



Feast of Fields

**HARVEST CELEBRATION
OF LOCAL ORGANIC FOOD
FRESH FROM THE FAMILY FARM**

Sunday, September 16, 2007

Vincent Massey Park, Ottawa

12:00 to 4:00 pm.

(Food served 12:00 to 2:00 pm.)



Presented by:

**Canadian Organic Growers
Ottawa Chapter**



Presented by:

Canadian Organic Growers Ottawa Chapter

The Ottawa Chapter, with over 500 members, is the largest chapter of the Canadian Organic Growers. As a member you support our work promoting a local organic food supply, for the benefit of farmers and consumers. You will also have opportunities to learn about organic food production and meet local farmers. Among other activities, we offer regular farm tours, publish a monthly newsletter and an annual local organic farm directory, and organize gardening courses. We have also initiated a "Growing Up Organic" project, aiming to increase access to organic food for young children. Last but not least, we are the proud parents of Feast of Fields!

There are many opportunities to be involved with COG at whatever level suits your lifestyle and interests. Please visit us at the COG booth to learn more about the benefits of COG membership.

Join us again for our next public event, *Fall Reflections*, where we review the past year and make plans for 2008.

Sunday, December 2, 2007; 2:00 – 3:30 pm
Sandy Hill Community Centre (250 Somerset East)

Keynote: Dr. Michelle Brill-Edwards on
"Organic Nutrition and Children's Health"

Organic tea and goodies will be served

Katie Nolan, COG-Ottawa Program Director
www.cog.ca/ottawa
ottawachapter@cog.ca
613-244-4000



September 16th 2007



On behalf of my colleagues on Ottawa City Council, representing 877,000 residents, it is my distinct pleasure to extend a very warm welcome to all those in attendance of Feast of Fields 2007, 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 2007 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,

Larry O'Brien
Mayor

EcoCite Developments Seminar

Don't miss the
seminar from our
Premiere Sponsor,

**EcoCite
Developments:**

Healthy Kitchens/
Healthy People.

*Today at 1:50 at
the Bandstand!*

EcoCité **Developments** is pleased to support the Feast of Fields 2007. As creators of EcoCondo communities like the EcoCité on the Canal, we like to see ourselves as housing the organic soul.

We believe in creating great housing that uses the best of nature, technology and creativity, in order to produce homes that are comfortable, healthy, and efficient. We also aim to help connect our residents to both the great communities that we build in and the power of nature to provide for our energy needs.

People who care about supporting local and organic food share many of our values, so we are excited to partner with the Canadian Organic Growers in this great event.

By discovering and taking pleasure in the unique flavour of every part of this region, you help to encourage a respect for the unique qualities of the natural world to provide for us. By supporting passionate local chefs and farmers, you are creating a flourishing local economy.

When you seek out the joy and pleasure of local food, and the creative talents of our best chefs, you are laying the groundwork for a sustainable future.

The Canadian Organic Growers have created a wonderful event that celebrates the great mix of nature and human creativity. Enjoy the food, have a wonderful afternoon.



Christopher Sweetnam-Holmes
EcoCité Developments

Feast of Fields Ottawa: Food That Is Near, Naked and Natural

- Inspired by the pioneering work of Michael Standlandter and Jamie Kennedy in the Toronto region in the late 1980s.
- The first Ottawa Feast of Fields (FoF) was held in 1996 at the Central Experimental Farm, with 16 farmer-chef teams, produced by the Women's Culinary Network.
- By 2000, the Ottawa Chapter of Canadian Organic Growers (COG) organized FOF on an intermittent basis at the Mill of Kintail (Almonte) and in Ottawa.
- FOF 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.
- The 2006 event built on the organizational success of 2005 with 21 farmer/chef teams and over 450 persons buying tickets to sample the local organic dishes.
- FoF 2007 represents a third consecutive year of major 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.
- Not only have farmers and chefs enthusiastically supported FoF2007 — we have 27 food teams this year, an all time high — but Ottawa Valley community support for the event through our sponsorship promotion has also been outstanding.
- 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 2008 with enthusiasm and excitement. Pencil in September 14, 2008!

Enjoy the Feast!

Feast of Fields 2007: Event Day Program

- 12:00** Enjoy the musical stylings of **Mango Upstart**
Opening of the Silent Auction
- 12:30** Opening ceremony, hosted by our Field Marshall
Adrian Harewood
Introduction of Coordinating Team and key organizers
- 1:00** Sample the delicious food while listening to **Mango Upstart**
- 1:25** Sommeliere session #1: Wine Pairing with Vegetarian Dishes
Presented by **The Savvy Grapes**
- 1:50** Seminar: Healthy Kitchens/Healthy People
Presented by Feast of Fields Premiere Sponsor,
Ecocite Developments
- 2:15** Sommeliere session #2: Wine Pairing with Meat Dishes
Presented by **The Savvy Grapes**
- 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

Welcome to Feast of Fields 2007 — the Ottawa Organic Food event of the year! Today, we celebrate the organic food movement, our creative chefs who prepare the food and especially our farmers who have worked hard and long to ensure that we have this option! Our Feast of Fields is about essential partnerships between organic farmers, creative chefs and the discerning public who care about where their food comes from, how it is produced and how it reaches them.

Through annual Feast of Fields events the Canadian Organic Growers – Ottawa Chapter strives to bring the Ottawa Valley public closer to local organic farmers, with the support of premiere chefs who work magic on the local produce! What you see is the result of long summer hours spent on profiling the event to the region and determining the right combination for an unforgettable afternoon of harvest celebration!

We are grateful for the committed and tireless efforts of our Coordinator, our Student Intern, our other staff, and numerous volunteers who have supported our efforts this summer to make Feast of Fields 2007 the best to date!

We hope you agree! But we need your feedback to make FoF2008 even better. Enjoy this afternoon of great organic food and Latin music, mingle with our sponsors and Sommeliere, and above all take time out to converse, in the natural setting of Vincent Massey Park, with those closest to you and those you meet today.

See you at FOF 2008!

**Chris Hudson, Janet Mrenica
and Lloyd Strachan**

Feast of Fields 2007 Coordinating Team

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

*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

Growing Up Organic is a national project of the Canadian Organic Growers, and was designed to help increase the amount of organically grown food in Canadian institutions, beginning with child-care centres. The primary motivation for starting with childcare centres is to ensure that the most vulnerable members of our society, young children, have access to organic food. In Ottawa, the first phase of this project is represented by the partnership between Andrew Fleck Childcare centre and Valentino's Organic Family Garden and CSA, as well as installation of the Glebe Organic Vegetable Garden (GO-VEG) in the Mutchmor Public School playing field. New partnerships are also being forged, including one with Glebe Parents Daycare.

Why get involved with the Growing Up Organic project?

- To learn more about how our food is grown and how organic food can benefit our children and our communities;
- To teach our children that their food choices matter: to their health, to the environment and to the people who grow their food;
- To increase food security within our communities;
- To improve farm income and institutional meals;
- To help preserve a decentralized, secure food system;
- To help preserve family farms;
- To connect children with the source of their food: farmers in their region!

To learn more, visit the Growing Up Organic/GO-VEG team at table 16!

Contact: **Lynda Hall**, Project Coordinator;
www.cog.ca/ottawa; 613-244-4000 lynda@cog.ca

Alpenblick Farm

Robert Oechsli

Over 30 years organic. Organic beef, goat and lamb – small or large freezer orders, available all year round. Visits welcome. Please call before pick-up.

8180 Highway 7, Ashton (ON) K0A 1B0
613-253-2640

— 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

FARMER • CHEF TEAM



MENU

*Lanark County
free range
lamb and
veal curried
with farm
fresh veggies,
served with
organic green
lentil salad
and autumn
vegetable
samosa.*

The Savvy Grapes
wine pairing
suggestion:

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

2

MENU

*Heirloom
tomato and
roasted
pumpkin
ratatouille*

The Savvy Grapes
wine pairing
suggestion:

*Malivoire
Ladybug Rosé,
Beamsville,
Ontario*

Greta's Organic Farm

Greta Kryger

We produce organic chickens, available from early July. 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
613-521-8649; 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

Ferme Juniper Farm

Juniper Turgeon & Alex Mackay-Smith

Juniper Farm is an organic vegetable farm located north of Wakefield, QC. We are committed to growing healthy food, ideas and relationships.

460 Kalalla Rd. Alcove (QC) J0X 1A0
819-422-1894; fermejuniper@yahoo.ca
www.juniperfarm.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

SPONSORED BY:
Daya Spa

3

MENU

*Basil mousse
served on
Juniper Farm
late summer
vegetables
with sautéed
organic bacon*

The Savvy Grapes
wine pairing
suggestion:

*Flatrock Cellars
Riesling VQA,
Beamsville,
Ontario*

4

MENU

*East Meets
West: Aubin
Farms
hardwood-
smoked
BBQ lamb
with grilled
flatbread
and Roshan's
chutneys*

The Savvy Grapes
wine pairing
suggestion:

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

Aubin Farm

Tim & Roshan Aubin

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 Road 21, Spencerville (ON) K0E 1X0
613-658-5721; aubinfarm@aol.com

— PARTNERED WITH —

The Branch Organic Restaurant

Bruce Enloe

The Branch Restaurant is a casual upscale restaurant, art and music venue situated in an historic 1880's stone building in the heart of Old Town Kemptville. The Branch is committed to choosing local and organic ingredients, beverages, wines and beers and features flavourful, handmade food at fair prices.

15 Clothier St. E., Kemptville (ON) K0G 1J0
613-258-3737; thebranchrestaurant@gmail.com
www.thebranchrestaurant.ca

SPONSORED BY:

**Harmony Organic
Dairy Products**

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 Red Poll dual-purpose cattle, a heritage and race breed, for organic beef. 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 —

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

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MENU

*Grilled
Dunbrae Farms
organic beef
burger, aged
cheddar, rustic
catsup &
pickles*

The Savvy Grapes
wine pairing
suggestion:

*Lailey Vineyard
Cabernet
Sauvignon
Canadian Oak
VQA, Niagara-
on-the-Lake*

6

MENU

*Grilled
beautiful
late summer
vegetables
with vanilla
scented potato
puree, goat
cheese and
garden herb
pesto*

The Savvy Grapes
wine pairing
suggestion:

*Peninsula
Ridge Viognier
VQA, Grimsby*

Bunching Onions CSA

Dominique Seguin

Serving seasonal organic vegetables to the Clarence-Rockland-Ottawa area. We offer half-shares at 325\$ for 16 weeks of delivery and different pick-up points in the area. Join our CSA for a healthy and tasty alternative.

1731 Tucker Road, Clarence-Rockland (ON) K4K 1K7
613-446-0125; organicgardens@tuckerhouse.ca
www.tuckerhouse.ca

— PARTNERED WITH —

Delta Ottawa Hotel & Suites

Kenton Leier

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. We sell our lamb through the Carp market and farm gate sales.

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

— PARTNERED WITH —

The Hungry Planet

Judy Dempsey

It's all about the food. The Hungry Planet, located in downtown heritage Perth, features the best products Lanark County has to offer. We hand-make our delicious food with seasonal ingredients inspired by chef/owner Judy Dempsey's world travels. Honest food with exciting international flavour. Corner of Foster and Wilson.

2 Wilson St. W., Perth (ON) K7H 2M5
613-264-9234; hungryplanet@sympatico.ca
www.thehungryplanet.com

7

MENU

*Baby lamb
burgers on
homemade
focaccia with
lemon-garlic
mayo, herbed
feta & juicy
local tomatoes*

The Savvy Grapes
wine pairing
suggestion:

*Sandbanks
Estate Winery
Marcheal Foch
VQA, Prince
Edward County*



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www.greenspill.ca

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of news and views
on going green

Un magazine Web
pour se
couvrir de vert

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 Certified Organic, in conversion to Demeter.

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

— PARTNERED WITH —

The Urban Element

Andrew Sanche

Ottawa's most unique culinary venue welcomes all food lovers to our 1700 sq. foot open concept kitchen and private event space, located in a heritage fire station. We offer intimate cooking classes and dynamic customized culinary team building programs, as well as cocktail parties, wine workshops, corporate meetings and wedding receptions. We have a deep love for food and believe in its ability to motivate, inspire, educate and entertain.

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

SPONSORED BY:

Ark EcoDelivery

FARMER • CHEF TEAM

8



MENU

*House-style
peppered
chips with
a goat cheese
and organic
summer
squash purée,
topped with a
basil pistou*

The Savvy Grapes
wine pairing
suggestion:

*Featherstone
Estate
Sauvignon
Blanc VQA,
Vineland*

9

MENU

*Pepperberry
roasted
Kellgreen
Farms beef
flank steak,
double stuffed
baby red
potatoes,
and smoked
cherry tomato
chutney*

The Savvy Grapes
wine pairing
suggestion:

*Riverview
Cellars Baco
Noir VQA,
Niagara-on-
the-Lake*

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 —

Fairmont Chateau Laurier

Collin Thornton

Reflecting the confidence, dignity and style of Ottawa, Fairmont Chateau Laurier stands as a testament to this dynamic, thriving city. Located in the heart of Canada's capital next door to the Parliament Buildings, the landmark Fairmont Chateau Laurier is a magnificent limestone edifice with turrets and masonry reminiscent of a French Chateau.

1 Rideau St., Ottawa (ON) K1N 8W7
613-241-1414; collin.thornton@fairmont.com
www.fairmont.com

SPONSORED BY:

**Elaine Bissonette,
CIBC Wood Gundy**

Castlegarth Restaurant and Farm

Jennifer & Matthew Brearley

Castlegarth Restaurant is a forty-seat restaurant in the village of White Lake run by graduates of the Stratford Chefs School, Jennifer and Matthew Brearley. The restaurant is supplied with all vegetables and beef from the Brearley's family farm 2 km up the road from the restaurant. Other local farmers are also showcased in their menu, which changes daily. For more information: www.castlegarth.ca or 613-623-3472.

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

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MENU

*Onion &
leek tart on
puff pastry:
a simple and
delicious
expression of
onions at the
height of their
season*

The Savvy Grapes
wine pairing
suggestion:

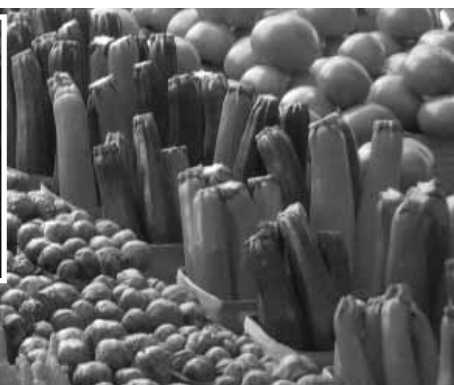
*Huff Estates
Rosé VQA,
Prince Edward
County*

Ottawa's Best Read STYLE AND FOOD

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THE OTTAWA AREA THIS FALL? VISIT
WWW.OTTAWATOURISM.CA



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CULINAIRES DANS LA RÉGION CET AUTOMNE?
CONSULTEZ LE WWW.TOURISMEOTTAWA.CA

Covenant Farm

Catherine Mageau & Joël Béland

Four generations work here together, growing vegetables using organic methods with the goal of developing a farm operation that is sustainable for the environment, our CSA clients, and for ourselves. We derive great satisfaction from producing healthy food, getting our hands dirty, and giving back to the earth.

1289 Pilon Road, Clarence Creek (ON) K0A 1N0
613-488-3920; joel@covenantfarm.ca
www.covenantfarm.ca

— PARTNERED WITH —

inFusion Bistro

Michael Pickard

825 Bank Street Ottawa (ON) K1S 3V9
613-234-2412; panina@rogers.com

FARMER • CHEF TEAM



MENU

*Small Salade
Nicoise with
a twist: fresh
greens, flowers,
and eggs from
Covenant
Farm*

The Savvy Grapes
wine pairing
suggestion:

*Norman Hardie
Riesling VQA,
Prince Edward
County*

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 613-851-1785 or events@thesavvygrapes.com

Cheers!

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613-445-5567
onyourmarksprint.com

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 —

DISH Catering

Kate Klenavic & Erin O'Reilly

Every DISH gathering is an invitation to stage an outstanding experience, amazing social occasion or flawless corporate event. Our attention to detail, customized seasonal menus 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 0N5
613-761-1302; info@dishcatering.ca
www.dishcatering.ca

FARMER • CHEF TEAM

12

MENU

*Tamworth pulled pork
tamale with double smoked
bacon & fennel confit*

Blueberry ancho preserve

The Savvy Grapes wine pairing suggestion:

*Rosehall Run
Solana Rosa
(Rosé) VQA,
Prince Edward County*

NOTES:

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Feast of Fields

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)



CBC

Thank you to our additional supporters:

Gift baskets, door prizes &
volunteer prizes:

- Lilou Organics
- Ottawa Organics
- Bridgehead Coffee Shops
- Rainbow Natural Foods
- ProOrganics, a SunOpta Company
- Padgeberry Farm
- Westboro Market
- CBC

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

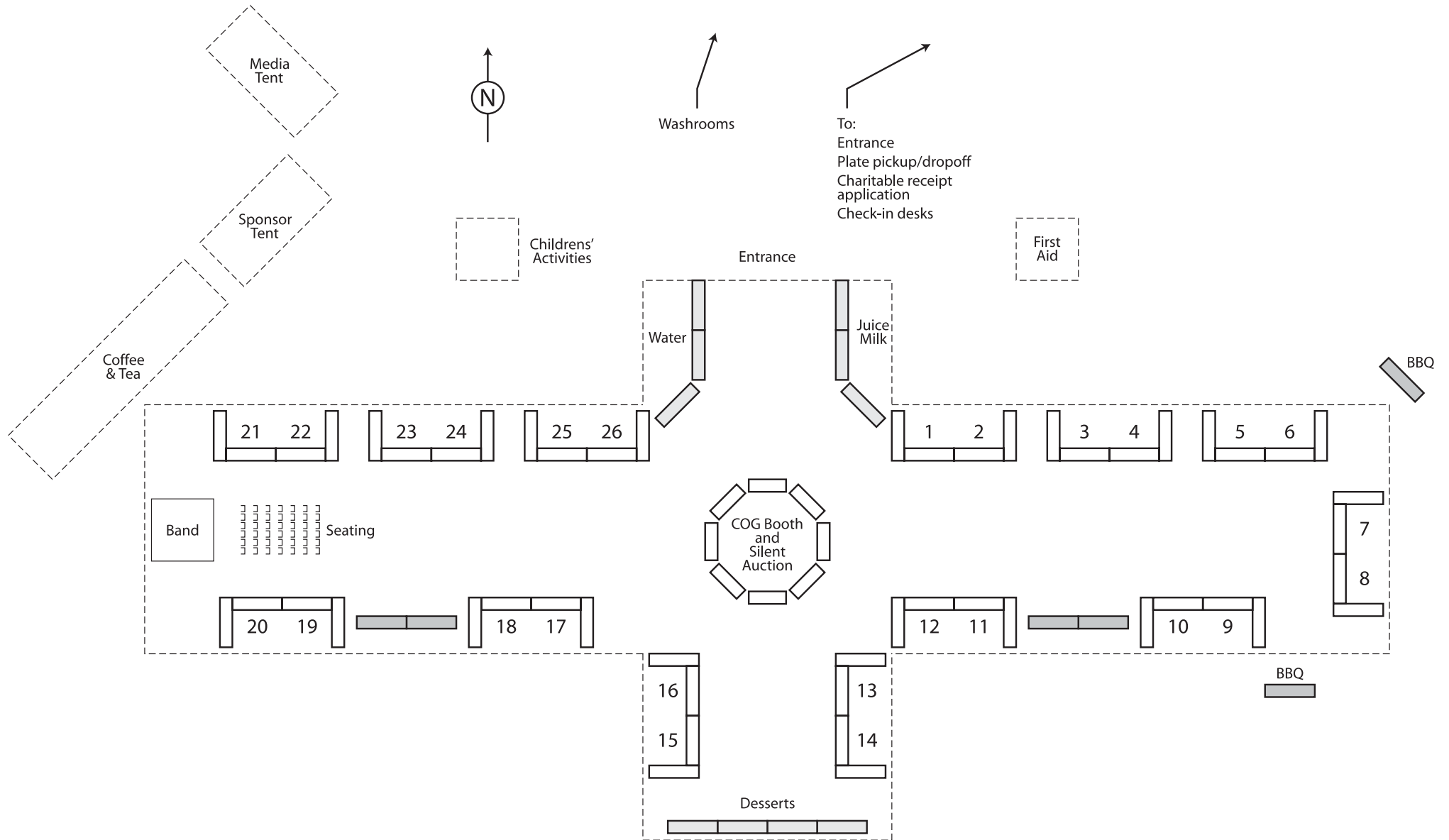
Thanks to **Katari Imaging** for
our last-minute printing needs!

Thanks to **Lois Siegel**, our event
photographer!

Don't miss the
children's activities, put on by
the student leaders at the Glebe
Neighbourhood Activities
Group (GNAG)!

Feast of Fields

2007 Site Plan



Restaurant-école de La Cité collégiale
801, promenade de l'Aviation, 2^e étage du pavillon H
Ottawa (Ontario)

Venez découvrir et déguster des repas gastronomiques préparés et servis par nos étudiants en **Arts culinaires, Gestion culinaire et Gestion hôtelière et de restaurant.**

Réservations
613 742-2493, poste 2400

le Collège des meilleures
PRATIQUES



NOTES:



13

MENU

*Israeli couscous
risotto with
Shimeji
mushrooms
from
Le Coprin and
Le Baluchon
cheese*

The Savvy Grapes
wine pairing
suggestion:

*Flatrock
Cellars Pinot
Noir VQA,
Beamsville*

Champignons Le Coprin

Christophe Marineau

C.P. 402, Wakefield (QC) J0X 3G0
819-664-8030; www.lecoprins.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

14

15

MENU

*Beef carpaccio**Lamb with blue
cheese gratin**Shallot &
thyme jus**Chocolate
mousse with
espresso crème
anglaise*The Savvy Grapes
wine pairing
suggestion:*Fielding
Estates Winery
Cabernet
Franc VQA,
Beamsville*

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 Rob Briden

Serendipity combines traditional French techniques with local ingredients from suppliers within 100 km. Local purveyors supply everything from meat, salad greens, potatoes, garlic, bread, eggs, flour, sugar and salt. Open daily for lunch and dinner.

106 Main St. W., Merrickville (ON)
613-269-2017

SPONSORED BY:

Treehugger Organics Inc.GO-VEG +
Growing Up Organic

The Canadian Organic Growers' Growing Up Organic (GUO) program is currently being implemented in Ottawa via the Glebe Organic Vegetable Garden (GO-VEG). GO-VEG was installed on July 27th 2007 in the playing field of Mutchmor Public School. The garden acts as an educational tool for the community, particularly children, to learn about the benefits of locally grown organic food and the local food system. The materials for the garden were supplied by Robert Oechsli of Alpenblick Farm and Connaught Acres, with the wonderful support of Mutchmor Public School, the Glebe Community Center (GCC) and the community at large.

Alex Clarke, age 10, is a student at Mutchmor Public School. Alex has been invited to take part in COG-Ottawa's Feast Of Fields as a young chef and grower of local organic produce. Using vegetables from the GO-VEG garden he will prepare delicious meals under the guidance of a daycare cook. This should be a special time for Alex as he has expressed a particular desire to one day become a professional chef.

16

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Bob Dobson

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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
613-238-2888; jduffy@arcthehotel.com
www.arcthehotel.com

FARMER • CHEF TEAM

17

MENU

*Truffled beef
tartare, spicy
King Eryngii
mushroom
dust*

The Savvy Grapes
wine pairing
suggestion:

*Kacaba
Vineyards
Cabernet
Sauvignon
VQA, Vineland*

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18

MENU

*Deep-fried
homemade
organic
tortilla and
Teamworks
CSA organic
tomato spring
roll*

The Savvy Grapes
wine pairing
suggestion:

*Malivoire
Gamay VQA,
Beamsville
Bench*

Teamworks CSA

Hilary & Nick Moore

Teamwork Community Supported Agriculture Project serves the Lanark County and Ottawa areas. Teamwork CSA is the product of Hilary and Nick's dedication to promoting a food system which prioritizes the health of the land and those who work it, the community and your family. Certified Organic.

PO Box 838, Almonte (ON) K0A 1A0
613-296-0599; teamworkcsa@hotmail.com

— PARTNERED WITH —

The Urban Pear

Ben Baird & Mark Currier

The Urban Pear is a casual fine dining restaurant located in the Glebe, just west of Bank Street. Open seven days a week for dinner, Monday – Friday for lunch and brunch on Sundays. The menu changes daily using fresh, local and mostly organic ingredients. Patio open seasonally. Great space for private parties.

151 Second Avenue, Ottawa (ON) K1S 2H6
613-569-9305; thechefben@hotmail.com
www.theurbanpear.com

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Kathryn Jackson & Christine Estermann

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

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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.

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

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a SunOpta Company**

19

MENU

*Smoked turkey
tortellini with
rustic tomato
onion sauce*

The Savvy Grapes
wine pairing
suggestion:

*Featherstone
Vineyards
Estate Bottled
Gamay Noir
VQA, Vinelands*

20

MENU

*Squash and
pumpkin pate
roulades with
fresh herbs,
served with
lavender crisps*

The Savvy Grapes
wine pairing
suggestion:

*Angels Gate
Old Vines
Chardonnay
VQA,
Beamsville*

Ray and Gerrie's Herbs & Berries

Ray and Gerrie's provides plants and produce, farm gate sales, and greenhouse crops during the winter. Contact us about our CSA program, and available crops.

874 Grady Road, Westport (ON) K0G 1X0
613-273-7595; rcooper@rideau.net
www.rayandgerries.com

— PARTNERED WITH —

Ironworks Pub

Jason Moffatt

Set in downtown historic Almonte along the beautiful Mississippi River, the Ironworks Pub offers fresh, made-to-order food. Chef Jason Moffatt's specialties include Eggs Benedict, Coffee Porter Mole Short Ribs, and weekly game and fish features. Visit us online for information on upcoming events or for directions.

79 Little Bridge St., Almonte (ON) K0A 1A0
613-256-7840; info@ironworkspub.ca
www.ironworkspub.ca

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Fair Weather Farm

Peter & Liane Smith

Fair Weather Farm specializes in certified organic (OCPP) vegetable production for sale to stores and restaurants in the Ottawa area. In addition, we offer lamb to individual families.

2871 River Road, RR3, Manotick (ON) K4M 1B4
613-826-1956

— PARTNERED WITH —

The Green Door

Charles Miller

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

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Royal Lepage
Team Realty**

21

MENU

Squash salad

*Green &
yellow bean
sauté with
fresh tomato,
garlic and
basil*

The Savvy Grapes
wine pairing
suggestion:

*Coyote's Run
Winery Pinot
Gris VQA,
St. David's*

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info@vitallifeconcepts.com**

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RR #1, Shawville (QC) J0X 2Y0; 819-647-3456;
info@brysonfarms.com; www.brysonfarms.com

— PARTNERED WITH —

Thyme & Again Creative Catering

Owen Haggart

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

**SPONSORED BY:
House of Lazarus**

FARMER • CHEF TEAM

22

MENU

*Barbecued
organic pizza
with rustic
tomato sauce,
fresh basil and
aged chevre*

**The Savvy Grapes
wine pairing
suggestion:**

*Pillitteri
Estates Merlot
VQA, Niagara
on the Lake*

23

MENU

*Ian's Tempeh
Nut Loaf*

The Savvy Grapes
wine pairing
suggestion:

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

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 concept of food sovereignty, where all people should have access to healthy, nutritious, culturally appropriate and tasty food. Their farm is open to the community and food is shared and sold from the farmgate and through various outlets in the Ottawa area. Email Colleen for more information.

R.R. #1, Iroquois (ON) K0E 1K0
613-652-1552; jcwatherhead@ripnet.com

— PARTNERED WITH —

The Table

Ian Lipski

1230 Wellington Street, Ottawa (ON) K1Y 3A1
613-729-5973; info@thetablerestaurant.com
www.thetablerestaurant.com
www.thevegetariankitchen.com

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24

Waratah Downs Certified Organic Farm

(see team 23)

— AND —

Notre Ferme Heritage

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 —

Juniper Wine Bar and Restaurant

Richard Negro

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



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Berhanu Wasslhun

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Glen Robertson (ON) K0B 1H0
613-874-2070



Sweet Meadow Farm

Maureen Bostock & Elizabeth Snyder

Certified Organic Vegetables including potatoes, carrots, corn, salad mix, tomatoes, cherry tomatoes, beets etc. Preorder for pick up at the farm near Perth or shop at our stall at the Perth Farmers Market or on the shelves at Foodsmiths in Perth. (Certified Organic by OCPP Ontario).

1807 Highway 511 RR#1 Balderson (ON) K0G 1A0
613-257-5757; maureenbostock@hotmail.com

— PARTNERED WITH —

Benitz Bistro

Derek Benitz

327 Somerset St. E., Ottawa (ON)
613-567-5100; derekbenitz@yahoo.ca
www.benitzbistro.com

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Community organizations:

- Canadian Biotechnology Action Network (CBAN)
www.cban.ca
- Ecology Ottawa
www.ecologyottawa.ca
- Just Food www.justfood.ca
- Ottawa Good Food Box
www.ottawagoodfoodbox.ca
- Slow Food www.slowfoodottawagatineau.org
- USC www.usc-canada.org

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First closing: 2:45 pm

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6	Hawkwood Farm	garlic decoration	\$20.00
7	Herb & Spice (Bank St.)	quiche	\$20.00
8	Planet Botanix	gift certificate	\$20.00
9	The Green Door	cookbook	\$21.00
10	Aubin Farm	frozen chicken	\$30.00
11	The Good Food Box	organic Good Food Box with apron	\$25.00
12	Glebe Spa	gift certificate	\$25.00
13	Glebe Spa	gift certificate	\$25.00
14	Dunbrae Farms	Red Poll grassfed, certified organic oven roast	\$28.00
15	Dirty Dog Gourmet Bakery	gift certificate	\$30.00
16	The Works	dinner for 2 (burger & milkshake)	\$30.00
17	The Works	dinner for 2 (burger & milkshake)	\$30.00
18	The Works	dinner for 2 (burger & milkshake)	\$30.00
19	The Works	dinner for 2 (burger & milkshake)	\$30.00
20	The Works	dinner for 2 (burger & milkshake)	\$30.00
21	Padgeberry Farm	organic Brie cheese	\$40.00
22	Glebe Emporium	gift basket	\$35.00
23	Alpenblick Farm	1kg organic goat's cheese	\$40.00
24	Angels Within	gift certificate	\$40.00
25	Heritage Brewing	24 bottles of Stuart's organic beer	\$45.00
26	Westboro Market	dinner club for 4	\$48.00
27	Ferme Notre Heritage	seed gift certificate	\$50.00
28	Karma Wear	gift certificate	\$50.00
29	The Branch Restaurant	gift certificate	\$100.00
30	Ark EcoDelivery	gift certificate	\$50.00
31	Urban Forest Soap	gift basket	\$50.00
32	Urban Forest Soap	gift basket	\$60.00
33	Rama Lotus Yoga Centre	5-class yoga package	\$65.00
34	Le Cordon Bleu Ottawa	chocolate cookbook with demonstration ticket	\$65.00

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35	Le Cordon Bleu Ottawa	saucers cookbook with demonstration ticket	\$65.00
36	Le Cordon Bleu Ottawa	pasta cookbook with demonstration ticket	\$65.00
37	Le Cordon Bleu Ottawa	regional French cookbook with demonstration ticket	\$65.00

Second closing: 3:15 pm

ITEM NO.	DONOR	DESCRIPTION	RETAIL VALUE
38	inFusion Bistro	gift certificate	\$75.00
39	Ray and Gerrie's	indoor vermicomposter	\$75.00
40	Thyme & Again	fall gift basket	\$75.00
41	USC Canada	a numbered print by Irene Klar entitled Mali Robes	\$80.00
42	Bryson Farms	gift certificate (valid at Parkdale Market)	\$100.00
43	Bryson Farms	gift certificate (valid at Parkdale Market)	\$100.00
44	Grace in the Kitchen	gift basket	\$100.00
45	Janet Mrenica	reproduction lamp	\$100.00
46	Vrtucar	one-year Vrtucar membership	\$100.00
47	Beau's All Natural Brewing Company	party keg of beer with dispenser	\$200.00
48	Margo Shabinsky Sherman	life skills coaching session	\$130.00
49	Arthur Karp	career coaching session	\$125.00
50	Kellgreen Farm	20 lb box of beef	\$140.00
51	James Kaufman	facial renewal acupuncture treatment	\$145.00
52	EcoGen Energy Inc	gift certificate	\$150.00
53	Great Canadian Theatre Company	one season subscription	\$150.00
54	Wellington GastroPub	dinner for 2 (4 courses w/ wine)	\$150.00
55	Benitz Bistro	gift certificate	\$100.00
56	Eco-Source.com	aerogarden	\$200.00
57	Cheryl Cooper	naturopathic health assessment	\$260.00
58	Rent-A-Chef	catered dinner for 4	\$325.00
59	ARC the Hotel	one weekend stay in ARC's Deluxe King room with breakfast	\$300.00
60	Raina Ho	Nigerian basket	\$80.00

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CANADIAN ORGANIC GROWERS (COG) is a national volunteer, not-for-profit organization with members in all regions of Canada. COG's membership is diverse and includes farmers, gardeners, processors, retailers and consumers.

COG's objectives include:

- Fostering a decentralized, bioregionally-based food system which cuts transportation costs, bolsters local marketing systems and economics and promotes greater regional food self-reliance;
- Promoting practices that promote and maintain long term soil fertility, reduce fossil fuel uses, reduce pollution, recycle waste and conserve non-renewable resources; and
- Assisting farmers, gardeners, food processors and consumers, through education and demonstration, to better understand the value and integrity of organic foods and farming systems.

COG activities include:

- The quarterly magazine The Canadian Organic Grower
- Educational materials including books, fact sheets, kits and videos produced for growers, consumers, teachers and anyone interested in ecological food production
- Training, workshops, conferences, farm and garden tours, demonstration gardens, farmers' markets organized by local COG chapters
- The Mary Perlmutter Scholarship awarded each year to a graduate student undertaking research related to organic agriculture.
- The COG lending library, a unique free mail service of organic reading materials based in Ottawa
- Co-operation with other organizations and government to achieve regulatory change, such as the Consumer and Corporate Affairs "Definition of Organic Food" and the Agriculture Canada "National Standards for Organic Food Production."

Canadian Organic Growers is comprised of fifteen local Chapters across Canada.

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