The Market News

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Upcoming Events

Welcome. We're open for business every Saturday, 8 a.m. to 1 p.m., rain or shine, with a special event every weekend.

Today at the Market

Sept 29. **Meet the Animals Day** – sheep, turkeys, ducklings, chickens, & a goose. Kids' Club - hayride, hot chocolate & cookies for young and old.

Oct 6. **Free Thanksgiving Turkey Draw.**

Oct 13. **Heritage Apple Day.** Bake Sale with proceeds to charity (TBA).

Oct 20. Beef cooking demo by Josie Scott, Heartland Farms. Also a Blood Donor Clinic.

Oct 27. Hot soups, apple cider tasting. Kids' Club will be a Halloween event – The Haunted House.

Farmers' Facebook

Get to know some of the remarkable farmers and artisans that serve us each week.

Margaret Hobbs. Margaret is back! To the delight of her many loyal customers, Margaret has come out of 'retirement' to offer her old-fashioned farmhouse baking – fruit pies, tarts, buns, rolls and cookies. Margaret & her husband, Keith, farm on Fallowfield Road. Theirs is a pioneer log home with a wood stove dominating the big farm kitchen. Margaret never uses canned ingredients- you can taste the difference in her traditional homemade baking.

Forest Creek Clothing Company. Heather Bradley has been designing and producing handmade clothing since 1985. The 50 different items are made from all-Canadian pre-shrunk, washable fabrics and are made to last. " People always say that they like the fabrics, colours and comfortable fit and that it lasts forever". From straight, drawstring or short wrap skirts for women and golf shirts for men to dresses & rompers for children, there is something for the whole family.

Out of My Mind. Katie Argyle sub-titles her business 'Purveyors of Fine Plastic' revealing her infectious humour and creativity. Primarily working in plastic, she combines bright colour, humour and whimsy to create original paintings, jewelry and mirrors to lift your spirits. All her designs are handmade and custom work is happily accepted. Drop by her booth and take a minute to just smile.

Battle River Bison Co. Richard & Cheryl Allan raise bison on their farm on Hwy 7 near Perth. This grassfed meat is red meat without the guilt - low-fat, low-cholesterol and high in omega-3s. In addition to individual cuts of bison, they offer bison tortière.

This Week's Recipe

try today's terrific tomatoes- treat tired tastebuds tonight.

FRESH TOMATO SOUP serves 4

2 lbs. ripe tomatoes – about 5 medium cut into chunks

1 onion, chopped	¾ c. chicken broth
1 stalk celery, chopped	2 tsp. tomato paste
1 clove garlic, minced	1 tsp. salt
½ bay leaf	hot pepper sauce to taste

Combine tomatoes, onion, celery, garlic, bay leaf.
Cook down about 20 min. Discard bay leaf.
With knife blade attachment, process mixture until smooth.
Stir in chicken broth, tomato paste, salt & pepper sauce.
Bring to a boil. Serve garnished with sour cream and chives.

Why Local is Best

Savour Savourez Ottawa is a new local food initiative of Just Food, part of Ottawa's Social Planning Council. The aim of Savour Ottawa is to increase the distribution of local foods to area businesses – especially restaurants, caterers and institutions.

Chefs John Taylor of Domus Café and Marc Lepine of Courtyard Restaurant are remarkable examples of chefs who go to great lengths to seek fresh, local, sustainable products direct from local farmers, using seasonal menus and regional specials, which name the farm source. To encourage other chefs and businesses to do the same, Savour Ottawa has set up a 4-week pilot project – a Chef's Market is being held on Thursdays 9-11 am on York St. between Sussex and Byward. Environmentally-friendly rickshaws deliver purchases to chefs in the downtown core. Home cooks can also buy items for canning or freezing.

Savour Ottawa is also conducting detailed surveys of producers and buyers to research the feasibility of other programs to address the obstacles to buying local. Some up and coming ideas include:

- 'meet & greet' events where chefs & farmers can connect.
- education to assist chefs in creating menus of local food.
- a database of local suppliers.
- an on-line 'virtual terminal' where buyers could order products from multiple sources.
- a central depot where farmers could sell directly from their trucks.
- a centralized delivery system for local food.

For more info or to give your suggestions: *www.justfood.ca*