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Phone 613-239-4955

July 27, 2008

Today

"Your Daily Bread"

Join us at the Demonstration Table where Chef Marc Miron from Cuisine & Passion will show you how to prepare **Tuscany Tomato Bread Salad**

Also, Kevin Mathieson, creator of all the wonderful Art-is-In Bakery breads and Paul Helm from Savoury Pursuits will give you all you need to know about the process of making bread.

Winners of Last Week's Basket Draw

Carol Fermoye
Helen Daniels
Nancy Lassin

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

Now is the time to treat yourself to delicious Blueberries from Patterson's Berry Farm, along with all of the other wonderful fruits and vegetables of the season. Get them while you can, they won't last long!

The SuperEx is coming so on August 10, 17 and 24 the Market will be displaced once again to Sylvia Holden Park, along O'Connor Street between Holmwood and 5th Avenue.

Please stay tuned to the newsletter and website regarding our three week move and how you can shop at leisure without worrying about parking! Please note that we will not be open on Thursdays during the Ex period, only Sundays.

Next Week

"Corn Roast Day"

Is there anything more satisfying at a summer bar-b-que than an ear of hot buttered corn on the cob? It's corn season – come and sample the best corn in Ottawa!

Today's Recipe

Mixed Greens with Berries & Honey-Glazed Hazelnuts

Serves 4

1 tsp. extra-virgin olive oil
1 tsp. honey
¼ cup chopped hazelnuts

1/3 cup raspberries
2 tbsp. extra-virgin olive oil
1 tbsp. balsamic vinegar
1 tbsp. water
1 tsp. Dijon mustard
1 small clove garlic
½ tsp. honey
1/8 tsp. salt
Freshly ground pepper
2 tbsp. finely chopped shallots

10 cups mesclun salad greens
1 cup blackberries, raspberries or Blueberries
½ cup crumbled feta or goat cheese

To prepare nuts: Preheat oven to 350. Coat a small baking dish with cooking spray. Combine oil and honey in a small bowl, add nuts and toss to coat. Transfer to the prepared baking dish and bake, stirring from time to time, until golden, 10 to 14 minutes. Let cool completely.

To prepare dressing: Combine 1/3 cup raspberries, oil, vinegar, water, mustard, garlic, honey, salt and pepper in a blender or food processor. Blend until smooth. Transfer to a small bowl and stir in shallots.

To prepare salad: Just before serving, place greens in a large bowl. Drizzle the dressing over the greens and toss to coat. Divide the salad among 4 plates. Scatter berries, cheese and the glazed nuts over each salad; serve immediately.

Savoury Pursuits

Paul Helm and Bonnie Riedel, partners inside as well as outside the business, started selling their baked goods and preserves at a weekend Farm Market stand and hired themselves out to do select caterings from their home kitchen in 1996. Just a year later they opened a small café-bakery in Almonte where their catering kitchens are still, and began selling at the Carp Farmers' Market. Being caterers as well as bakers, their product range is very wide, not just the desserts and sweet things that they are best known for. They include many vegetarian as well as meat dishes, and incorporate specialty meats into their dishes. They enjoy taking a simple basic product and making it in many different ways to suit many different tastes and needs; you will never find their stand lacks choice and variety. They are best known for their buttermilk tarts, a real Canadian tradition. Enjoy a sweet or savoury treat from Savoury Pursuits today!

Don't forget we are also open Thursdays from 2:00 – 7:00 p.m. Drop by and get all you need before heading out to the cottage, or to tide you over until Sunday!