

# THE TOMATO VINE

July 2011

Issue 22

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 .**

Well, after surviving global cooling, I think summer is finally here! This means, impromptu barbeques with friends. The debut of some of the boldest and brightest flavors of the year. Locally grown veggies from all of our hardworking farmers. Yeah for English peas, fresh and crisp green beans, real tomatoes. It says summer pasta salad to me! Sweet corn on the cob and savory grilled kebobs. Here at the Deep Cove Market we are stocked on a mouth watering not only brimming with marinades, but we will chicken, sausages, fish, seasonal fruits and palette. Did I mention accompaniment to a How easy can



and ready to help you put spread with ease. We are grilling sauces, rubs and be ready with fresh local meats, free range eggs, veggies to satisfy any chocolate? The perfect fresh fruit platter. dessert get!

A reminder that the Market is up and at the St. John's Church at 10990 W. Saanich Rd. Please drop by and support those who believe that making, baking and growing locally is the way to shop! If you are out in this neck of the woods anyway, I invite you to pop by Smyths Market Garden on the corner of W. Saanich Rd. and Downey Rd. Brett Smyth recently received a Chamber of Commerce Crystal Award for being the Best Land Based Business on the Saanich Peninsula. His gardens are remarkable and a visit to his market will be none less than memorable. I commend you Brett on the fine work you continue to do for this community.

North Saanich Farm running every Saturday

We keep finding new and delicious products to offer you (some days, we are not sure where to put everything!) Please come for a browse, I promise you will not be disappointed!

I wish you all good health, good food and a fabulous summer.

Sincerely,  
Rosemary Scott

<b><u>DATES TO REMEMBER</u></b>	
July 1st .....	Canada Day
July 4th .....	US Independence Day
August 1st .....	B.C. Day
Aug. 20-21st ....	North Saanich Flavor Trail
Sept. 5th .....	Labor Day

## THIS SUMMER GET NAKED!

Sigvaldason and partners are the only farmers on Earth growing the new oat variety -- Cavena Nuda, or Canadian naked oats.

Cavena Nuda, pronounced [**ka- vee-na new-da**] meaning Canadian Naked Oats, and is the culmination of decades of hull-free oat research by "Dr. Oats", Dr. Vern Burrows at Agriculture Canada and Agri-Food Canada's Centre in Ottawa.

With twice the protein of rice, 10 times the dietary fibre and more cholesterol-lowering beta glucan than is found in regular hulled oats, cavena nuda has all the attributes of a dietary all-star.

It is a low glycemic food high in fibre so it slows the digestion process, a feature that has attracted the likes of the Toronto Maple Leafs' nutritionist, who recently contacted Sigvaldason to inquire about introducing it to the NHL players' diets.

"It looks, cooks and tastes like rice," said Sigvaldason. It is being promoted as the Rice of the Prairies and the challenge is to get people thinking of the oat as a dinner food rather than the exclusive domain of the breakfast table.

"It has a nutty taste and a chewy texture, which makes it great for vegan dishes."

Health benefits of cavena nuda are:

- ◆ High beta glucan levels- will lower cholesterol levels, without the use of drugs or artificial supplements.
- ◆ Low glycemic index - allows diabetics and the health conscious to maintain blood sugar levels.
- ◆ Low gluten levels - for those that are gluten intolerant or celiac, it can offer a new source of grains in the diet with a very low level of gluten.
- ◆ High protein - naturally high in protein, cavena nuda has an easily digested protein content, with very high levels of lysine, the key to good muscle growth. Because it is not heat-treated, it retains all of its protein until it's eaten.



## APRICOT, WILD RICE AND OAT SALAD

### INGREDIENTS:

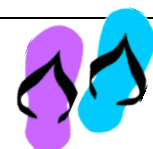
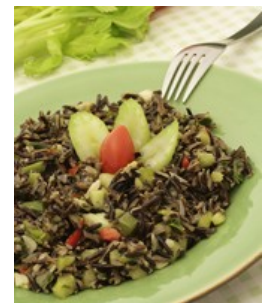
- ◆ 3/4 c. Cavena Nuda Oats
- ◆ 1/2 c. wild rice
- ◆ 2 tsp. vegetable oil
- ◆ 1 1/2 c. chicken stock
- ◆ 1/2 tsp. summer savory
- ◆ 1/2 c. dried apricots
- ◆ 1/2 c. orange juice
- ◆ 2 tbsp. fresh parsley, chopped
- ◆ 1 sweet onion, diced
- ◆ 1/2 tsp. sage
- ◆ 1/2 tsp. thyme
- ◆ 1/2 c. dried cranberries
- ◆ 2 tbsp. shelled sunflower seeds, toasted

Plump dried fruit by covering with water in a pot and bringing to a boil, simmer for 2 minutes, let stand for 5 minutes and drain.

Cook wild rice as directed. Cook Cavena Nuda Oats as directed using chicken stock in place of water.

Heat oil in skillet, cook onions and celery until softened, about 3 minutes. Add sage, summer savory and thyme. Stir in cooked rice and oats, orange juice, parsley, salt and pepper to taste. Heat and stir until heated through. Just before serving garnish with toasted sunflower seeds.

Serves 8. Goes well with roast chicken, turkey or pork.



**GRANISSIMO FIESTA SALAD**

- ◆ 1 cup of Granissimo -*available at Deep Cove Market* ( Basmati and Wild Rice Pilaf )
- ◆ 2 3/4 cups of vegetable broth
- ◆ 1 cup of chopped fresh cilantro or parsley
- ◆ 1 red onion thinly sliced
- ◆ 1 garlic clove finely chopped
- ◆ 1/2 orange pepper diced
- ◆ 1/2 red pepper diced
- ◆ 1 cup of corn
- ◆ 1/2 cup sliced almonds (toasted)
- ◆ 1/2 cup raisins
- ◆ 3 tablespoons olive oil
- ◆ Juice of 1 lemon or lime
- ◆ 3 tablespoons of white balsamic vinegar
- ◆ Salt and pepper to taste



In a medium pot, cook 1 cup of Granissimo in 2 3/4 cups of broth until almost all the liquid is absorbed. Set aside and let cool until room temperature. In a salad bowl, mix the oil, lemon or lime juice and vinegar. Add all the ingredients and mix (including the cooled cooked Granissimo). Refrigerate until time to serve.

**CEDAR-PLANKED SALMON**

Soak 6 cedar planks in water for approx. 4 hours.

Combine 1/2 cup fresh snipped dill with 1/2 cup chopped shallots. Add 2 cloves of minced garlic, 1 cup chopped green onion, 2 tbsp. ground black pepper, 2 tbsp. pure maple syrup and the juice of 1 lemon. Mix together thoroughly.

Generously spread the mixture over 6 salmon filets. Let the salmon sit at room temperature until the grill is ready.

Oil your grill racks. Preheat the grill on high with the lid closed for 10 mins.

Take the cedar planks from the water and season them with kosher salt. Place the planks on the grill, close the lid, and let them heat until they start to smoke and crackle, usually about 5 minutes. Turn the heat down to medium and place the salmon on the planks, skin side down. Close the lid and cook for about 12 mins. When the salmon is done, remove the planks from the grill and transfer the salmon to a platter. Serve immediately with lemon wedges on the side.

**CHICKPEA QUINOA SALAD**

- 1 cup quinoa
- 2 cups water
- 1 19oz.(540ml) tin chickpeas
- 4 tbsp. sliced green onion
- 4 tbsp. chopped red onion
- 1 tin chopped artichoke hearts
- 1 yellow pepper diced
- 1/4 cup finely sliced roasted sundried tomatoes

Dressing

- 2 tbsp. olive oil
- 2 tbsp lemon juice
- 2 tsp. Dijon mustard
- 1 clove minced garlic
- fresh ground pepper to taste



Bring the quinoa and water to a boil in a small saucepan. Reduce to a simmer, cover and cook for 10 mins. Turn the heat off and leave the covered pan on the stove for an additional 4 minutes. Remove from stove, fluff with fork and allow the quinoa to cool. Mix all remaining salad ingredients into the quinoa.

In a separate bowl, whisk together the dressing ingredients. Pour over salad and mix thoroughly. For the best flavor, let the salad sit at room temperature for 30 mins. before serving. If you'd like, top with crumbled goat or feta cheese.

**WATERMELON GAZPACHO**Ingredients:

- ◆ 1c. cucumber (peeled, seeded & thinly sliced)
- ◆ 1 tsp. kosher salt
- ◆ 6c. watermelon (cubed, seedless)
- ◆ 1/2c. cranberry juice
- ◆ 1 red bell pepper (finely chopped)
- ◆ 1/4c. Italian Parsley (minced)
- ◆ 2 tbsp. lime juice
- ◆ 1 tbsp. sherry vinegar
- ◆ 8 fresh mint leaves
- ◆ 1 stalk celery (finely chopped)

Toss cucumber with salt and set aside. In a food processor or blender, combine the watermelon and cranberry juice. Pulse briefly until just blended (do not over process or the juice will become frothy and pale.) Strain through a fine sieve, pressing down on the solids to extract as much of the liquid as you can, leaving the pulp behind.

Stir in the bell pepper, onion, celery, parsley, lime juice and vinegar. Cover and refrigerate for 1 hour to let the flavors blend.

To serve, rinse the cucumber and pat dry with paper towels. Divide the soup among chilled soup bowls and garnish with the cucumber and mint leaves.

# NEW TO THE MARKET

OKANAGAN WINELAND DRESSING –Roast Garlic Balsamic Vinaigrette

COCOLICO— Dark Chocolate Covered Sponge Toffee

From SPINNAKERS BREWPUB in Victoria - Scottish Ale Malt Vinegar

From MRS. BRIDGES in England - Rosey Apple, Rhubarb Custard, and Blackcurrant Licorice Candies.

From THE CHAI COMPANY— Organic Rooibos Chai—Herbal, Caffeine Free Spiced Tea Concentrate and Organic Authentic Chai—Spiced Tea Concentrate

LITTLE THAI ENTREES — Low in saturated fats and cholesterol. Health Check reviewed. Red, Green or Yellow Curry with Chicken, served over Jasmine Rice. Ready in Minutes!

KRISDA SODA— Rootbeer and Blood Orange— Sweetened with Stevia.

GO GO QUINOA -Basmati & Wild Quinoa Pilaf

MAISON ORPHEE— Virgin Coconut Oil

COCOA CAMINO - Organic Fair Trade Juices Orange Mango, Tropical, and Limeade

BART Organic Spices and Pastes

- ◆ Lemongrass, Herbs de provence, mint, lavender, Harrisa paste and Bouquet Garni

BART Jelly Diamonds and Mini Marshmallows for your baking decorative needs or a fun treat just to eat!

From Belvoir Fruit Farms — A Gold Award Winner!

- ◆ Summer Cooler Presse; Apple & Melon Presse Orange and Jasmine Presse and Ginger Beer

From ENGLAND FINE CHEESE CO. Chive Crackers, Fig Crackers & British Stilton Cheese Biscuits

SUMMERDOWN - Pure Mint Chocolate Crisps and Pure English Peppermint Tea

DELMONICOS - chipotle steak sauce and spiced apple marinade

From Belgium -BELBERRY Mango & Passion Fruit Sauce and Black Current Sauce

BELBERRY CAMEROON MANGO VINEGAR

DUFFLET— Bittersweet Chocolate & Almond Crackle

ELSA'S STORY Brown sugar Butter Cookies

BLUE ELEPHANT—Yellow Curry Paste

NEW YORK DELHI PEANUTS — Hot Chili, Masala and Delhi Bollywood

# NEW GLUTEN-FREE PRODUCTS !



TRULY ORGANIC — Banana Bread Mix

WONDERBAR – All Natural Fruit & Nut Bars "Gluten-Free, Soy Free, Peanut Free" - Almond Protein, Almond Apple Cranberry, Pistachio-Apple, and Macadamia Pineapple

VANCOUVER ISLAND GOURMET TAFFY

- ◆ CranRaspberry, Chocolate Mint, Red Licorice, Confetti Cup Cake, Watermelon, Raspberry Lemonade, Orange Creamsicle, Strawberry, Neopolitan, Canadian Maple, and also sold in Variety Paks!

CANTON SOUP - Chicken and Rice — Gluten Free, Dairy Free and Soy Free!

CONTES — Perogies (potato & cheese with onion) and Mushroom Florentine Pizza

UDI'S - Hamburger Buns Bagels— Plain and Wholegrain Muffins—Lemon Streusel

GO GO QUINOA—Organic Quinoa Flour

EL PETO—

- ◆ Apple or Strawberry Rhubarb Pie
- ◆ Pie Crust
- ◆ Cookies—Hazelnut Raspberry and Cinnamon Hazelnut
- ◆ Pure Bliss Mini Brownies
- ◆ Polenta Crisps—Caramalized Onion & Balsamic Vinegar and Rosemary & Roasted Garlic.

GLUTINO - Chocolate and Yogurt covered Pretzels.

**REDEEM THIS COUPON  
AND RECEIVE**

**10% OFF**  
ANY PURCHASE OF \$20.00 OR  
MORE

**Expires Sept. 30th, 2011**



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