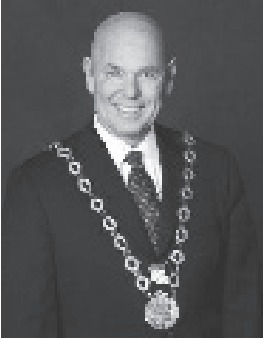




September 14th 2008



On behalf of my colleagues on Ottawa City Council, representing 888,000 residents, it is my distinct pleasure to extend a very warm welcome to all those in attendance of Feast of Fields 2008, hosted by the Ottawa Chapter of the Canadian Organic Growers, and taking place at Vincent Massey Park in the heart of our nation's capital.

As Head of Council, I want to lend my fullest moral support to the Ottawa members of the Canadian Organic Growers and their community partners for their efforts to promote organic agriculture, as well as for providing a forum for farmers, market gardeners, consumers, educators and policy-makers to network for the advancement of a sustainable bioregionally-based organic food system, which also serves to protect the environment.

Allow me to congratulate the Canadian Organic Growers in Ottawa, along with the contributors, sponsors and volunteers of Feast of Fields 2008 for the successful presentation of this unique fall harvest event highlighting healthy and nutritious cuisine created by celebrated chefs from across greater Ottawa.

Bon appétit!

Sincerely,

A handwritten signature in black ink that reads "Larry O'Brien".

Larry O'Brien
Mayor

Premiere Sponsor:



The Ottawa Citizen is pleased to support the Feast of Fields 2008 and the Canadian Organic Growers, whose theme this year is to highlight biodiversity by encouraging the preservation of heirloom seeds and rare animal breeds.

Since its appearance 12 years ago on a rainy day at the Central Experimental Farm, Feast of Fields has become one of the city's premiere food events that teams organic farmers with passionate chefs. Together, theirs is a tantalizing smorgasbord for the palate as well as the eyes.

As a long-time supporter, The Citizen applauds the talent that is serving you today, and those who grow and raise the wholesome food they proudly work with. We encourage you to explore all that is sweet and savoury Ottawa has to offer by looking for and supporting local producers where you shop. And, we invite you to enjoy our coverage of community food, culinary events, and the people who bring it all to you, daily in the Ottawa Citizen and on our website at ottawacitizen.com. Savour the moment, and have a delicious afternoon.

Ron Eade,
Ottawa Citizen Food editor

Feast of Fields Ottawa: Creating a Premier Organic Food Event

- The concept of Feast of Fields was inspired by the pioneering work of Michael Standlandter and Jamie Kennedy in the Toronto region in the late 1980s..
- Feast of Fields events are now held in Ottawa, Toronto and in several places in Western Canada. The Ottawa Feast of Fields (FoF) is the only one presented by Canadian Organic Growers
- The first Ottawa FoF was held in 1996 at the Central Experimental Farm, with 16 farmer-chef teams, presented by the Women's Culinary Network.
- By 2000, the Ottawa Chapter of Canadian Organic Growers (COG) was organizing FoF on an intermittent basis at venues in Ottawa and the region.
- Feast of Fields is the only organic food event of its kind in Ottawa
- In 2005 a major effort was made to strengthen event organization, holding it for the first time in Vincent Massey Park. A total of 16 farmer-chef teams participated.
- Last year FoF 2007 expanded to 25 farmer-chef teams and conducted a successful sponsorship campaign to put the event on firmer financial ground.
- FoF 2008 represents a fourth consecutive year of investment in organization and is a qualitative step forward to create a premier regional food event:
 - partnerships have been created;
 - local organic food and larger environmental concerns have been combined to reduce the event's ecological footprint;
 - public-oriented programming is being introduced.
- FoF depends on a core of hard-working volunteers and its coordinator for its success.
- The Ottawa Chapter of Canadian Organic Growers looks forward to FoF 2009 with enthusiasm and excitement. Pencil in September 13, 2009!

Enjoy the Feast!

Feast of Fields 2008: Event Day Program

- 12:00** Enjoy the musical stylings of **Mango Upstart**
Opening of the Silent Auction
- 12:30** Opening of the day by the COG-Ottawa President
Introduction of FOF Field Marshall, Adrian Harewood
introduces Coordinating Team and key organizers
- 1:00** Sample the delicious food while listening to **Mango Upstart**
- 1:25** Sommeliere session #1: Eat Local & Drink Local
Presented by The Savvy Grapes Wines to enjoy as
you explore the growing region of Prince Edward
County
- 2:15** Sommeliere session #2: Eat Local & Drink Local
Presented by The Savvy Grapes Wines to enjoy as
you explore the growing region of Niagra
- 2:30** More funky beats from **Mango Upstart**
Deadline for Ballots:
- Best Farmer-Chef Team
 - Best Booth
 - Evaluation forms for door prizes
- 2:45** *First Closing of Silent Auction*
- 3:00** **Adrian Harewood** announces awards and prizes
- Best Farmer-Chef Team
 - Best Booth
 - Door prizes from completed evaluations
 - Volunteer prizes
- 3:15** *Second Closing of Silent Auction*
- 3:30** Join us for a Sunday afternoon Afro-Cuban Dance
Party with **Mango Upstart!**

Coordinating Team Welcome Message

Today we salute the farmers and chefs who make this event possible. It has been a tough year for local farmers weather-wise, but because they are farmers and are dedicated to producing premium food they persevere. Talk with them, find out what they grow and why, and consider buying some of their fresh produce.

Our chefs are heroes in their own right. They are here today - on a Sunday even when their restaurants are filled to capacity - because they care about local and organic food. They adopt seasonal menus to reflect locally available foods and increasingly visit the farmers who produce them. Take time to appreciate what they have prepared and thank them for being here so that you can enjoy fresh, local organic food at its best.

The Feast of Fields 2008 theme, Heritage Biodiversity, is inspired by the continual struggle of our farmers to raise and maintain heritage crops and animals for the enjoyment of future generations. Similar to biodiversity, the value of local food production is also finally being recognized. At Feast of Fields we go the second mile, and present local food produced following organic principles. Not all farms represented at this event are certified organic, but all farmers have signed a commitment regarding their organic method of production. Our chefs have also undertaken to use organic ingredients wherever possible.

The Coordinating Team would like to especially thank our Coordinator, Michele Green, our Marketing Assistant, Alyssa Mayotte, and the large number of volunteers who have pitched in to make this event possible. We also wish to thank the many sponsors who have provided financial support, products and services for FoF2008.

And now - enjoy this afternoon of great organic food and Latin music, mingle with our sponsors, our Sommelier and Adrian Harewood, our Field Marshall, check out the amazing offers in our Silent Auction. And appreciate the biodiversity and natural beauty of Vincent Massey Park.

Janet Mrenica and Lloyd Strachan

FoF 2008 Coordinating Team with their Special Advisor for the Chefs, Chris Hudson, and their Assistants, Dina Kutziubas and Elizabeth Mae Kim

See you at the next COG-Ottawa Feast of Fields on September 13, 2009

Growing Up Organic

*Don't
forget to:*

- Vote for the best booth
- Vote for the best farmer-chef team
- Fill out your evaluation forms
- Check out the silent auction

Growing Up Organic, a national project of Canadian Organic Growers, takes a youth-oriented approach to rebuilding our food culture and creating new markets for local organic farmers. There is a strong educational component to our project, which extends into farmer training and mentoring, incubating new food distribution ideas, and engaging youth in food production and preparation in schools and community centres.

This summer we initiated the Youth Farm Apprenticeship Camp for 11-14 year olds, which included explorations into both urban and rural agriculture. It was at this camp that Alejandra Gonzalez and Brianna Aird met. These two incredible young women are part of the Growing Up Organic team today, and I urge you to drop by their booth (number 16) and sample the quiche they created to showcase the heirloom tomatoes grown by fellow 14 year old AJ Shewchuk.

This fall a new "Seed to Table" Club will be piloted with our partners at the Glebe Community Centre. It is open to 11-15 year olds, and will meet every Thursday from 4-6pm. This is another great chance to develop a love for food, a respect for our local organic producers, and a broader connection to the local food movement in Ottawa. Registration is through www.gnag.ca, and space is limited to 12 participants.

Lynda Hall, Project Coordinator,
Growing Up Organic, COG Ottawa Chapter
lynda@cog.ca, 613-244-400

Alpenblick Farm

Petra & Robert Oechsli

Over 30 years organic. We raise Simmental beef, goat and lamb, all grazing freely on our farm. Small and large freezer orders, or by the pound, available all year round. Visitors welcome. Call before pick-up or visit us at the Carleton Place and Stittsville Farmer's Market. Youth Camps offered through COG Ottawa.

8180 Highway 7, Ashton (ON) K0A 1B0
613-253-2640, alpenblickfarm@sympatico.ca

— PARTNERED WITH —

Ballygiblin's Restaurant & Pub

Roger Weldon

Globally inspired menu focuses on fresh ingredients, freshly prepared. Gluten-free noodles, trans-fat free oils and veggie alternatives, all together with meat and potato favourites. Beau's Beer provides our organic beer and our local bitter is from Carleton Place's own Heritage Brewing. Wines change with the season. Come in and see.

151 Bridge St., Carleton Place (ON)
613-253-7400; ballygiblins@hotmail.com

www.ballygiblins.ca

SPONSORED BY:

**CSI: Centre for Systems
Integration**

FARMER • CHEF TEAM

1

MENU

*Lanark County
free range
organic beef in
phylo with jerk
and ginger. Trio
of sauces: Peach
and lilac honey
with caramelized
pear, roasted
corn and smoked
pepper relish,
Panda Farms hot
pepper coulis*

**The Savvy Grapes
wine pairing
suggestion:**

*Frogpond Farm
Cabernet-Merlot
VQA, Niagara
(Ontario's only
certified organic
winery)*

2

MENU

*Organic pearl
barley and
Le Coprin
mushroom
risotto, raw
late harvest
vegetable
salad, heirloom
tomato &
toasted
pumpkinseed
vinaigrette*

**The Savvy Grapes
wine pairing
suggestion:**

*Coyote's Run
Estate Winery
Black Paw Pinot
Noir from Four
Mile Creek*

Greta's Organic Farm

Greta Kryger

We produce organic chickens and eggs, available summer through late fall. Next batch of fresh chickens late October, frozen anytime. Organic turkeys available fresh for Thanksgiving and frozen for Christmas as well as take-out turkeys. Pre-order is a must, limited supply. Appointments only, call ahead. Organic seeds and plants also.

399 River Road, Ottawa (ON) K1V 1C9
613-521-8648; greta@seeds-organic.com
www.seeds-organic.com

— PARTNERED WITH —

Benny's Bistro

Scott Adams

Benny's Bistro features seasonal and locally produced contemporary French cuisine.

119 Murray Street, Ottawa (ON) K1S 5M5
613-789-6797, tubesteaksandmilkshakes@hotmail.com
www.bennysbistro.ca

Songberry Farm

Rob Wallbridge & Julie Perrault

Strawberries and vegetables—certified organic modern and heirloom varieties selected for flavour and nutrition, and grown with care. Our focus is on healthy soil that grows quality produce that can share its health and vigour with the people who eat it! Available through select stores, restaurants, and food box services.

R.R. #4, Bristol, QC J0X 1G0
613-724-9287; rob@songberry.ca
www.songberry.ca

— PARTNERED WITH —

Les Fougères

Charles & Jennifer Part

Restaurant Les Fougères and Gourmet Store is located just 14 minutes from downtown Ottawa/Gatineau, in the magnificent Gatineau Hills. The critically acclaimed cuisine showcases the best regional produce available. The menu changes with the seasons and the wine list is chosen carefully to complement menu choices. Les Fougères is open from 11:00 am – 9:30 pm every day except major holidays.

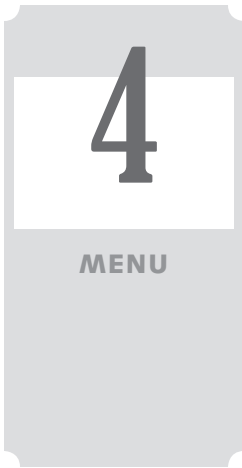
783 route 105, Chelsea, (QC) J9B 1P1
819-827-8942; info@fougeres.com
www.fougeres.ca

FARMER • CHEF TEAM

3

MENU

Vegetarian medley with balsamic, on organic pasta, with homemade tomato sauce embellished with late-summer sautéed diced vegetables with roasted garlic



Butterfly Sky Farms

Dawson Kelln

At Butterfly Sky Farms we offer a diverse selection of fine garnishes with a focus on microgreen vegetables. Our goal is to grow microgreens which have outstanding flavour, nutrition, and plate appeal.

3105 Dunning Rd Sarsfield ON K0A 3E0
613-797-1377; butterflyskyfarms@gmail.com

— PARTNERED WITH —

DISH Catering

Andrea Hummel

Every DISH gathering is an invitation to stage an outstanding culinary experience. Our customized seasonal menus, attention to detail and professional service have impressed clients since 2002. Find out why DISH has emerged as Ottawa's full service caterer of choice.

119 Ross Avenue, Ottawa, ON K1Y 0N6
613-761-1302; info@dishcatering.ca
www.dishcatering.ca

Dunbrae Farm

Bruce & Janet Duncan

Dunbrae Farms has been in our family since 1822. It is certified organic by EcoCert Canada. We raise grass-fed Heritage Red Poll dual-purpose cattle, for organic beef and Heritage Tamworth pigs. We also grow grains for bulk sale for organic flours and feeds.

4900 Appleton Side Road, RR#3
Almonte (ON) K0A 1A0
613-256-2933; dunbrae@sympatico.ca

— PARTNERED WITH —

Chop Chop Catering

Ken Harper

We present a creative, friendly and fun approach to catering in-home events. We make entertaining a breeze and treat you like a guest in your own home.

Almonte (ON)
613-795-8409; chopchopcatering@hotmail.com
www.chopchop.ca

FARMER • CHEF TEAM

5

MENU

*Smoked beef
brisket chili
with sundried
lime and
cornbread*

6

MENU

*Whiskey brown
sugar braised
Kellgreen
Farms beef
shortribs with
green chili,
tomatoe &
shallot relish*

**The Savvy
Grapes wine
pairing
suggestion:**

*Colio Estate
Wines Six
Barrel Shiraz
from Lake
Erie North
Shore*

Kellgreen Organic Farm

Dominic Kelly

Kellgreen Farm is a small family-run farm located 10 minutes south of Manotick on River Road. We raise organic grass finished beef, organic chickens, and pork. Our cattle are fed only grass or hay grown on our farm and our chickens and pork are fed only certified organic feed.

2325 River Road, Manotick (ON) K4M 1B4
613-692-4129; kellgreenfarm@kellgreenfarm.com
www.kellgreenfarm.com

— PARTNERED WITH —

The Capital Dining Room at Delta Ottawa Hotel & Suites

Kenton Leier

The Capital Dining Room in the Delta Ottawa Hotel is an intimate 40 seat gem and a recent recipient of CAA's Four Diamond Award for dining. Maitre D' Robert Hughes and executive chef Kenton Leier carefully orchestrate your dining experience, offering the finest cuisine in an atmosphere of polish and sophistication.

361 Queen Street, Ottawa (ON) K1R 7S9
613-598-0383; kleier@deltahotels.com

Natural Lamb

Deb Salisbury & Jane Moore

Jane & I formed a partnership (Natural Lamb) in order to stagger our lambing times. By doing so we are able to supply lamb on a year-round basis. We both raise Katahdin hair sheep which is an ideal breed for a pasture based farming operation. We follow organic principles raising our lambs and sheep. We do not use herbicides, pesticides, growth hormones or medicated feeds. The sheep and lambs are on pasture from spring to fall. During the winter months they eat organic hay and grains. Our lamb is available at both Carp Market and Landsdowne Market as well as at our farms.

1981 6th Line Beckwith, Smiths Falls (ON) K7A 4S7
613-257-7168; dsalisbury@storm.ca

— PARTNERED WITH —

Domus Café

John Taylor

Domus Café in the Byward Market is home to John Taylor's Canadian, regional, seasonal cuisine. For almost a decade, John Taylor has helped pioneer the move to support and use local sustainable agriculture and an always growing supply of organic products within the restaurant.

87 Murray Street, Ottawa (ON) K1N 5M5
613-241-6007; seasonalfood@bellnet.ca
www.domuscafe.ca

FARMER • CHEF TEAM

7

MENU

SPONSORED BY:
Strathmere

Heritage Biodiversity: Preserving the past...ensuring the future

Ever wonder why dairy cows all look identical? Or what would happen if a virulent disease struck the global corn crop? Maintaining biodiversity is central to our future survival. Preserving heritage breeds and plant varieties is the key to agricultural biodiversity. Local organic farmers play a major role in both. .

Industrial agriculture has led to dependence on a handful of crop varieties and animal breeds, increasingly genetically modified to maximize profits for agro-industry. Heritage biodiversity, on the other hand, helps preserve valuable genetic traits for maintaining biological balance. It gives farmers a wide range of plants and animals to choose from as they respond to disease, pests and climate change. It also maintains nutritional diversity of phyto-chemicals such as antioxidants, the importance of which is still being discovered.

Each of us can help maintain heritage biodiversity by shopping in local farmers markets, participating in Community-Supported Agriculture (food box programs) and buying at the farm gate. Ask farmers what varieties they grow and why they grow them. Experience the unique taste of locally-grown heritage vegetables and meats. To locate local food grown organically check out the Food Directory of the Ottawa Chapter of Canadian Organic Growers (<http://www.cog.ca/ottawa/>).

Elm Tree Farm

Tom Waller & Allaine Nordin

We are a small family farm that specializes in growing bio-dynamic produce. Our “home-style” gardens stretch along the bottoms, full of exotic salad greens and gourmet vegetables. We offer a 16 week CSA to Ottawa and select culinary establishments. We are Demeter Certified.

RR4, Arden (ON) K0H 1B0
613-335-3361; elmtree@kos.net
www.elmtreefarm.ca

— PARTNERED WITH —

Thyme and Again Catering

Bruce Bowie

Thyme and Again Catering and Take Home Food Shop has been a leader in the Ottawa culinary community, using fresh, local seasonal ingredients in their innovative menus and Thyme products. Their menus, made in-house with no preservatives or additives, change frequently to reflect market trend and seasonal availability.

1255 Wellington Street West, Ottawa (ON) K1Y 3A6
613-722-0093; Sheila.whyte@thymeandagain.ca
www.thymeandagain.ca

FARMER • CHEF TEAM

8

MENU

*Grilled
vegetable
bruscetta*

**The Savvy
Grapes wine
pairing
suggestion:**

*Featherstone
Gamay Rose
from 20 Mile
Bench: Niagra*

9

MENU

*Bison meatloaf
with rustic
tomatoe sauce*

The Savvy
Grapes wine
pairing
suggestion:

*Merlot from
Huff Estates in
Prince Edward
County*

Battle River Bison Co.

Richard Allan

For the past two years we have raised Bison on our farm. Our animals are grass fed and no antibiotics or growth hormones are used. Visitors are always welcome at the farm to watch these beautiful animals in motion. Well worth the drive!

R.R. #6, 15593 Hwy #7, Perth, ON, K7H 3C8
613-326-0573; rcallan@storm.ca

— PARTNERED WITH —

Sweetgrass Aboriginal Bistro

Warren Sutherland

Ottawa's first, unique and distinct aboriginal cuisine! Sweetgrass Aboriginal Bistro features unique, homemade and seasonal lunch and dinner menus that follow the ancient paths of North America's Aboriginal peoples, using traditional ingredients coupled with new preparations. It is a destination place to discover aboriginal traditions and artistic expressions. Sweetgrass Aboriginal Bistro is a member of Savour Ottawa.

108 Murray Street, Ottawa (ON) K1N 5M6
613-562-3683; sweetgrassaboriginal@bellnet.ca
www.sweetgrassbistro.ca

SPONSORED BY:

Raymond James Inc.

Castlegarth Restaurant and Farm

Jennifer & Matthew Brearley

Castlegarth Restaurant is owned by two Stratford Chef School graduates Jennifer and Matthew Brearley. Located in White Lake, just 45 minutes west of Ottawa, Castlegarth Restaurant is proud to showcase all produce, beef and eggs from their organic family farm just a few kilometres up the road. Local farmers also supply the restaurant with lamb, pork, bison and game. Situated in a heritage house from the 1860's Castlegarth also boasts beautiful grounds which are an ideal venue for weddings. For more information please call 613-623-3472 or go to castlegarth.ca

90 Burnstown Road, White Lake (ON) KOA 3L0
613-623-3472; www.castlegarth.ca

FARMER • CHEF TEAM

10

MENU

*Pork confit
served with
potatoe &
apple rusties*

**The Savvy
Grapes wine
pairing
suggestion:**

*Huff Estates
Riesling Off
Dry from
Prince Edward
County*

Ferme Notre Heritage

& Eternal Seed

Gary & Ellen de Casmaker

Ferme Notre Heritage is an herb and seed farm specializing in organic heirloom varieties of vegetables, herbs and flowers. Although some produce is saved for seed sold under our Eternal Seed label, you can enjoy our bountiful harvest at the Ottawa Organic Market — Saturdays from 10 until 2 at Bank and Heron.

657 Pritchard Road, Farrelton (QC) J0X 1T0
819-827-2795; edecas@travel-net.com
www.eternalseed.ca

— PARTNERED WITH —

inFusion Bistro

Michael Pickard

825 Bank Street
613-234-2412; michaelpickard@rogers.com

FARMER • CHEF TEAM

11

MENU

*A showcase
of the fresh,
simple and
wonderful
produce
supplied by
Ferme Notre
Heritage*

the Savvy Grapes!

You Are Invited...



The Savvy Grapes hosts winemaker's dinners, Sommelier-lead wine tastings, corporate & private events. These are fun & interactive ways to explore the world of wine. If you would like to receive an invitation to our upcoming events

or would like

The Savvy Grapes to be your Sommelier at an event, contact us at

613-861-1786 or

events@thesavvygrapes.com



Cheers!

Feast Of Fields Harvest Celebration

Combine in a bowl:

One part local organic farmers
One part talented chefs
One part coordinating team
One part staff
One part countless volunteer hours

Season with:

Your interest in the organic food movement
Sponsorship from like-minded companies and individuals
Support from local community groups and organizations

Serve immediately.

This dish pairs well with:

Delectable, delicious and wholesome desserts & drinks
Funky Afro-Cuban Latin beats
Sommeliere services
Tantalizing silent auction items
Friends and family

Enjoy!

Eagranie Yuh

Coordinator,
Feast of Fields 2007

The Pickle Patch

Aartje den Boer

At the Pickle Patch, heritage Tamworth pigs enjoy life out on pasture grazing in rotation with the Katahdin sheep, or tilling the soil for gardens or field renewal. They are treated to Beau's All Natural Brewing spent grains and gobble up windfall apples. The Pickle Patch produces premium Pork, Lamb and pickles.

22190 Breadalbane Road, RR #2
Dalkeith (ON) K0B 1R0
613-874-2969; aartje@storm.ca

— PARTNERED WITH —

The Red Apron

Jennifer Heagle & JoAnn Laverty

The Red Apron's primary service is a fresh meal preparation and delivery service on Tuesday & Wednesday of each week. Their retail store provides fresh baked sweet & savoury pies daily, prepared food including cold fresh and frozen which includes entrees, soups, tarts, desserts & more. The Red Apron is committed to sourcing its ingredients locally and organically wherever possible.

571 Gladstone Avenue, Ottawa
613-321-0417; redapron@rogers.com
www.redapron.ca

FARMER • CHEF TEAM

12

MENU

*Sweet and
savoury pulled
tamborini boar
with "Pickle
Patch" slaw on
a buttermilk
chive biscuit*

The Savvy
Grapes wine
pairing
suggestion:

*"Et Ceteras"
from 13th
Street Winery
in Niagra*

NOTES:

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13

MENU

*Marinated
mushrooms
with goat cheese
terraine*

**The Savvy
Grapes wine
pairing
suggestion:**

*Rose from
The Grange of
Prince Edward*

Champignons Le Coprin

Christophe Marineau & Marie-Elise Trottier

73 Echo Dale, Farrellton, Quebec
819-664-8030; christophe@lecoprin.ca
www.lecoprin.ca

— PARTNERED WITH —

Wellington GastroPub

Chris Deraiche

1325 Wellington Street, Ottawa (ON)
613-729-1315; info@thewellingtongastropub.com
www.thewellingtongastropub.com

Saffire Farms

Gord McGregor and Janet Larabie

Saffire Farms is committed to organic farming practices and produces grass fed beef and organically grown vegetables for our CSA. Our goal is to provide people with locally grown, healthy food and we encourage you to support local farmers who keep the land productive and responsibly managed.

Box 341, Almonte (ON) K0A 1A0
613-256-3383; saffirefarms@gmail.com
www.saffirefarms.ca

— PARTNERED WITH —

Holistic Cooking Academy

Lorri Nichols Davies

The Holistic Cooking Academy is dedicated to the use of organic whole foods, free range eggs and grass fed beef. All recipes are designed for the diabetic preventative lifestyle and to create pH balanced blood to prevent all disease.

260 Napoleon Street, Carleton Place (ON) K7C 2W9
613-253-7390; www.holistic-cooking.com

FARMER • CHEF TEAM

14

MENU

*Anti-anemia
black bean &
millet salad has
11.5 g of iron
per cup, Thanks
to the parsley
finely chopped.
Vegetarian
iron is
40% absorbable,
so you get 3.5
mg per meal
for high energy*

**The Savvy
Grapes wine
pairing
suggestion:**

*Cabernet Franc
from 33 Vines-
PRince Edward
County's
newest winery*

15

MENU

*Roasted organic
beets with spinach
pesto and herbed
goat cheese*

*sumac rubbed
organic lamb
skewers with
sweet potato
croustion and
mojito glaze*

*miniature
organic pumpkin
cheesecakes*

**The Savvy Grapes
wine pairing
suggestion:**

*Meritage from
Palatine Hills
Winery from
Niagra-on-the-
Lake*

HaeDae Farms

Hubert Earl

All our meat has been raised in accordance with the Canadian Organic Standards Act and has been properly butchered, aged and/or prepared at fully inspected abattoirs. Family packs of frozen beef are available on request. Prepared products like home-made sausages, meat loaves and farm cured hams complete our meats list.

230 St. Lawrence Street, Merrickville (ON) K0G 1N0
613-269-4330; haedae@magma.ca

— PARTNERED WITH —

Serendipity

Tara Algie and Ken Leighton

Philosophy:

Food made by hand is an act of defiance and runs contrary to everything in our modernity. Find it, eat it, it will go. It has been around for millenia. Now it is evanescent, like a season.

- Bill Buford

106 Main St. W., Merrickville (ON)
613-269-2017, taraalgie@sympatico.ca
www.serendipitybistro.ca

SPONSORED BY:

Treehugger Organics Inc.

AJ's Tomatoes

AJ Shewchuk

Aj's tomatoes is an organic farm located in Almonte. We grow 23 varieties of heirloom tomatoes. We sell to chef's and sell at local farmers markets.

701 Country Street, Almonte (ON) K0A 1A0
ajstomatoes@hotmail.com

— PARTNERED WITH —

Growing Up Organic

Lynda Hall, Project Coordinator

Growing Up Organic, COG Ottawa Chapter
613-244-4000, lynda@cog.ca

Alejandra Gonzalez

I have a passion for food. I think youth should take more ownership for our future, especially when food is concerned. This is my way of getting involved with food issues.

Brianna Aird

Don't miss the
children's activites, put on by
Growing Up Organic launched by
COG Ottawa

FARMER • CHEF TEAM

16

MENU

*Roasted
heirloom
tomatoe quiche*

**Learn about Heritage
Biodiversity at our event this
year! Meet various exhibitors
and pass the word along!**

**Bridging the gap between
conventional medicine
and natural health.**



**THE
Prana
GROUP**

health·vitality·longevity

**www.thepranagroup.com
613.230.0909**



**Invest in
companies
that share
your values.**

Hannah Reid, Investment Advisor

1602-50 O'CONNOR STREET, OTTAWA

613.236.0103

WWW.NBFINANCIAL.COM



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CIPF



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747 D Richmond Road 613 321 3557
motherearth@rogers.com www.motherearthnaturalhealth.ca**

Dobson's Grass-Fed Beef

Bob Dobson

Dobson's Grass-Fed Beef is a sixth generation organic beef farm located in the heart of the Upper Ottawa Valley, operated continuously by the Dobson family since 1857. Their organic grass-fed beef is available every Saturday morning (May – October) at the Carp Farmers' Market, direct from the farm or online at www.dobsonfarm.com.

1907 Snake River Line, Cobden (ON) K0J 1K0
613-646-2488; bdobson@renc.igs.net
www.dobsonfarm.com

— PARTNERED WITH —

ARC the Hotel

Jason Duffy

ARC restaurant, in keeping with the hotel, is a unique dining experience. The ARC's executive chef's food philosophy is to use only fresh regional and Canadian ingredients, combined with international cooking methods.

140 Slater Street, Ottawa (ON) K1P 5H6
613-238-1259; jduffy@arcthehotel.com
www.arcthehotel.com

SPONSORED BY:
Kelly Santini LLP

FARMER • CHEF TEAM

17

MENU

*Purple beet
dusted beef
carpaccio,
arugula,
radish
remoulade*

The Savvy
Grapes wine
pairing
suggestion:

*Malivoire
Wine
Company's
'LadyBug'
Rosé from
Beamsville
Bench*

18

MENU

*Late summer
ratatouille
with Polenta*

Connaught Acres

Debbie Decooman

Organic Market Garde. CSA- Farm Store open Saturdays. Organic Meat and Eggs.

13621 Connaught Road, Cheterville
613-448-3540; debbie@connaughtacres.ca
www.connaughtacres.ca

— PARTNERED WITH —

The Urban Element

Candice Butler

Our contemporary open concept kitchen comes alive with an array of food and wine experiences, all custom-tailored to your unique event, or special occasion. Cooking classes & corporate events available.

424 Parkdale Avenue, Ottawa (ON) K1Y 1H1
613-722-0885 (x 103); carley@theurbanelement.ca
www.theurbanelement.ca

Love Those Weeds Organic Farm

Kathryn Jackson

Vegetables of many kinds are grown on two farms, who work closely together to benefit from each other's strength. We offer a CSA box program in the Cornwall area and have an on-farm store, carrying a selection of organic groceries, including dairy. We also produce a limited quantity of beef, lamb, turkeys and eggs.

17237 Quail Road, Monkland (ON) K0C 1V0
613-360-6363; lovethoseweeds@sympatico.ca

— PARTNERED WITH —

Atelier

Marc Lepine

Atelier is Ottawa's first tasting menu restaurant serving a nightly 12-course menu based on hypermodern culinary techniques and technology

540 Rochester Street
613-321-3927; marc@atelierrestaurant.ca
www.atelierrestaurant.ca

FARMER • CHEF TEAM

19

MENU

Chips n' Dip

The Savvy
Grapes wine
pairing
suggestion:

*Pillitteri Esates
Due Sparkling
wine from
Niagra-on-the-
Lake*

20

MENU

*Duo of
roasted garlic
& chicken
dumpling in
broth with
chicken pavslo,
terrine, confit
potatoes and
beat slaw*

The Savvy
Grapes wine
pairing
suggestion:

*Pinot Gris
white wine
from Calamus
Estate Winery*

Aubin Farm

A box with a selection of vegetables delivered to Ottawa weekly. Grass-fed beef and lamb sold cut and wrapped by half or quarter animal. Beautifully scented roses and other seasonal flowers from May to November. Pickles, chutneys and jams made from our organic produce, along with Indian cuisine cooked to order. Woolen blankets made from our own fleece. Visit us at Brockville Farmers' Market on Saturdays 8 am to 1 pm, or come to the farm.

3015 County Rd 21, Spencerville
613-658-5721; aubinfarm@aol.com

— PARTNERED WITH —

Tulips & Maple The Art of Cooking

Andrew Skorzewski

Tulips and Maples provides high end catering to thousands of social and corporate clients for intimate dinners for ten to gala dinners for 400 to corporate receptions for thousands. Our reputation is built on persistent attention to detail and a constant drive to create unforgettable gatherings with creative and beautiful food.

1980 Merivale Road
613-723-7103; chef@tilipsandmaple.com
www.tulipsandmaple.com

SPONSORED BY:

Padgeberry Farm

Waratah Downs Certified Organic Farm

Colleen Ross/John Weatherhead and family

John, Colleen and their three children grow certified organic grain, oilseeds, vegetables, beef, lamb and poultry. Colleen and her family promote the practice Food Sovereignty, where all people should have access to healthy, nutritious, culturally appropriate and tasty food. Their 200 acre farm organic near Iroquois is open to the community and food is shared and sold from the farm, at local restaurants, Landsdowne Farmers Market and a CSA.

R.R. #1, Iroquois 11211 Rowena Road (ON) K0E 1K0
613-652-1552; waratahdowns@gmail.com
www.waratahdowns.com

— PARTNERED WITH —

The Green Door

Ron Farmer

Since 1988, we feature exciting vegetarian meals on our extensive self-serve, pay-by-weight hot and cold buffet. Everything is prepared on our premises. We strive to use only the best quality ingredients, with a seasonal emphasis, local suppliers, and mostly organic. Tuesday to Sunday: 11:00 to 9:00. Monday: closed.

198 Main Street, Ottawa (ON) K1S 1C6
613-234-9597; info@thegreendoor.ca
www.thegreendoor.ca

FARMER • CHEF TEAM



Learn about Seed Saving at our event this year! Meet various exhibitors and pass the word along!



"You can whip our cream
but you can't beat our milk"
Visit www.harmonyorganic.on.ca
to locate a store near you.

The advertisement features a black and white photograph of two women sitting on the ground outdoors, reading books. The woman on the left is wearing a dark jacket and a scarf, while the woman on the right is wearing a light-colored top. In the top left corner of the image is the CSNN logo, which consists of three stylized human figures inside a circle, with a leaf-like shape below them, and the text "csnn" and "www.csnn.ca" underneath. At the bottom of the image, there is text: "Teaching the medicine of the future." followed by "Programs and workshops in Natural Nutrition, Advanced Nutrition and Elder Care." Below the image, the full name and contact information for the Canadian School of Natural Nutrition are provided.

csnn
www.csnn.ca

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Programs and workshops in Natural Nutrition,
Advanced Nutrition and Elder Care.

Canadian School of Natural Nutrition
1510 Merivale Rd. Suite #4 Ottawa ON K2G 3J6
Tel: (613) 523-CSNN csnn@on.aibn.com

Jambican Studio Gardens

Colin K. Samuels

At Jambican Studio Gardens we farm approximately four acres of vegetables and flowers (chemical-free), and maintain a 20 acre woodlot. Health and happiness is promoted as we strive to create a peaceful place within society. We use mechanical cultivation, companion planting, cover crops/green manures to encourage biodiversity for pest, weed, and fertility management.

2969 River Rd, Manotick, ON
613-826-9958; garden@jambican.com
www.jambican.com

— PARTNERED WITH —

The Wild Oat

Amanda Watkins

The Wild Oat celebrates 10 years of serving the Ottawa community in 2008. Our mission has been to prepare and serve health benefiting food with integrity to those who really care about what they eat. Our vision for the future is to expand our support of what is local & seasonal.

815-817 Bank Street, Ottawa, ON
613-232-6232; amanda_watkins@hotmail.com

FARMER • CHEF TEAM

22

MENU

*Harvest
ragout with
a smoked fish
and jambican
green salad.*

*Fresh bread
with a
vegetarian
pate*

**The Savvy
Grapes wine
pairing
suggestion:**

*Viognier by
Peninsula
Ridge from
Niagra*

23

MENU

Corn Fritters

*Puff pastry
with lentils,
nuts and
mushrooms*

The Savvy
Grapes wine
pairing
suggestion:

*Kacaba
Vineyards' Sur
Lie Chardonnay
from
Beamsville
Bench*

Riverglen Biodynamic Farm

David Burnford

Protected from the city in the NCC's Greenbelt, Riverglen Farm is host to the Intentional Eaters CSA. We also supply Demeter certified vegetables and herbs to local restaurants and businesses. Free-range eggs are available at the farmgate and a Biodynamic Demonstration Garden is currently under development.

230 Davidson's Side Road, Ottawa, ON, K2K 2Z4
613-720-3276; david.burnford@gmail.com
www.riverglenfarm.ca

— PARTNERED WITH —

The Table Vegetarian Restaurant

Ian Lipski

Our approach at The Table is to provide a warm, comfortable and friendly environment where we serve only the freshest, innovative, buffet style, vegetarian cuisine to our new and established clientele.

1230 Wellington Street, Ottawa ON
613-729-5973; wellington@thetablerestaurant.com
www.thetablerestaurant.com

SPONSORED BY:

**ProOrganics,
a SunOpta Company**

Eliden Farm

Denis & Liz Gagnon

We are a small mixed, livestock and vegetable organic family farm. We sell from the farm gate & encourage customers to come and see how their food is grown. Organically raised veal, chicken, pork, garlic and free range chicken eggs are available.

13351 Co. RD 15, R.R.# 2 Merrickville, ON K0G 1N0
613-269-2429; eliden@elidenfarm.com,
www.elidenfarm.com

— PARTNERED WITH —

Juniper Wine Bar and Restaurant

Richard Nigro

The Juniper experience is one which tempts the imagination and delights the senses. Juniper's menu is one that reflects a particular time and place; regionally and seasonally inspired, the menu changes, in part, on a weekly basis.

245 Richmond Road, Ottawa (ON) K1Z 6W7
613-728-0220; juniperkitchen@bellnet.ca
www.juniperdining.ca

24

MENU

*Eliden Farm
veal scallapini
dusted with
herbs and
served on a
bed with raw
toamtoe sauce
with goat
cheese gnocchi*

**The Savvy
Grapes wine
pairing
suggestion:**

*Rosehall Run
Sullyzwicker
Red from
Prince Edward
County*

25

MENU

*Sweet potato
cinnamon
buns made
with
multigrain
flour*

*Enjera rolls-
made with
multigrain
flour with a
herbed potato,
lentil, peppers
and onion
filling*

*Sambusa-
Veggie balls*

Assorted breads

Farm True Food Ecostere

Berhanu Wassihun & Wrke Bogale

We grow organic fresh vegetables, herbs & fruits & prepare/process on the farm the goodness of Ethiopian traditional goodies. Catering available. OCPP Certified.

P.O Box 165, 21927 Main Street
Glen Robertson (ON) K0B 1H0
613-874-2070

SPONSORED BY:

Goulbourn Sanitation

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Our Dessert Providers:

- Art is in Bakery
- Country Cuisine
- Epicuria
- Littlestream Bakery
- Organic Meadow
- Four Sisters
- Waratah Downs

Our Drink Providers:

- Caffe Ibis Canada
- Porcupine Creek Farm

Our First aid services:

- Red Cross

Our Security services:

- Overnight security provided in-kind by qualified professionals

Our Entertainment:

- Mango Upstart

Our Community Organizations:

- **Ecology Ottawa**
www.ecologyottawa.ca
- **Just Food** <http://www.spcottawa.on.ca/ofsc>
- **Ottawa Good Food Box**
<http://www.centretownchc.org/gfb/eng/engnewslet.htm>
- **Slow Food** <http://www.slowfoodottawagatineau.org/>
- **Canadian Biotechnology Action Network**
<http://www.cban.ca/>
- **EFAO**
<http://www.efao.ca/>
- **Ottawa Tourism/Savour Ottawa** <http://www.ottawatourism.ca/>
- **Rare Breeds**
<http://www.rarebreedscanada.ca/>
- **Seeds of Diversity**
<http://www.seeds.ca/en.php>

TICKET VENDORS

Arbour Environmental Shoppe • Herb & Spice (Bank St) • Mother Hubbard's Natural and Bulk Foods • Natural Food Pantry (York Street & Kanata) • Nature's Buzz Organic Food market • Rainbow Natural Foods • Trillium Bakery (Belmont Ave) • Thyme and Again Catering **OUTSIDE OF OTTAWA:** The Branch Organic Restaurant (Kemptville) • Chez Eric (Wakefield) • Foodsmiths (Perth) • The Granary (Carleton Place) • Homestead Organics (Berwick) • Miller's Tale (Almonte) • Serendipity (Merrickville) **ALSO:** Carp Farmer's Market (Dobson Farm) • Organic Farmer's Market (Padgeberry Farm).

Feast of Fields Silent Auction

Don't forget to check out the silent auction — with more than 55 items and a total retail value of \$5000, there's something for everyone! Silent auction opens at 12:00 pm, with two closing times.

First closing: 2:45 pm

ITEM NO.	DONOR	DESCRIPTION	RETAIL VALUE
1	The Pickle Patch	jar of pickles	\$10.00
2	The Pickle Patch	jar of pickles	\$10.00
3	Farm True Ecoster	gift basket	\$20.00
4	Good Food Box	gift certificate	\$20.00
5	Holistic Cooking Academy	The Edge Effect, Brain Type Diet	\$20.00
6	La Ferme La Rosee	gift certificate	\$20.00
7	La Ferme La Rosee	gift certificate	\$20.00
8	La Ferme La Rosee	gift certificate	\$20.00
9	La Ferme La Rosee	gift certificate	\$20.00
10	The Green Door	cookbook	\$21.50
11	Aubin Farm	frozen chicken	\$25.00
12	Champignons Le Coprin	fresh mushrooms	\$25.00
13	Eliden Farm	garlic braid	\$25.00
14	Eliden Farm	garlic braid	\$25.00
15	Glebe Emporium	product or basket donation	\$25.00
16	Hawkwood Farm	garlic braid	\$25.00
17	Serendipity Books	gift certificate	\$25.00
18	Sweetgrass Aboriginal Bistro	gift certificate	\$30.00
19	Singing Pebble Books	book	\$40.00
20	Chateau des Charmes Wines	VIP pass for 4 to du Charme Winery	\$45.00
21	Metta Massage & Yoga Clinic	gift certificate (3 yoga sessions)	\$45.00
22	Karma Wear	gift certificate	\$50.00
23	Nordik Spa	gift certificate	\$50.00
24	Nordik Spa	gift certificate	\$50.00
25	Serendipity	gift certificate	\$50.00
26	The Amazon's Garden	Family Pass (2 adults, 2 children)	\$50.00
27	The Works	gift certificate	\$50.00
28	Thyme and Again Catering	gift certificate	\$50.00
29	Susan Phipps	gift basket of fresh breads	\$50.00
30	Sunrise Health Centre	gift certificate	\$60.00
31	Urban Forest Soaps	gift basket	\$60.00
32	Urban Forest Soaps	gift basket	\$60.00
33	Alpenblick Farm	10 lbs organic beef	\$65.00
34	Canadian Cooperative Wool Growers	lamb skin	\$70.00
35	inFusion Bistro	gift certificate	\$75.00

36	MYOBalance Spa	gift certificate	\$75.00
37	Dragontail Bookshop	book	\$80.00
38	Take Comfort	youth size organic and fair trade leisure suit	\$80.00

Second closing: 3:15 pm

ITEM NO.	DONOR	DESCRIPTION	RETAIL VALUE
39	Dermis World	gift certificate	\$100.00
40	Domus Café	gift certificate	\$100.00
41	The Red Apron	dinner for two for one week	\$102.00
42	Arthur Karp, VitalLife Centre for Integrative Health	career coaching session	\$130.00
43	Margo Shabinsky Sherman, VitalLife Centre for Integrative Health	complimentary counselling consultation	\$130.00
44	Great Canadian Theatre Company	double pass	\$134.00
45	Great Canadian Theatre Company	double pass	\$134.00
46	Juniper Kitchen and Wine Bar	gift certificate	\$150.00
47	Kellgreen Organic Farm	20lb box of variety box of beef	\$150.00
48	Ottawa Organics	gift certificate	\$175.00
49	Vivianna Day Spa	gift certificate	\$185.00
50	Alterna Savings	credit of \$200 for opening an account	\$200.00
51	Delta Ottawa Hotel and Suites	dinner for two in Capital Dining Room	\$200.00
52	The Wellington Gastro Pub	four course dinner for two with wines	\$200.00
53	Governor's Walk	wine and brunch for 4	\$220.00
54	Governor's Walk	wine and brunch for 4	\$220.00
55	Full Circle Healing	gift certificate	\$250.00
56	Cheryl Cooper, VitalLife Centre for Integrative Health	naturopathic medical assessment	\$260.00
57	OnTrack Options Wellness	3 Personal Coaching for stress management, OR three session of hypnotherapy for habit change	\$285.00
58	Rent A Chef	Dinner for four	\$350.00
59	Arc the Hotel	2 night weekend accomodation at Arc The Hotel	\$600.00

There will be additional items up for bid as this is not a final list!

Thank You to Our Silent Auction Donors!

Thank you to our additional supporters:

STRATEGIC SUPPORTERS:



Gift baskets, door prizes & volunteer prizes:

Rainbow Natural Foods
ProOrganics, a SunOpta Company
Padgeberry Farm
CBC

Thanks to our website & design volunteers: **Neil Richards and Debbie Holzman** — we couldn't do it without you!

Also a big thank you to our photographer **Charles Frost** for taking pictures all day long!

**THANK YOU
TO ALL OUR VOLUNTEERS!**

*We are looking forward to your
continued
engagement & commitment in 2009!*

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Feast of Fields 2008

would like to thank

Adrian Harewood

for reprising his role as our
Field Marshal!

Listen to Adrian on

All in a Day,

weekday afternoons from
3-6 pm on CBC Radio One
(91.5 FM in Ottawa)

