

people

PHOTOGRAPHY  
BY JESSICA DEEKS

# IT'S HARVEST TIME!

OUR HOMES went out to meet some of the region's food producers who work tirelessly to bring fresh, delicious food to our tables. Whether looking to take part in the creation of a tantalizing dish or simply sit back and enjoy one, you'll be able to do so with a little help from our friends.

**Paul and Grace Mussell and their children Ben (not pictured), Kristine and Ryan**  
**Clarmell Farms, Manotick**

**SPECIALTY:** Farmstead cheese - we have our own chèvre, feta and gouda cheeses that are available for purchase throughout the region and used by some of the city's top restaurants. The farm has been in our family for five generations. We made the move from dairy cattle to dairy goat farming back in 2008 and the response has been great. **FAVOURITE RECIPES:** The chèvre with red pepper jelly is really nice on crackers and is great with a glass of wine. Feta on bruschetta or crumbled on steaks is delicious. The gouda is nice on its own and is also wonderful with a nice wine. **FIND US:** At the farm, the Byward Market, Kanata Farmers' Market and at select stores throughout the region.

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### ◀ 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 win-win 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.

### Françoise & Paul Henrie ▶

**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**

