



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

Phone 613-239-4955

May 10, 2009

## The 4<sup>th</sup> Season Begins

It's been an adventurous winter this year for the Board of Directors of the Market. There have been many trips to City Hall to take part in deliberations regarding the future of Lansdowne Park and the Ottawa Farmers' Market. Although there have been no decisions as yet, we are still here, in a bigger and better location than before. We are very pleased with our new site and hope that the new layout will enable our customers better access to all vendors and a more comfortable seating area for eating a meal prepared by the food vendors. We hope you all have a wonderful season again shopping, eating and playing at the Ottawa Farmers' Market.

**Andy Terauds, President**

## Official Opening

Please join us in the demo area in front of the big Food Court tents as the Market is officially opened, starting at 10:00 a.m.

## At the Demo Table

Chef Marc will cook up a delicious salad for all to sample at 1:00 p.m., using tender new asparagus fresh from the fields. Just in time for Mother's Day, watch closely Dads! Recipe is on the reverse.

## OFMA Gift Baskets

Be sure to put in a ticket into the box at the Information Booth when you visit the Market! Three lucky winners each week will get a basket overflowing with goodies from the Market Vendors. Winners will be called during the week to

collect their basket the following week.

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Visit the Monalea Petting Zoo today! See and pet all of your favourite animals, and you can feed them too!

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## Today's Recipe

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Warm Asparagus Salad with Maple-mustard Dressing  
(serves 8)

32 spears asparagus, trimmed and rinsed  
2 heads Boston Lettuce  
2 Tbsp. Dijon mustard  
¾ cup White wine vinegar  
4 Tbsp. Maple Syrup  
1 ½ cups Canola oil  
Salt & Pepper to taste

For garnish, 1 tomato, seeded and diced.

Pour a touch of Canola oil in a non-stick frying pan and heat up. Add the asparagus spears and roast until tender-crisp. Set aside. In a bowl or a screw top container pour Dijon, vinegar and maple syrup. Slowly add the Canola oil and whisk or

shake vigorously to homogenize the mixture. Adjust the seasoning. Arrange the Boston lettuce in the middle of the plate and top with 4 asparagus spears. Dress with the dressing and garnish with the tomatoes.

## Congratulations

to our members *Jason and Christina Pyke* of *Pykeview Meadows* who recently won the 2009

*Ontario's Outstanding Young Farmers' Award* This program is designed to recognize farm couples that exemplify excellence in their profession, as well as to promote agriculture among the urban population.

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Max and Willie, the gentle Clydesdales, will be here every Sunday, weather permitting, to give wagon rides to kids of all ages! Pick-up and drop-off is on Holmwood Ave. through the gate beside the big tents.

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## Next Week

Christophe Marineau of Champignons le Coprin will tell you all you need to know about his varied and delicious mushrooms, and Chef Marc will cook some of them up for you to try in the Demo Area. Don't miss it!