



www.ottawafarmersmarket.ca

Phone 613-239-4955

July 13, 2008

Important

IMPLORATION!!

The City is contracting a company to implode the lower portion of the South stands of the Frank Clair Stadium next Sunday, July 20th, at 8:00 a.m. The Market

Vendors will be hunkered down in their footprint ready to serve you the minute the all-clear is given by Security, hopefully by 9:00 a.m.

Streets surrounding Lansdowne will be closed until that time. Thank you for your patience and see you a bit later next week!

Watch Chef Marc Miron from Cuisine & Passion work magic with berries today near the Food Court tent. Demonstration times will be posted on the board on the Chef's Table

To Market, To Market

to buy.....cherries?
peaches? plums?
grapes? walnuts and
chestnuts? apricots?

YES....and more!

The Market Board is thrilled to announce that, by special invitation,

Warner's Farm

from Beamsville, Ont. will be starting next Sunday, July 20th, with the beginnings of the best, sweetest, juiciest, most succulent fruits that Southern Ontario has to offer, bringing just-picked, premium quality Ontario goodness to our customers.

Winners of Last Week's Basket
Draw

Jessie McLaren

Bronwyn Clifton

Jenifer Slack

Winner of our Thursday Basket
Draw

Marcia Pencer

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

Strawberries are nearly over, but raspberries, red currants, and Saskatoons have just begun, and soon there will be big juicy blueberries, black currants and more! Berries are wonderful just on their own, with your morning cereal, in a garden salad with a few nuts, seeds and cheese, made into jams and jellies, or baked into pies and desserts. Now is the time to enjoy some of nature's best.

Today's Recipe

Banana-Raspberry Slush

- 1 large ripe banana, peeled, wrapped in plastic and frozen
- ½ cup low-fat milk
- 1 ½ cups raspberries, quick – frozen
- 3 Tbsp. Honey

Cut banana into ½ inch pieces. Place in blender. Add milk, raspberries and honey and

blend until very thick and smooth, stopping to scrape down as necessary. Adjust sweetness to taste. Serve immediately as a thick malt-like drink or a soft "ice cream". Yield 2 servings

Just a Bite

A young Entrepreneur joined the Market last week with her sweet treats that delight not only the tastebuds, but also the fun in all of us, with her little packages of cookies, truffles, fudges, apricot-coconut balls, shortbreads, brownies and much more. **Leah Thompson** started the appropriately named company "**Just a Bite**" after applying for a "Summer Company" grant from the Ontario Government. She was one of 15 students who received funds to start a summer business of the over 180 students who applied in the Ottawa area between the ages of 15 to 24. At just age 15, one of the youngest recipients, you can tell that Leah is well on her way to opening her own bakery, which is her dream.

She prepares all of her baked goods in the Canapes Catering commercial kitchens in Barrhaven. Enjoy one of the many treats from Leah today!

Next Week: All about Honey

Come and learn right from the honey producers about the art of beekeeping and extracting honey and see the bees that produce this golden delight!