



www.ottawafarmersmarket.ca

Phone 613-239-4955

May 24, 2009

Butterfly Release Today!

The Thyroid Foundation, Ottawa Chapter, is bringing awareness of Thyroid Disease by having a “Painted Lady” Butterfly Release at NOON in the demo area of the Market. It is symbolic because the Thyroid Gland is shaped like a butterfly. Please show your support and join in this very special event.

Winners of Last Week’s Basket Draw

Judy Hall

Ken Gladden

Elizabeth Harback

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

ATM Machine

is now on site for your convenience, located near the big tents. Please ask at Information Booth if you have trouble finding it.

At the Demo Booth

Chef Marc will prepare **Cucumber Salad** with fresh greenhouse cucumbers supplied by **Rochon Gardens**. Demos take place at 11:00 a.m. and 1:00 p.m. You will find the recipe for the salad on the back.

Next Week

Dave Neil of The Piggy Market will demonstrate **sausage making!** Rhubarb is the featured vegetable – see you then!

JAMBICAN STUDIO

GARDENS

Colin Samuels and his family believe that health and happiness is promoted as they strive to create a peaceful place within society. At Jambican Studio Gardens, located just outside of Osgoode Village south of Ottawa, Colin farms approximately 4 acres of vegetables and flowers (chemical-free), maintains a 20 acre woodlot and provides musical compositional services. He started his business in 2006 and has been providing patrons of the market with tasty and unusual greens and root vegetables, as well as beautiful flowers and some herbs since that time. He grows a special type of amaranth from Jamaica called **callaloo** which tastes similar to the sweetish flavour of spinach. They harvest greens at all stages of growth, and maintain that greens have some of the highest levels of nutrients and are essential elements of healthy living. His 82 year old mother helps to keep the flower beds clean and his nieces help with the harvesting and marketing of his products. Visit the Jambican booth today to chat with Colin and taste some of his delicious greens!

Today’s Recipe

Cucumber Salad with Honey-Cranberry Dressing

Serves 4

2 Cucumbers, thinly sliced
½ Red pepper, finely sliced
½ Red onion, finely sliced
Assorted lettuces

For the Dressing:

1 small (1 Tbsp.) finely chopped
French shallot
¼ cup Cranberry juice
2 Tbsp. Cider vinegar
2 Tbsp. Canola Oil
1 Tsp. Honey

Pour all ingredients into a screw-top jar. Shake vigorously. Refrigerate for one hour to allow flavours to enhance.

In bowl toss together the cucumber, pepper and red onion. Arrange some lettuce leaves in the middle of the plate and arrange the cucumber on top.

**Don’t miss June 7th –
Kid’s cooking class with
April, face painting and
Monalea Petting Zoo!**