



www.ottawafarmersmarket.ca

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Written by Linda Cook, Market Manager

Thank You

to all of our loyal customers who braved last week's wind and cold to come to the first Market of the Season. The temperatures are sure to warm up soon to get all those lovely fruits and vegetables growing!

At the Demo Booth

Join Christophe Marineau, of **Champignons le Coprin** who will be talking about the various species of mushrooms and ways to use them to maximize their flavours. **Chef Marc** will then cook up a tempting Warm Mushroom Salad, recipe is on the reverse.

I just found out that Willie is now semi-retired and joining Max in the harness for most Sundays from now on will be Winston! Have a ride on the horse wagon and say hello to the new addition!

Rural History

Adelaide Hoodless (Feb. 27 1858 - Feb. 26, 1910) was a Canadian educational reformer who founded the international women's organization known as the **Women's Institute**. She was born on a farm in St. George, Ont., the youngest of 13 children. She married John Hoodless and moved to Hamilton, Ont. When her infant son died in 1889 from drinking impure milk she devoted herself to the betterment of education for new mothers. She campaigned for the pasteurization of milk, and an 1897 speech to farmers' wives in Stoney Creek, Ont. inspired the formation of the first Women's Institute, intended for the education of rural women, and within a decade more than 500 had been organized across Canada.

Winners of Last Week's Basket

Draw

Jenny Pladzyk

Kathryn Trevenen

Wanda Vallis

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

Today's Recipe

Walnut-Herb Dressing (Makes 1 quart)

1 cup champagne vinegar
1/4 cup spicy brown mustard (Dijon works well)
1 tbsp sugar
4 shallots, minced
1 1/2 cups mild olive oil
1/2 cup walnut oil
1/4 cup fresh dill, chopped
1/4 cup flat-leaf (Italian) parsley, chopped
2 tbsp chives, minced
salt and pepper to taste

DIRECTIONS

1. Combine the vinegar, mustard, sugar and shallots in a bowl and stir.
2. *Very gradually*, whisk in the oils.
3. Add the herbs and adjust the seasoning with salt and pepper.

Warm Mushroom Salad (4 servings)

4 cups mixed lettuce leaves
1 cup button mushrooms, quartered
1 cup Portobello mushrooms, sliced
1 cup shitake mushrooms, diced
1 small onion, diced
1 garlic clove, chopped

1/2 cup walnut-herb dressing
2 tbsp canola oil or butter
salt and pepper to taste

DIRECTIONS

1. Sauté onion in oil or butter for one minute.
2. Add garlic and mushrooms and cook until mushrooms are tender.
3. Deglaze the pan with the dressing and adjust seasoning. Set aside.
4. Lay out 1/4 of the lettuce on each plate and top with a serving of mushrooms. If desired, crumble marinated goat cheese (available in our store) on top and serve with croutons.

Next Week

Weather permitting, there will be a **Butterfly Release** whereby you can purchase a lovely "Painted Lady" Butterfly who will still be sleeping, and at twelve noon everyone who has purchased one will let them go into the sky, it will be a fabulous sight! This event will be hosted by the **Thyroid Foundation**, symbolic because the Thyroid Gland is in the shape of a Butterfly! All proceeds will go to the Thyroid Foundation.

NOTE: Parking Gate #4 off the Driveway and Gate #5 off Bank Street will be the only ones open to Market Patrons next Sunday, the 24th due to the CANSEC show which will be on that week.