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ROYAL LEPAGE Team Realty

484 Hazeldean Rd. Kanata

people



■ Sheila Whyte

Thyme & Again Creative Catering and Take Home Food Shop, Ottawa SPECIALTY: Comfort food with a modern twist. Locally inspired and seasonal foods to enjoy at home, in our café or as part of our catering service. FAVOURITE MEAL: At this time of year, organic roast chicken with lemon and thyme, corn on the cob with pesto butter, local green beans cooked with bacon, and fresh raspberries for dessert with Pascale's local ice cream.
WHY BUY LOCAL? It's sustainable!

Supporting our local farmers is a winwin scenario as we are able to cook with the freshest, most flavourful and healthy foods available all while supporting our very own farming community.



■ Lyle Slater

Upper Canada Cranberries, Greely

SPECIALTY: We grow fresh cranberries and also make our own line of jams, juices and sauces. We use select spices and natural sweeteners like honey and maple syrup in our products and of course, being the grower means we use the freshest cranberries.

FAVOURITE RECIPE: Cranberry caramel squares. My daughter makes them every now and then and they're delicious!

WHY BUY LOCAL? We are the only commercial cranberry grower in Eastern Ontario. Buying local means your food hasn't travelled as far before reaching your plate. This means a better, fresher product for you.

FIND US: At the farm, the Carp Farmers' Market, the Byward Market and at select stores throughout the region.



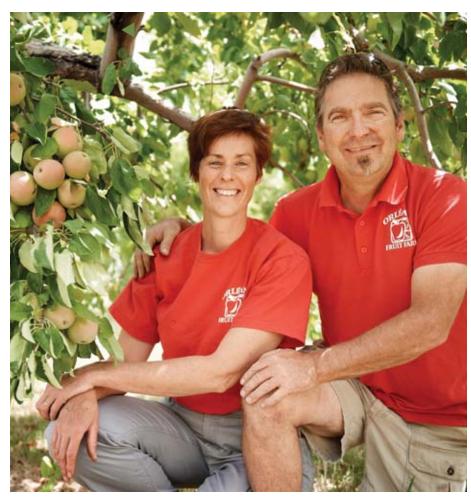
Orléans Fruit Farm/La Ferme d'Orléans, Orleans

SPECIALTY: Producers of fresh berries, fruit and vegetables. On weekends during the fall, people can pick their own fresh apples.

FAVOURITE SEASONAL DISH: Homemade apple pie.

WHY BUY LOCAL? We're fortunate to have family-run farms in the Greenbelt and it's important to support them. Too often people have a disconnect with their food, how it's grown and where it's from. It's important for them to connect with this and especially to teach their children about how food is grown. Education makes for a lifetime of better food choices.

FIND US: At our fresh produce stand on the farm.



Thom van Eeghen, Fay Armitage and their children Claire, Ava, Petra and Willem ► The Elk Ranch, Carp

specialty: We raise grass-fed elk for a leaner, healthier protein. I would describe the taste of elk meat as rich and robust with a slightly sweet flavour. It's milder than wild game and has a texture that's melt-in-your-mouth tender. We are a family run farm and have been in operation since 1999.

FAVOURITE DISH: Elk burgers for their fresh taste and ease of cooking. The secret is in the special spice blend. Cook them like regular burgers on the grill and then let those patties rest for five minutes before serving.

FIND US: At the Elk Ranch and at the Carp Farmers' Market. OH



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