

1 BEAU'S LUG TREAD BEER

You've gotta love a family-run homegrown microbrewery with its own band, called the Oh-Yeah's. The beer, made with certified organic malt and local spring water, is just as refreshing as its quirky branding. \$7.65/750 mL. Available at many restaurants, bars, and LCBO stores. www.beaus.ca.



2 PASCALE'S ICE CREAM

Made with heart and a whole lot of cream, eggs, and sugar, Pascale Berthiaume's decadent homemade ice cream has the city swooning. The peanut butter salted caramel is a party in a half-pint and proves there's no such thing as being too rich or too yummy. \$10 for a half-pint. The Piggy Market, 400 Winston Ave., 613-371-6124. For other locations, check www.pascales-icecream.com.



3 BRYSON FARM'S BABY SALAD GREENS

Digging into a bag of Bryson Farm's organic salad greens is like opening nature's box of chocolates. You never know what you're gonna get: mâche, endive, frisée, kale, arugula, cress, sorrel, beet tops, chards. From sweet and lemony to mustardy and spicy, more than 100 varieties are grown and snipped with care throughout the year. 23 Stewart Rd., Shawville, 819-647-3456, www.brysonfarms.com.

4 Memories' triple berry pie

Raspberries, blackberries, and cranberries. Oh, my! This stunning deep-dish wonder is refreshingly tart, bursting with bright berry flavour, and topped with crunchy brown sugar oat crumble. The only thing better? Three words: à la mode. \$7.25. Memories, 7 Clarence St., 613-241-1882.



5 LAMB TOURTIÈRE FROM LES FOUGÈRES

Lots of meat in this ground lamb tourtière, made moist with the addition of pork, as well as goat cheese. Its fruitiness comes from red peppers, red currant jelly, and balsamic vinegar. \$6/single, \$16/four servings. Les Fougères, 783 Hwy. 105, Chelsea, 819-827-8942, www.fougeres.com.



6 Great Aunt Gerty's tomato chili sauce

This sweet and spicy concoction — reminiscent of the tomato chow-chow your mom used to make — is produced locally in nearby South March. Great on burgers. \$6.99/500 mL. The Carp Farmers' Market. For other locations, call 613-599-6075, www.carpfarmers-market.com.



Eat up! 101 Must-Try-Before-You-Die Tastes

Two months, dozens of meals, hundreds of taste tests, and one order of braised veal sweetbreads later, we're thrilled to reveal *Ottawa Magazine's* first 101 Tastes list. We took a spectacular culinary stroll through the capital region, stopping to taste all that caught our fancy along the way. The only parameters? From bread to honey and burfi to rendang, the food and drink that made the cut had to be either made in Ottawa, unique to Ottawa, or hard to find elsewhere. Bon appétit!

WITH FILES FROM JANE CORBETT, AMÉLIE CROSSON, CINDY DEACHMAN, DANIEL DROLET, FATEEMA SAYANI, AND SHAWNA WAGMAN

Styling by Noah Witenoff
Photography by Christian Lalonde, Photoluxstudio.com