


THE TOMATO VINE



January 2012

Issue 24

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 .

From all of us at the Deep Cove Market, we would like to wish you all a healthy, happy and prosperous New Year! At this time, I would like to extend a huge thank you for your generosity. With your help, we were able to raise \$500.00 for the Victoria Women In Need Christmas Shoebox Campaign and \$1000.00 for a single Mom in need in our community. This spirit of kindness is just one of the things that makes this community a wonderful place to live!

March 1st marks the beginning of our 8th year serving the residents of North Saanich. As the New Year is a time of reflection and resolutions, we have thought long and hard about how this little store has evolved over the last 7 years. We continue to strive to offer you interesting, healthy, local and different choices. We really would welcome your comments and suggestions to ensure that we are meeting your needs and providing you with a market that you can be proud of!

Over the next couple of frosty months, try out our new "comfort food" recipes to warm you up. Remember, that even during power outages we have a full back up generator to keep the store up and running with hot coffee, hot food and a warm place to sit and visit.

Our best wishes to you and your families.

Sincerely,

Rosemary Scott

DATES TO REMEMBER

January 1stNew Year's Day

January 23rd.....Chinese New Year—"Year of the Dragon"

February 14thValentines Day

March 11thDaylight Savings Time "Spring Ahead"

March 17th St. Patrick's Day

March 20thFirst Day of Spring



TO KEEP YOU COZY AND WARM FROM INSIDE OUT!



FRONTIER SOUPS – 100% NATURAL HEARTY MEALS

Introducing Frontier Soups Hearty Meals that are 100% natural dried gourmet soup mixes that make a delicious and healthy homemade style soup. These soups make wholesome and delicious meals for families and friends. The mixes contain all natural premium dried ingredients with no added salt or preservatives. The easy-to-follow recipes with all the seasonings in the package make home cooking simple and fun. A few grocery additions complete each meal.

Available in the following—many which are Gluten-Free... Sausage Lentil (GF), Eleven Bean (GF), White Bean Chili, (GF), Ski Country Chili, (GF) and Beef Barley Bean Stew.
SOUP SO GOOD YOU'LL CALL IT DINNER!

INTRODUCING NEW SWEETS FOR YOUR SWEET THIS VALENTINE'S DAY!

PLANET  LOVE

PlanetLove Raw Chocolate is a family-owned and operated business located on the Saanich Peninsula of Vancouver Island.

What is Raw Chocolate?

Raw chocolate is produced from 100% **unroasted** cacao beans. Our manual production process ensures that the raw product remains heated below 108 degrees Fahrenheit. This technique preserves the value of the Cacao bean's delicate enzymes, antioxidants, minerals and other nutrients. Chocolate (Cacao) in its raw state, is an incredible super-food and considered as one of the most potent antioxidants in the natural food world.

Our Process: *From Raw Bean to Raw Bar*

Our *premium grade* Cacao beans are ethically sourced (fairtrade) from Ecuador. These heirloom raw cacao beans are first hand peeled, and naturally sun-dried. The cacao is then melted at temperatures below 108 F which ensures optimal levels of minerals, nutrients, enzymes and antioxidants. Once melted, agave nectar is added and the chocolate is then hand-poured and cooled. When solid, each bar is then individually inspected for stringent quality control and hand wrapped.

PlanetLove lovingly prepares small batches of chocolate on a weekly basis, and this ensures that our consumer always receives a fresh "living" product. Any minor "imperfections" are a result of our manual techniques. We, at PlanetLove are committed to producing ethically-sourced, organic products with the highest quality ingredients possible, in order to bring our customers a chocolate product that is unrivalled. Just three ingredients:
 whole raw cacao, clear raw agave and love!



**No preservatives, no additives, no emulsifiers, no fillers,
 no compromises!**

Just health-promoting, organic, ethically sourced, raw chocolate
 locally crafted with love and care.

**Indulge in a delicious, guilt-free treat
 that's good for you. You deserve it!**

We are excited and proud to be part of Deep Cove Market!

COMFORT FOODS TO WARM YOU!



QUINOA & VEGETABLE STEW

Ingredients:

2 tablespoons vegetable oil
 1 medium onion, chopped
 1 red bell pepper, cut into 1/2 inch pieces
 5 medium garlic cloves, minced
 1 tablespoon paprika
 2 teaspoons ground coriander
 1 1/2 teaspoons ground cumin
 6 cups vegetable broth
 1 lb. red potatoes (3 medium) cubed
 1 cup quinoa, rinsed
 1 cup niblet corn
 2 medium tomatoes, cored & chopped course
 1 cup frozen peas
 Salt & Pepper
 8 oz. feta cheese, crumbled
 1 medium, ripe avocado, pitted, peeled and diced
 1/2 cup minced fresh cilantro

Sauté onion and peppers in oil in a large Dutch Oven. Stir in garlic and spices. Add broth and potatoes and bring to a boil. Reduce to a simmer and cook for 10 minutes. Stir in quinoa and corn and simmer for 15 minutes. Stir in tomatoes and peas and let them heat through, about 2 minutes. Off the heat, season with salt and pepper to taste. Sprinkle individual bowls with the crumbled feta, avocado and cilantro before serving.

WHITE BEAN & CHICKEN CHILI

Ingredients:

2 tablespoons olive oil
 1 large onion, chopped
 4 garlic cloves, minced
 2 lbs. boneless, skinless chicken breasts or thighs, cubed into bite-size pieces.
 1 teaspoon salt, plus more for seasoning
 2 tablespoons ground cumin
 1 tablespoon dried oregano
 2 teaspoons chilli powder
 3 tablespoons flour
 2 15oz.jars of cannellini or other white beans, drained and rinsed.
 1 bunch chard or spinach chopped into 1" pieces.
 1 1/2 cups frozen corn, thawed
 4 cups low-sodium chicken broth
 1/4 teaspoon crushed red pepper flakes
 Fresh ground pepper for seasoning
 1/2 cup grated parmesan
 1/4 cup chopped flat leaf parsley or cilantro.

In a large saucepan, sauté onion and garlic in olive oil until translucent. Add the chicken and spices. Cook, stirring frequently, until the chicken is cooked through, about 8 mins. Stir the flour into the chicken mixture. Add the beans, corn, chard and chicken stock. Bring the mixture to a simmer and cook for 1 hour until the liquid has reduced by about half and the chilli has thickened. Add the red pepper flakes and salt and pepper to taste. Simmer for 10 more minutes. Garnish with cheese and parsley/cilantro. Serves 4-6

IRISH STEW



Ingredients:

- 1 tablespoon olive oil
- 2 pounds boneless lamb shoulder, cut into 1 1/2 inch pieces
- 1/2 teaspoon salt
- freshly ground black pepper to taste
- 1 large onion, sliced
- 2 carrots, peeled and cut into large chunks
- 1 parsnip, peeled & cut into large chunks
- 4 cups water, or as needed
- 3 large potatoes, peeled and quartered
- 1 tablespoon chopped fresh rosemary
- 1 cup coarsely chopped leeks
 chopped fresh parsley for garnish

Directions:

Heat oil over medium heat in a large stockpot or Dutch oven. Add lamb pieces and cook, stirring gently, until evenly browned. Season with salt and pepper. Add the onion, carrots, and parsnips and cook gently alongside the meat for a few minutes. Stir in the water. Cover and bring to a boil before turning the heat down to low. Simmer for 1 hour or longer, depending on the cut of meat you used and if it is tender yet. Stir in potatoes, and simmer for 15 to 20 minutes, before adding leeks and rosemary. Continue to simmer uncovered, until potatoes are tender but still whole. Serve piping hot in bowls garnished with fresh parsley. *Makes 6 servings*

NEW TO THE MARKET

THE SNACK FACTORY— Pretzel Chips

GROK CHEESE SNACKS—Imported from Italy, each bite-sized cheese round is made from Grana Padano cheese flakes, baked to a crisp and packed with cheese flavor. Available in 12 gr. Portion packs.

M'LORD— Fuji Apples in light syrup

KIWA VEGETABLE CHIPS—a Unique variety of vegetables grown in tropical areas of Ecuador converted into delicious crispy chips. Plantain Parsnip, Cassava Sweet Potato and Beetroot.

Product of Columbia—**HAIKU SALAD DRESSINGS**

Mango & Coriander and Passion Fruit & Ginger

DENZEL & RONNIES— Pulled Pork in frozen 1lb.pkgs.

BIG D'S HONEY— Blackberry and Creamed Fireweed

From New Zealand—**I LOVE EXTRA VIRGIN OLIVE OIL**—Distinctively fruity and herbaceous taste!

From France—**MAISON ORPHEE ORGANIC FRESH PRESSED TOASTED SESAME OIL**

SZASZ 3RD GENERATION— HUNGARIAN, GARLIC AND PAPRIKA PORK SAUSAGE

LOCAL FROM BC'S FRASER VALLEY— "GATHER" Yellow, Green and Spicy Red Pepper Jelly — Gather' Round and Enjoy!

LOCAL FROM BC—**MISSING GOAT CERTIFIED ORGANIC JAMS**—Blueberry with Lavender, Strawberry with Black Pepper, Rhubarb with Rosemary and Very Very Raspberry.

UNTAMED FEAST— Smoked Chanterelles, and Wild Mushroom Gravy Mix

PRAVICA RELISH—Serve with fried egg sandwiches, pate, cheeses, meats, sausages, hamburgers and hotdogs.

LOCAL from ORGANICFAIR— Hedonist Hot Chocolate

LOCAL FROM THE ISLAND—**BEST EVER BEETS!**
A TRADITION IN MY FAMILY! Absolutely Fabulous!!!

BELLA'S RICH & SMOKEY ORGANIC BBQ SAUCE— Inspired by roadside smoke shacks where guys named Junior use secret sauce recipes handed down through the generations! Slather a little or a lot on Ribs!

DUNDARAVE— Blueberry Pomegranate Balsamic Vinegar and Chocolate Vinegar

NEW GLUTEN-FREE PRODUCTS !

FRONTIER SOUPS

Sausage Lentil, Eleven Bean and White Bean Chili.

COLGIN—GOURMET WORCESTERSHIRE SAUCE

KINNIKINNICK—ANGEL FOOD CAKE

SPICE WORKS—

- ◆ Greek Souvlaki marinade mix for Chicken & Lamb—Best for the Grill, Oven or BBQ.
- ◆ All-in-one Coconut Curry Mix—Use with Chicken, Prawns, vegetables or Tofu.
- ◆ **PORTOFINO COOKIES**—Large singles.

NEW TO THE MARKET KITCHEN!

SAUSAGE PATTY—As an alternative to bacon or ham.

MEATBALL SUBS—Every Monday!

AND TO KEEP YOU WARM AND COZY...

- ◆ CINNAMON ROLL LATTE
- ◆ CARAMEL NUT LATTE
- ◆ SNOWBALL MOCHA
- ◆ PEPPERMINT MOCHA OR HOT CHOCOLATE AND
- ◆ HOT APPLE CIDER



REDEEM THIS COUPON AND RECEIVE

10% OFF

ANY PURCHASE OF \$20.00 OR MORE
Expires March 31st, 2012



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