

THE TOMATO VINE



April 2011

Issue 21

Brought to you by **DEEP COVE MARKET**

Free Range Eggs, Chickens & Beef, Local Sausages & Cheeses, Specialty Foods from around the World, Locally Baked Breads & Goodies. Market Kitchen featuring Saltspring Island Coffees, & Deli style Breakfast and Lunch .

Whoo hoo! The days are getting longer, the garlic is up and gardeners are beginning to feel the onset of Spring Fever. Spring is a great time to support your local farmers by buying their seasonal produce and there are many reasons to do so: You know where your food comes from. Fresh picked also has more nutrients and hasn't spent time in transport, meaning your produce will last longer and the flavor is incomparable! Supporting our farmers also contributes to our local economy. If your thumb is starting to turn a little bit green, we have a great selection of veggie and flower seeds here at the Deep Cove Market. Don't forget to mark your calendars - the North Saanich Farm Market will host indoor markets at St. John's Church at 10990 W. Saanich Rd. on April 9th and May 14th, with weekly Saturday markets beginning on June 4th. The North Saanich Farm Market is focused on supporting agriculture and food production on the Saanich Peninsula.

For more information, email info@northsaanichfarmmarket.com.

With Spring upon us, Easter is nearing. This is my favorite holiday of the year and I am very excited about what the Deep Cove Easter Bunny is bringing us! I hope our recipes this issue will help make your celebration even tastier. We have a special guest appearing on Sunday, April 10th, to share the art of Ukrainian egg dying with you. It's so much fun, you must come and check it out.

After surviving -30 degrees at a trade show in Edmonton, we believe we have an amazing selection of gifts to bestow on all your Moms this Mother's Day. Please check out our New to the Market section for all the mouthwatering goodies we have sourced out to tempt your taste buds.

Once again, thank you for your valued support! We look forward to your visits.

Happy Spring!

Sincerely,

Rosemary Scott



DATES TO REMEMBER

April 22nd- Good Friday—Earth Day

April 24th- Easter Sunday

May 8th—Mother's Day

May 23rd—Victoria Day

June 19th—Father's Day

SUMMER HOURS—EFFECTIVE MAY 1st

Monday-Friday.....7:00am—9:00pm

Saturday & Sunday.....8:00am—9:00pm

JUST IN TIME FOR EASTER!

In preparation for Easter, the fluffy, long-eared, basket-bearing Easter Bunny is pleased to bring you the following treats, perfect for the kid in all of us!

Beautiful Easter flowers, Easter gift baskets, assorted chocolates, sweet treats, and much more, we make gift-giving easy...

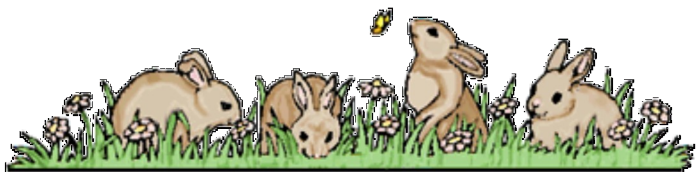
- ◆ Denman Island Chocolate Bunnies
- ◆ Art Glass Chickens & Rabbits
- ◆ Colorful, fun-felt Easter baskets to fill with goodies
- ◆ Dark & Milk Chocolate Eggs and Bunnies
- ◆ Regular, Sugar-Free and Chocolate Covered Jelly Bellies
- ◆ New selection of Toys—Great for Easter baskets
- ◆ Ceramic Bunnies and Hens
- ◆ From Daniel le Chocolat Belge
 - Milk & Dark Chocolate Bunnies



CUSTOM GIFT BASKETS MADE TO ORDER!

FROM THE BEARINGTON COLLECTION

- ◆ Assorted fun and fluffy Easter Stuffies



CELEBRATING MOTHER'S DAY SUNDAY — MAY 8th



Let us help you find the perfect gift for Mom to celebrate her special day! Stop by the store on April 26th to see our Mother's Day display, sure to give you lots of gift giving ideas—maybe even a little something to treat yourself!

- ◆ Gardeners Hand & Body Products
- ◆ Great selection of teas and teapots
- ◆ Williamsburg Coasters
- ◆ Glass Art Teapot Paper Weights
- ◆ Great Recipe Boxes and Index Cards
- ◆ Art Tiles
- ◆ Cast Iron Birds, Outdoor Thermometers and more!
- ◆ Deep Cove Market Gift Certificates

From Mary Lake Thompson...

- Canvas & Woven Poly Market Tote Bags
- ◆ Flour Sack Kitchen Towels
- ◆ Cube Soaps
- Scent of the Garden
- Sweet William

- ◆ GIANT TEACUP PLANTERS AND MORE!



"PYSANKA" Ukrainian Easter Eggs—The Love of Art & Tradition

Pysanky are traditionally made for Easter. This art reaches back over three thousand years in Ukrainian tradition. The elegant designs on Ukrainian Easter Eggs, known as pysanky, are created with beeswax and dye. The various designs are ancient with symbolic meanings.

The *pysanka* decorated Easter egg is a beautiful cultural artifact from the Ukraine which holds meaning in its designs and use of colors. The motifs, patterns, colors and designs with their meanings may differ by region within the Ukraine, but in general they go back to a single form and meaning from ancient times.

Each egg is crafted in fine detail using hot beeswax and a pen-like stylus to write the patterns on the egg. Dyes are then employed to the egg in layers with the wax protecting areas of previous dyes and written patterns.

In celebration of this wonderful art, we are pleased to have Olga Lang from the Ukrainian Cultural Centre here at the Deep Cove Market on Sunday April 10th from 11:30am – 3:30pm creating these incredible works of art for your viewing enjoyment.

Pysanka Egg Kits will also be available for sale that day.

ORANGE CHIFFON CAKE

This is my favorite cake in the world! Of course, it's my Mom's recipe. It's a little fussy to make, but well worth it! It's the perfect dessert for a spring celebration.

Sift and measure 2 1/4c. Cake flour. Put back into sifter and add 1 1/2c. Sugar, 3tsp. Baking powder, 1 tsp. salt. Sift together into large mixing bowl. Make a well and add: 1/2c. Oil, 5 unbeaten egg yolks, grated rind of 2 oranges, juice of 2 oranges plus water to make 3/4c. Beat with spoon till smooth.

Into a large mixer bowl: 1c. egg whites (approx. 9 eggs) 1/2tsp. cream of tartar, beat until very stiff. Gradually fold yolk mixture into whites. Do not beat or stir.
Turn into 10" tube (do not grease or flour)

Bake 1 1/4 hr. at 300 degrees. Invert for 1 hour till cool.

Orange Almond Frosting

In top of double boiler mix: 4 whole eggs, 1c. white sugar, 1c. orange juice and cook stirring constantly until thickened, about 15 minutes. Stir in 2 tbsp. orange rind and cool. (If necessary thicken slightly with cornstarch and water)

Whip 1 pint whip cream, fold in orange sauce and add 1 c. toasted almonds.

Before icing, split cake horizontally in 3 equal pieces. Ice in-between each layer and on top and sides of cake. Sprinkle a few almonds to finish the top of the cake.

RHUBARB COMPOTE

This is the basic stew that is the beginning of many rhubarb dishes. Interestingly enough, rhubarb is sweeter after cooking! Combine in a heavy saucepan 4 cups of one-inch rhubarb chunks, 1/2—1 cup sugar or honey to taste. Mix above together, sprinkle with a little water and let sit for 20 minutes to allow juice to exude. Bring to a boil always stirring, then cover and simmer for about 10 minutes. Chill for at least two hours, which allows the mixture to thicken.

- ◆ Add the juice of one large orange for a citrus taste.
- ◆ Add a little chopped mint as the compote is cooling.
- ◆ A couple of tablespoons of good marmalade will transport this compote to a chutney or a more complex and sweeter topping or condiment.

GOLDEN CARROT SOUP

INGREDIENTS:

1/4c. butter
1 sliced medium onion
1 clove of garlic, minced (optional)
5c. water
2 1/2c sliced carrots
1/4c long grain rice
2 tbsp chicken bouillon mix
Salt and chopped parsley

Melt butter, sauté onion and garlic until tender. Add water, carrots, rice and bouillon mix. Cover and simmer 20 minutes.

Spoon vegetable mixture, a little at a time into a blender. Cover and blend until smooth. Add salt and parsley to taste.

CRUSTED PECAN PORK CHOPS

An alternative to the traditional turkey or ham!

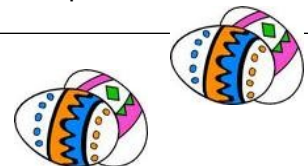
4 thick pork chops or boneless pork loin
1 cup crushed pecans
1/2 tsp. cracked black pepper
2 cups Panko bread crumbs
4 free range eggs
4 tbsp. milk
Zest of 1 orange

Preheat oven to 350 degrees.
In small bowl, combine pecans, pepper and breadcrumbs. In second bowl, whisk together eggs, milk and orange zest. Set aside.

Dip both sides of pork chops in egg mixture And dredge in pecan mixture. Arrange in baking dish. Bake 25 minutes, turn meat over and continue to bake for another 25 minutes. Serve warm with orange sauce.

SAUCE

Combine – 1/2 cup orange marmalade, 1/2 tsp. grated ginger root, 2 tbsp. Dijon mustard, 1 tbsp. soy sauce, 1 tbsp. horseradish, and 2 clove minced garlic.
Heat on stove and pour over pork.



NEW TO THE MARKET

From Vancouver- Chef Ann Kirsebom's Gourmet Sauces

- ◆ Tequila Lime, Plum Sesame with Sherry,
- ◆ O'Rumba sauce with Rum,
- ◆ Ooh La La with Grand Marnier

BBQ, Drizzle, Dash, Splash, Marinate, Grill , Stirfry, Etc.

- ◆ Sunbrand Spanish Saffron
- ◆ Edward & Sons - Gluten Free
 - Thai Red Rice & Flaxseed
 - Brown Rice & Spring Onion
- ◆ ELKI—Asparagus Asiago Bruschetta Spread & Dip
- ◆ OJay Lemonaise—Cha Cha Chipotle & Garlic Herb
- ◆ Deep River Snack Chips—Asian Sweet & Spicy and Sweet Maui Onion, Mesquite BBQ
- ◆ Eat Italian—"Gluten Free" Cannelloni & Manicotti
- ◆ PUREST Rich Dark Hot Cocoa "Gluten Free"
- ◆ Herbal Republic—Crème Caramel Rooibos Tea Kit
 - comes complete with totally biodegradable bags!
- ◆ Food Should Taste Good—Cheddar Snacks
- ◆ Kombucha Drinks
- ◆ Luna & Larry's Coconut Bliss Non Dairy Frozen Dessert "Gluten Free"
- ◆ Tofutti "Milk Free" Frozen Dessert—Better Pecan
- ◆ Zhena's Gypsy Tea— Fairtrade & Organic
 - Cacao berry, Pomberry & Wholeberry
- ◆ Milsean Gourmet Drinking Chocolate
- ◆ OSC— Vegetable & Flower Seeds
- ◆ Ceres Iced Fruit Teas—Orange & Rooibos, Cranberry and Green Tea
- ◆ GoGo Quinoa—Orange Essence Quinoa Cookies and Chocolate Chip Quinoa Cookies

Chocolate Moose Fudge Factory

Chocolate Raspberry, Orange Creamsicle, Blueberry, and Heavenly Goo. Sugar Free Chocolate & Maple. Available in Single Bars and 2 sizes of gift boxes.

"We sampled every flavor at a trade show and I cannot tell you how amazing this fudge is!!! Not enough of an indulgence—we ordered their Caramel Corn as well! Delicious!!!"

Sensible Portions - Garlic & Chive Pita Bite Crackers

Piccola Cucina—Amaretti & Chocoretta Gluten-Free Almond Cookies

NEW TO THE DELI

Red Espresso—The café revolution

- 100% Rooibos Tea, No Caffeine, 5X more antioxidants than green tea (which fight aging). No beans about it—Red Espresso Rules!

Tempt your tastebuds to a New Red Hot Drink!

- ◆ Red Cappuccino (like a coffee cappuccino)
- ◆ Red Latte (like a café latte)
- ◆ Red Americano (just like a coffee Americano)
- ◆ Red Symphony (red espresso and white chocolate topped with whipped cream & honey)



Umpqua Oats—Created by a Soccer Mom!

All Natural Oatmeal in a convenient ready to eat container—just add water!

Kick Start—nuts, fruit and a dash of brown sugar

Old School—Granny Smith gone Wild! Pumpkin seeds, apples, cranberries, walnuts, almonds, sea salt and cinnamon

Mostly Sunny—Dried fruits from the Northwest!

Classic Italian Calzones—Stuffed with Pepperoni, Chorizo Sausage & Hot Banana

**REDEEM THIS COUPON
AND RECEIVE**

10% OFF

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(excluding tobacco)

Expires June 30th, 2011



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