



Dear Friends,

Wasn't this an amazing summer?! Beautiful sunny days, fantastic music and arts festivals, and an incredible growing season for our area farmers and nearby vineyards. Certainly, the ZenKitchen patio has been busy, especially during Sunday brunch.

And it's not over yet, as local farmers continue to bring in the fruit, and vegetables, of their labour of love to us. This incredible bounty has inspired me to create the current tasting menu featuring the best of the local harvest from our farmers.

We've been fortunate to have some great press coverage in the Washington Post, Ottawa Magazine, and through the online media and bloggers. We were even part of a marriage proposal at ZenKitchen and the touching story is recorded on her blog (the link is under "media") and yes, I shed a tear or two as did some of our staff!. We recently heard that the Restaurant Adventures of Caroline and Dave 13-part TV show has been sold to the Asia Food Network and will be airing there this fall, so a whole new market who will know about our trials and tribulations.

We continue to be busy participating in a number of events. In August, we provided dinner for the headliners at the Ottawa Folk Festival, then there is Feast of Fields this Sunday to support the Canadian Organic Growers, the Soup Sisters launch to support Interval House, and I am working with my talented kitchen crew to create and test for the prestigious Gold Medal Plates this November to support the Canadian Olympic Foundation.

I know it's a busy time of year, but I hope you'll have the time to stop and enjoy cooking with and eating this great local harvest. Hope to see you soon, Caroline

New Chef's Tasting Menu - Best of the Local Harvest

With so much wonderful produce available right now, I've based a new four course Chef's Tasting Menu around some of the best and most interesting produce that I can get my hands on. I love this time of year!

By the way, Dave has teamed up with the LCBO and a number of Ontario wineries to pair Ontario VQA wines with this tasting menu, as part of the LCBO's GoLocal campaign. Ontario produce with Ontario wines - what could be a better match?

Feast of Fields – Sunday, September 12 from 12-4 pm, LeBreton Flats

Feast of Fields Ottawa



We'll be teaming up with local organic farmers from Roots and Shoots Farm and Waratah Downs to offer a delectable dish during this year's Feast of Fields in support of the Ottawa chapter of Canadian Organic Growers, Sunday September 12 from noon to 4pm , LeBreton Flats.

Because we're busy with Feast of Fields, we won't open for brunch that day, but will be open for dinner as usual. Tickets for the event are available at http://www.cog.ca/ottawa/feast_of_fields/tickets.html.

Soup Sisters Ottawa – Thursday, September 23 at 6 pm, Urban Element

I am proud to be the host of an exciting launch event on September 23 at the Urban Element, which will support the important work of Interval House, a non-profit emergency shelter for women and their children. Launched in Toronto in March 2010 with Chef Christine Cushing, Soup Sisters is a non-profit dedicated to providing comfort to women and children through the making, sharing and donating of soup and is committed to raising awareness about domestic abuse and family violence.



The September 23 evening will start with cocktails and hors d'oeuvres and then we'll be breaking into groups to create nurturing and delicious soups that will be delivered fresh to the women and children at Interval House that very night. Tickets are \$95 and will go to ensure the ongoing sustainability of Soup Sisters becoming operational in Ottawa. Information: ottawa@soupsisters.org <http://www.soupsisters.org/web/ottawa-soupsisters.php>

Cooking Classes

September 21, 6 pm – 8 pm, “Wrap and Roll”, Cooking Demo Class, LCBO Rideau

In this class, Chef Caroline Ishii of Zenkitchen will show you how fun and easy it is to wrap and roll a variety of dishes that are beautiful, flavourful and healthful. Spicy Thai wraps, Asian dumplings, Japanese maki sushi rolls, and fillo purses with spiced apples. The entire menu is made with whole foods, and is vegan, using as much local and seasonal produce as possible.

This is a demonstration class and includes recipes, food samples, and LCBO product pairings with the food. Cost: \$50. To register, please visit the Customer Service Centre at the LCBO Rideau, 275 Rideau Street at King Edward, or call them at 613-789-5226. Participants must be 19 years of age or older.

SOLD OUT Wednesday, October 20, 6 pm – 9 pm, Vegan Harvest Hands-on Cooking Class, The Urban Element Cooking Studio, 424 Parkdale Avenue

Tonight's menu, featuring local and organic produce and global flavours, is egg, dairy, fish, meat and animal-product free. Vegan or not, it will open your mind and palate to whole food cooking. On the menu: creamy squash-lemongrass soup; jeweled salad with spiced nuts; Ethiopian stew of red lentils and harvest vegetables with spiced basmati rice; and cranberry-apple phyllo purses. This is a hands-on class with recipes and a four course dinner that will be served to you with wine. Cost: \$100.

To register: The Urban Element Cooking Studio 613.722.0885 (M-F: 10am-6pm)
bookings@theurbanelement.ca

New Art Exhibition

We hope you come check out our current art exhibition, by painter/farmer Jess Weatherhead. Jess grew up on the Waratah Downs organic farm and currently manages Roots and Shoots, an organic farm in the Manotick Station area. Her paintings are vivid portrayals of farm life, and we're excited to show the work of someone who grows the produce we serve.



Gold Medal Plates – November 16 at 6 pm, NAC

I'll be competing with nine other distinguished Ottawa-area chefs in the annual prestigious Gold Medal Plates culinary olympics in November. It's an amazing opportunity - I'm the first vegan/vegetarian chef to be invited nationally, and the first of two women to ever be invited to the Ottawa competition. We'll close that night, but I hope that some of you consider coming to the event to cheer us on. http://www.goldmedalplates.com/c_ottawa.html

ZenKitchen Afterhours

As a trial, we launched our first ZenKitchen Afterhours last Wednesday to put into play our dream of hosting local live music. We started at home and showcased our very own staff, many who are very talented singers and musicians. It was a hit and we hope to have another ZenKitchen Afterhours in the near future. If you'd like to help us put this into place on a more regular basis, send us a line... info@zenkitchen.ca

Media

Washington Post article <http://www.zenkitchen.ca/Press/tabid/7870/vid/b152bd72-a758-48ba-9742-8b04c73f3fbc/Default.aspx>

Eat, Dance, Live blog <http://eatdancelive.blogspot.com/2010/08/epicurean-delight-zen-kitchen.html>

It ain't meat blog and entry "love,love, love"

<http://www.itaintmeatbabe.com/search?updated-max=2010-08-08T19%3A06%3A00-04%3A00&max-results=5>

ZenKitchen Hours

Dinner: Tuesday – Sunday, 5-10 pm

Lunch: Thursday and Friday, 11:30 – 2 pm

Sunday Brunch: 11 am – 2 pm

Reservations online at www.zenkitchen.ca or give us a call at 613-233-6404. For groups of 6 or more, you need to call us.