

CANADIAN ORGANIC GROWERS – OTTAWA CHAPTER PRESENTS

Our Greening Initiatives!

Eco-practices of re-use and recycling of dinnerware, printing and transportation services. An invitation to reuse your shopping bags!

Feast of Fields

HARVEST CELEBRATION OF LOCAL ORGANIC FOOD
FRESH FROM THE FAMILY FARM

SUNDAY, SEPTEMBER 16, 2007

VINCENT MASSEY PARK, OTTAWA • RAIN OR SHINE
12:00 TO 4:00 PM. (FOOD SERVED 12:00 TO 2:00 PM.)

Savour the local feast prepared by Ottawa's top chefs
Purchase fresh seasonal produce, direct from the farmer
Enjoy music & take part in the silent auction with family and friends
Support COG–Ottawa's efforts to promote sustainable food systems

TICKETS

Adult \$40 in advance / \$50 at the door
Youth/students 13-25 with valid ID:
\$25 in advance / \$30 at the door
Children 12 and under: free!
\$5 rebate for COG members

*Limited number of tickets available
at the door! Get yours now!*

TICKET VENDORS

Arbour Environmental Shoppe • Bridgehead Coffee Shops (all locations) • Herb & Spice (all locations) • Mother Hubbard's Natural and Bulk Foods • Natural Food Pantry (York Street & Kanata) • Nature's Buzz Organic Food market • Pantry Plus • Rainbow Natural Foods • The Wheat Berry • Trillium Bakery (all locations) **OUTSIDE OF OTTAWA:** The Branch Organic Restaurant (Kemptville) • Chez Eric (Wakefield) • The Foodsmith (Perth) • The Granary (Carleton Place) • Homestead Organics (Berwick) • Les Fougères (Chelsea) • Miller's Tale (Almonte) **ALSO AVAILABLE AT:** Carp Farmer's Market (Dobson Farm) • Old Chelsea Farmer's Market (Ferme Juniper Farm) • Organic Farmer's Market (Padgeberry Farm).

Featuring the following fine producers and servers of local, organic food:

FARMER-CHEF TEAMS: ARC the Hotel + Dobson's Grass-Fed Beef • Ballygiblin's Pub + Alpenblick Farm • Benitz Bistro + Sweet Meadow Farm • Benny's Bistro + Greta's Organic Gardens • The Branch Restaurant + Aubin Farm • Castlegarth Restaurant • Delta Ottawa Hotel & Suites + Bunching Onions CSA • DISH Catering + The Pickle Patch • Domus Café + Dunbrae Farms • Fairmont Chateau Laurier + Kellgreen Organic Farm • The Green Door + Fairweather Farms • Growing Up Organic + Glebe Organic Vegetable Garden (GO-VEG) • Holistic Cooking Academy + Saffire Farms • Hungry Planet + Natural Lamb • Infusion Bistro + Covenant Farm • Ironworks Pub + Ray and Gerrie's Herbs & Berries • Juniper Wine Bar & Restaurant + Ferme Notre Heritage + Waratah Downs • Les Fougères + Ferme Juniper Farm • Serendipity + Haedae Farms • Sweetgrass Aboriginal Bistro + Love Those Weeds Organic Farm • The Table Vegetarian Restaurant + Waratah Downs • The Urban Element + Elm Tree Farm • The Urban Pear + Teamwork CSA • Thyme & Again Creative Catering + Bryson Farms • Farm True Food Ecostere • Wellington GastroPub + Champignons Le Coprin • Westboro Market + Bramada Farms **DESSERT & DRINK PROVIDERS:** Bread & Roses Bakery • Bread & Sons Bakery • The Cool Hemp Company • Equator Coffee Roasters • Harmony Organic Dairy Products • Littlestream Bakery • Padgeberry Farm • Porcupine Creek Farm • RubyCocoa Chocolates • Treehugger Organics • The Wild Oat

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Housing for the organic soul.

www.ecocite.ca

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Information: www.feastoffields.ca