

MoPo News



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On The Stand Now

potatoes (yellow and red)
beans (green, purple and yellow)
mixed salad greens
okra
peppers (sweet and hot)
baby carrots
cucumbers (slicing and pickling)
zucchini (round and regular)
summer squash
beets
garlic
herbs- dill, cilantro, sweet basil, Thai basil, lemon basil,
purple basil, rosemary, oregano, thyme, mint, lemon balm
Fresh organic eggs
Mopo's' newest pesto: Basil and garlic scape pesto; along
with our green garlic pesto and the infamous garlic scape
pesto

Coming Soon

tomatoes - we have over twenty heirloom varieties
melons -cantaloupe, muskmelon, honeydew, watermelon
Four Basil pesto: featuring sweet, lemon, purple and Thai
basil

Back at last!

'Honey Pie Hives and
Herbals' honey -



'Boars of Babylon' wild boar
sausage - Two flavours: Honey & Garlic and Beer
Smoked Bratwurst (with Glenora Springs beer!)

'Pat's Jams'- County famous!

'Guyana's Finest' hot sauce (made in Milford)

Miller's maple syrup

Recipes

Okra - 'abelmoschus esculentus' or 'hibiscus esculentus'
Okra grows wild on the banks of the Nile in Egypt. The
Egyptians first cultivated it in the 12th century BC. It was
then propagated through North Africa to the Medi-
terranean, the Balkans, and India. It was brought to
North America through New Orleans where it is used in
gumbo.

Southern Fried Okra

from the kitchen of Bay's grandmother June Geiger
-cut okra into bite sized pieces
-dip into beaten egg
-roll in cornmeal
-deep fry in peanut or corn oil
-shake in a paper bag to absorb oil
-salt

Creamy New Potatoes and Beans

from the kitchen of Vicki's grandmother Floral Minaker
-boil together new potatoes and green beans
-drain off most of the water
-heat a cup of milk and thicken with 1 tablespoon of flour
-add to potatoes and beans and the rest of the cooking
water
-add salt and pepper

Stuffed Round Zucchini

from the kitchen of Chris DaSilva, Duke of Marysburgh
Pub, Waupoos
-cut off the top of a round zucchini
-hollow out the inside
-fry the zucchini flesh with onions, garlic, tomatoes and
any type of ground meat. (we add basil and garlic scape
pesto and use wild boar sausage.
-stuff the zucchini with the filling and put the top back on
wrap in foil and put it on the BBQ for 15 or 20 min.