



www.ottawafarmersmarket.ca

Phone 613-239-4955

June 22, 2008

Strawberry Social Today

put on by the **Thyroid
Foundation - Ottawa Chapter**
9:00 a.m. until the berries run
out in picnic area.

Any amount of donation for your
serving of strawberry shortcake
gratefully accepted.

Many thanks to Avonmore Berry Farm,
Rochon Gardens, Acorn Creek Garden
Farm, Rideau Pines Farm, McGregor's
Produce, and Ovens Berry Farm for
supplying the delicious berries!

**Don't Forget - the
Thursday Market
starts in just 4 days on
June 26th. 2 - 7 pm!**

Master Gardeners are Coming

to the Market starting July 6 until
September 28. From 9 am to 1 pm each
Sunday these experts can help you with
advice on plants, pests and other
gardening questions. Master Gardeners
of Ottawa-Carleton is one of 38 groups
within the non-profit volunteer
organization of Master Gardeners of
Ontario Inc. who undertake extensive
horticultural training - a program
conducted in both Canada and the
United States - that enables them to
assist others through research, lectures,
demonstrations and other activities. **We
welcome them to the Market!**

Store berries in a single layer in
the fridge with hulls attached,
rinse before eating. To **freeze
strawberries** simply rinse, pat dry
and freeze in a single layer on
cookie sheets - when frozen
place berries into freezer bags.
You can also mash, measure and
freeze berries to make jam in the
cooler autumn months.

Frozen Strawberry Pops

Courtesy of Avonmore Berry Farm

4 cups pureed strawberries
½ cup liquid honey

Puree strawberries in blender,
add honey, blend until
combined. Pour mixture into 3
oz Dixie cups or molds, place
wooden stir stick in the centre
and freeze. Enjoy!

Winners of Last Week's Basket
Draw

**Ruth Carriere
Tereza Albuquerque
Mary Wilson**

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

Ovens Berry Farm

Ron and Maureen Ovens
began their business of
cultivating and selling berries in
1978, on 44 acres of land just 5
kilometres south of Osgoode,
Ontario. Their main products
are strawberries, raspberries,
sweet corn, and rhubarb.
Ovens Berry Farm is also well
known for a very special and
unusual product in this area;
Saskatoon berries. From their
berries they make a variety of
great-tasting jams and syrups.
Their Saskatoons are available
at Market from approximately
July 1st to July 15th, depending
on the growing season, and
they also invite the public to
their farm when the berries are
at their peak to "pick your
own".

Did you know?

The Saskatoon Berry is actually of
the apple family and the fruit is
therefore botanically an apple.

Avonmore Berry Farm

Avonmore Berry Farm, located
at the village of Avonmore just
20 minutes northwest of Cornwall
and 50 minutes southeast of
Ottawa, was established in 1981
by Duncan and Lillian Phillips. In
1990 their son David and his wife
Pamela Phillips took over
operating the 130 acre farm,
and are now helped by their
children Megan and Andrew.
Andrew is aspiring to be the third
generation of Avonmore Berry
Farm, and arrives early every
Sunday morning with his Dad to
set up their booth, where they
are joined before opening by
Megan and Pamela's Mom, Fay.
Besides bringing their berries,
apples, vegetables and
delicious baking to the market,
from June to the end of October
they offer pick-your-own and
pre-picked at the farm, and
have an on-site bakery
specializing in fruit pies, biscuits,
jams and muffins. Their specialty
product is fantastic **shortcake
biscuits**, which you tasted today
if you enjoyed a serving of
strawberry shortcake in the
picnic area. Take a pack of
shortcake biscuits home today
with a basket of berries or a jar
of fresh, tasty jam!