



www.ottawafarmersmarket.ca

Phone 613-239-4955

June 21, 2009

Written by Linda Cook, Market
Manager

Luscious Strawberries

are just beginning to appear on a few of the vendor's tables. These first berries have been given extra-special attention; warm covers to keep them from freezing, daily nurturing and tedious hand picking at just the peak of ripeness. Although a little more expensive than they will be in a couple of weeks, this long-awaited-for taste treat is definitely worth it.

Winners of Last Week's Basket
Draw

Phyllis Cameron
Theo Kneen
Lorrie Lafrance

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

At the Demo Table

Chef Marc will be grilling up some delicious samples of Wild Game supplied by Bearbrook Farm for all Dad's (and anyone else that can sneak a bite)! Don't miss this chance to sample something different!

The Ottawa Food Bank

collected \$233.50 in cash donations last week at the Food Bank Booth. They are delighted! The vendors donated produce they could not take home, and an additional \$200.00 worth of produce was purchased by the Food Bank from various vendors. This will continue throughout the season; your support and donations of cash, fresh produce or non-perishable items is very much appreciated. If anyone would like to volunteer a couple of hours on a Sunday to man the Food Bank Table please let us know at the Information Booth!

Thursday Market is underway and will continue until October 8th from 1:00 – 6:00 p.m.

Chamomile

Desjardins

John Lebrun, who has been a vendor since 2006, has been making his hot sauces since 1995. His hot pepper sauces are made with different varieties of peppers, vinegar, salt, fruits and spices. Heat levels of the peppers are measured on the Scofield Scale – sweet peppers are 0 Scofield heat to Bhut Jolokia peppers at 1,000,000 Scofield heat. Bhut means GHOST in an Indian language. John is always offering samples of his wide range of sauces, so find the one that is right for you. He is the King of Hot Sauces!

Today's Recipe

Rhubarb Sauce

This is one of the most simple and tasty ways to enjoy Rhubarb. It's almost over, so enjoy!

6 cups chopped rhubarb (about 12 large stalks)
1 cup granulated sugar
¼ cup water
1-1/2 tsp. freshly grated orange rind
1 tsp. each of vanilla and cinnamon

In medium pot bring rhubarb, sugar and water to simmer over medium heat, stirring until sugar dissolves. Simmer until rhubarb is tender, about 10 minutes. Stir in the rest of

the ingredients, let cool. Serve over ice cream or cake. You can refrigerate in an airtight container for up to 5 days.

AT THE COMMUNITY TABLE

Today we are joined by the **Abbotsford Seniors Centre** who will be handing out information and speaking about their upcoming summer programs. Drop by the Community Booth (located right beside the Information Booth and find out all about what they have to offer.

Curiosities.....

The Roman Emperor Tiberius (42 B.C. to A.D. 37) had cucumbers on his table daily, summer and winter, making it necessary to grow them out of season using artificial methods.

(Grieve 1978)

NEXT WEEK

The Thyroid Foundation (Ottawa Chapter) will once again host a Strawberry Social at the Market. There is no charge but a donation for a plate of strawberry shortcake would be most appreciated.