding olive oil, garlic, lemon and parmesan cheese. Voila! You have pesto for pasta or sandwiches or bbq chicken breast. Everybody could benefit from drinking less coffee and more water. A great way to accomplish both these things is to drink a pot of herbal tea each day. Visit the tea lady's booth (**Take Charge Tea**) and find out which herbs appeal to your taste, and contain the vitamin or mineral boost you need. Don't miss out on seasonal fresh or dried herbs - such an inexpensive, pure and delicious way to gain health and well being.

Winners of Last Week's  
Basket Draw

**Tara Molloy**

**Kariann Viau**

**Jamie Neilson**

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

## The Herb Garden

The Herb Garden, located at 3840 Old Almonte Road, opened for business in 1992 to promote and encourage the use of herbs in everyday life. They strive to increase awareness and knowledge of herbs by providing workshops, wellness courses, cooking courses, and events. They encourage people to grow herbs organically and to discover their many beneficial uses for culinary, medicinal, cosmetic and landscaping use. The Herb Garden has a special "create your own organic herbal cosmetics" package, and this season are hoping to offer baby cosmetic creams and powders in addition to their current line. Visit their booth today to get your own herbs for your garden and to learn all about them, but don't wait because the season is short and they won't last long!

### Roasted Chicken with the Herb Garden Rosemary & Sage

1 chicken, about 3 lbs.  
½ tsp. Salt  
½ tsp. freshly ground pepper  
4 to 5 fresh Herb Garden sage  
sprigs  
4 fresh Herb Garden rosemary  
sprigs, 2 inches long

Preheat oven to 350° F. Rinse chicken, pat dry and then rub inside and out with the salt and pepper. Rub outside with sage sprigs, and then put them into the cavity. Rub the outside with rosemary as well, but add only two sprigs to the cavity, discarding the other two. Put the chicken in a roasting pan and roast until the skin is crispy golden, the meat is cooked through and the juices no longer run pink, about 1 ¼ to 1 ½ hours. Remove to platter, cover loosely with foil and let stand for ten minutes before carving.

### Did you know?

Herbs contain as much anti-oxidants as blueberries and thus are an anti-aging agent.

*Next week is "Off the Hoof" Day - enjoy samples of exotic meats (buffalo, venison, wild boar, emu and ostrich - and for the Kid's the popular Petting Zoo will be back!*

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