

Celebrate the Feast of Fields!

by Jason Gupta

September is the beginning of Fall and the height of the harvest season. It is this time of year that farmers, chefs and guests celebrate at Ottawa's Feast of Fields.

Feast of Fields brings together local organic farmers and some of the most critically acclaimed chefs from the area to create dishes made entirely from locally sourced, organic ingredients.

This event is put on by the Ottawa chapter of Canadian Organic Growers (COG), a non-profit group that works to promote organic farming, and by the radio station 98.5 The Jewel FM. This year's theme is "Feast of Fields from our Organic Farms."

Feast of Fields will be held at the Central Experimental Farm, a perfect setting for a harvest festival. Guests will be able to taste fresh, locally sourced organic dishes.

A ticket to Feast of Fields also includes entrance to the site's Canada Agriculture Museum, musical and dramatic performances, a silent auction, information booths and--finally--the dessert tent.

All proceeds go to support COG Ottawa's Farmer Outreach Program and the Growing Up Organic program.

Above all, the Feast of Fields is an effort to raise awareness about where food comes from by showcasing the variety of foods that are grown and produced in Eastern Ontario and Western Quebec. It also highlights restaurants that cook with organically grown local produce.

Feast of Fields will show the importance of supporting local organic farmers. It will educate guests about why buying local, organic produce is more sustainable in the long term. Buying local, organic foods means that the food travels less distance and fewer chemicals are used.

Feast of Fields is scheduled for September 11 (a Sunday). Tickets will be on sale on-line at <www.feastoffields.ca> starting August 1. Tickets cost \$60 from August 1 until September 5; from September 6 to 11, the price will increase to \$70.

Tickets will also be available in some stores. Please check the list at <www.cog.ca/ottawa>.

Jason Gupta works with Canadian Organic Growers-Ottawa.

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