



www.ottawafarmersmarket.ca

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Written by Linda Cook, Market Manager

At the Demo Booth

Today Dave Neil, owner of The Piggy Market Will demonstrate how to make sausages! Join him around 11:00 a.m. to learn the secrets of the trade and find out more about courses he will be giving in his shop!

The Thursday Market starts in just three weeks on June 18th and will continue until October 8th from 1:00 – 6:00 p.m.

Winners of Last Week's Basket Draw

Roger Snow

Ray Gilliland

Barb Lajeunesse

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

“Those who eat locally won't go hungry and those who Market locally won't go broke”

John Ikerd
Small Farms in the year 2050

Today's Recipe

Sausages with Stewed Rhubarb and Spinach

Served with Rice Pilaf

Dave says: One of my favourite ways to make dinner out of a sausage in spring is to stew some rhubarb with just a little bit of honey. Spread this on the bottom of a plate as your sauce, and then wilt some spinach as your vegetable. The tartness of the rhubarb will counter the fattiness of the sausage, and the spinach will freshen the plate. For a heavier meal, make a rice pilaf with fresh herbs from the market, and you're sure to enjoy the season fully.

Directions:

Cook Piggy Market sausages in simmering water until they are 151 degrees, about 8 minutes. Remove them and finish on a grill or broiler to brown.

Stewed Rhubarb:

1 lb rhubarb
1/4 cup water
1/8 - 1/4 cup honey

Put rhubarb and water in a sauce pan on low heat, and cook until

stewed, about 15 minutes. Cool, add honey to taste.

Wilted Spinach:

Clean spinach thoroughly. Heat some garlic and oil in a pan, and add spinach. Season with salt and pepper.

Rice Pilaf:

Dice one onion, and finely chop some fresh herbs.

Sauté the onion in oil, add 1/2 cup rice, and toast. Before the rice burns, add 1 cup water, and herbs. Cover and put in a 350 degree oven for approximately 20-25 minutes.

Next Week

Keep your fingers crossed for sunny weather as we celebrate the younger generation with lots of great activities. The Monalea Petting Zoo will be joining us again, and we will have a superb face painter to decorate faces, as well as a Kid's Cooking Class with April! Don't forget the weekly wagon rides with Max and Winston as well. Come early to take advantage of all the activities!

It's hard to believe that we're already at the end of May.

It's been a wet, windy and very cool start to the season.

However, all of this rain is sure to bring a bountiful supply of fresh fruits and vegetables for the rest of the season.

Strawberries are just around the corner, so that's a delicious treat to look forward to! Thank you for your continuing patronage!

Thank you to everyone who purchased a butterfly last week in support of the Thyroid Foundation. We sincerely hope that everyone's wish was granted after their release!