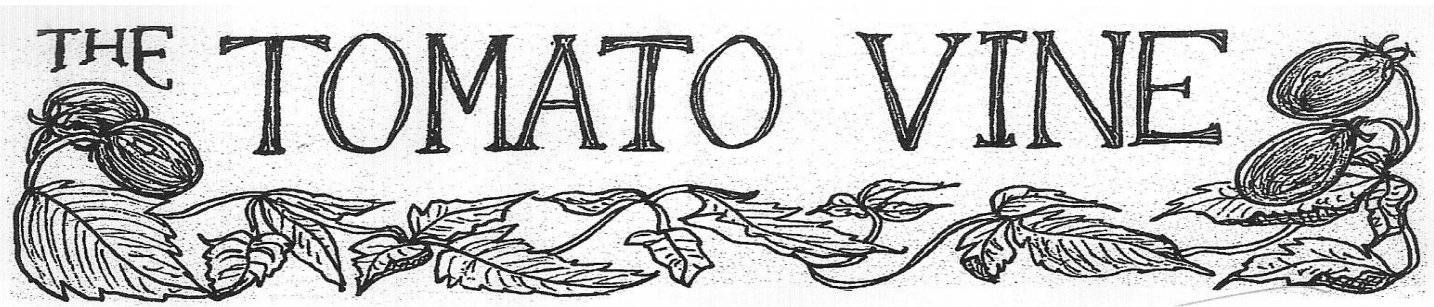


THE TOMATO VINE



July 2014

Issue 33

Brought to you by **DEEP COVE MARKET**

Free Range Eggs, Chickens, Pork & Beef, Local Sausages & Cheeses, Specialty Foods from around the World, Locally Baked Breads & Goodies. Market Kitchen featuring "Bean 2 Market" Coffees, & Deli style Breakfast and Lunch.

Explore the flavours of summer right here at the Deep Cove Market. Stop by for a blended iced coffee and peruse the seasonal bounty all under one roof. We have the freshest in local berries, Okanagan fruits, greens and veggies straight from the farmers' fields!

We carry antibiotic free, free range lamb, beef, chickens, sausages, salmon, and pork all from local suppliers just ready to be taken home and put on your grill. Let us help you create a mouth watering meal with all the marinades, rubs, sauces and salad dressings.

Nothing says summer better than ice cream! Bring the kiddies, drop by for a cone and relax in our backyard. And then, don't forget to take some ice cream home with you and enjoy it with fresh berries and one of our decadent chocolate sauces for an easy, instant summertime dessert. If your planning some camping or picnicking with the family over the holidays, we are loaded with snack items, smore ingredients, and all the tasty treats for fun filled and yummy vacation!

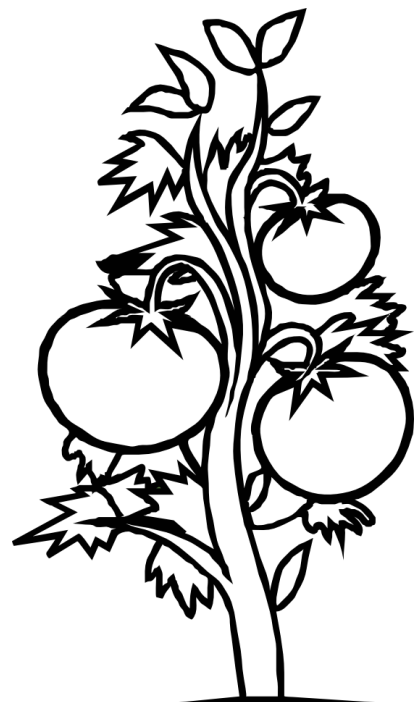
Don't forget to support our local growers at the North Saanich Farm Market held every Saturday at St. John's United Church from 9:30—12:30. Another community event to market on your calendars for a great summer outing is the North Saanich Flavor Trail taking place this August. It offers residents and visitors the opportunity to explore and experience Peninsula food and agriculture. Brochures and maps will be available here at the Market.

Wishing you a safe, delicious and relaxing summer!

Rosemary Scott

DATES TO REMEMBER

July 1st..... Canada Day
July 4th..... U.S. Independence Day
August 4thB.C. Day
August 22nd-24th.....North Saanich
Flavor Trail
September 1stLabor Day



IT'S SUMMERTIME AND THAT MEANS GRILLING!

To get ready for another season of great outdoor grilling, we have a wide selection of BBQ sauces and rubs, beef, chicken, lamb and sausages to choose from!

Local from **Galloping Goose Sausage**—more than 13 varieties of sausages to temp your taste buds. Plus bacon!

Local from **Kildonan Farms** — Turkey bacon, Free Range Chicken available in whole chickens, thighs, legs, boneless breast as well as chicken & turkey sausages.

Local from **Old Country Lamb**— Lamb chops, roasts, racks, shanks and recently new ...dinner sausages, rosemary garlic, honey garlic, chorizo and maple breakfast sausages!

Local from **Slaters Meats**— ground turkey & bison ... for great burgers!

Local from **Szasz**—Hungarian Sausages

Local from **Captain Pete** -we have B.C. Salmon Fillets!

Local from **Four Quarters Meats**— Smoked Chorizo, Dry Spanish Chorizo, Pepperoni, European Wieners, Bavarian Smokies, Ground Pork and Strip Loin Steaks.

Local from **Wild n' Woolly Farm** - Wild Boar Cutlets, Chops, tenderloins, Pork Leg & Roasts.



CANNING TIPS

Canning is a simple expression of you, but there are a few ways to make canning even simpler. Here are some helpful guides to get you going!



CANNING TOMATOES

Wash tomatoes. Dip in boiling water for 15 to 30 seconds or until skins split, then dip into cold water. Slip off skins and remove cores. Quarter and bring to a boil; stir to prevent sticking. Pack boiling hot into jars, allowing 1/2-inch of headspace. Add 1 teaspoon of salt per quart. Adjust lids. Process pints 35 minutes and quarts 45 minutes in a boiling water canner.

FREEZING RASPBERRIES

Select fully ripe, juicy berries. Sort, wash carefully in cold water and drain thoroughly.

Sugar Pack:

To 1 quart (1 1/3 pounds) berries add 3/4 cup sugar and mix carefully to avoid crushing. Put into containers, leaving 1/2 inch headspace. Seal, label and freeze.

Syrup Pack: Put berries into containers and cover with cold 50-percent syrup (1 cup sugar to 1 cup water) leaving 1/2 inch headspace. Seal, label and freeze

Unsweetened pack:

Put berries into containers, leaving 1/2 inch headspace. Seal, label and freeze.

CARMALIZED ONIONS



When your barbecuing burgers next, try this caramelized onion recipe sure to be a crowd pleaser!

- ✂ 2 tablespoons butter
- ✂ 2 large Vidalia onions, (or other sweet onions) thinly sliced.
- ✂ 2 tablespoons Stonewall Kitchen Vidalia Onion Fig Sauce

Melt butter in a large skillet. Add onions and cook covered until the onions have softened. Mix in the Stonewall Kitchen Vidalia Onion Fig Sauce. Cook with cover off until the onions are dark brown.

TROPICAL BERRY BLAST

Try a refreshing summertime drink that's packed with pick-me-up flavors and nutrients.



- ✂ 1 cup Unsweetened Vanilla Almond Breeze Almond Milk
- ✂ 1 cup fresh halved strawberries
- ✂ 1 packet no-calorie sweetener (such as stevia)
- ✂ 1 cup fresh raspberries
- ✂ 1 cup fresh blueberries

Blend almond breeze with strawberries and no-calorie sweetener (if using) until smooth. Add raspberries and blueberries; blend until smooth. Top with additional berries, if desired.

SESAME CHICKEN

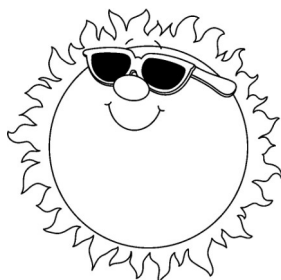
This is a great summertime picnic recipe that is delicious eaten cold. I prefer to use boneless, skinless chicken thighs, however, you can use any kind of pieces you want, boneless or bone-in.

- 2/3 c. fine premium, plus saltines cracker crumbs
- 1/4 c. toasted sesame seeds
- 3 lbs. chicken pieces
- 1/3 c. evaporated milk
- 1/2 c. melted butter or margarine

Combine cracker crumbs and toasted sesame seeds. Dip chicken pieces in evaporated milk, then roll in cracker mixture. Pour melted butter into rectangular baking dish. Dip skin side of chicken pieces in butter, turn over and arrange in dish. Bake uncovered in a 350° oven for 1 1/2 hours of until done.

Makes 3—4 servings.

To toast sesame seeds, place in a shallow, ungreased pan. Heat in 350° oven for about 10 minutes stirring once or twice to toast evenly.



FRESH TOMATO VINAIGRETTE

- 3 medium- large over ripe garden tomatoes
- 1 Tbsp. finely chopped fresh basil
- 1/4 cup olive oil
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 Tbsp. tomato paste
- 1 tsp. sugar

Cut the tomatoes into about 6-8 pieces each and then puree the pieces in a blender or food processor. Strain out the seeds and skin. You should have about 3/4 cup. Whisk the paste with a 1/3 of the Puree until smooth. Add the rest and mix well. Mix in the sugar, salt, pepper and oil. Stir in the chopped basil. Cover and refrigerate. Bring to room temperature before using; it'll be tastier. You can add in some minced garlic, with the seasoning, if you like. This dressing goes well with greens topped with any of the following: Avocado, English cucumber, sweet or green onion, peppers, bacon bits, artichoke hearts, cheese etc. Makes 1 cup. Tops 4—5 salads. Can be doubled.

NEW TO THE MARKET

- ✘ **SEA TANGLE**—Kelp Noodles “Great for Salad or stir fry.” Rich in minerals, low carb, low cal and fat free. Neutral taste. Takes on any flavor that you add to it! You can enjoy your Noodles with no guilt!!!
- ✘ **HOT MAMA’S**— Mango BBQ sauce and 5 Pepper spice rub

BBQ Splash Gift Packs—Caribbean gold, lime, garlic, jerk’n mango pineapple & Caribbean

3 Jelly Gift Pack - Mango jelly, Lime & Tequila and Pineapple.
- ✘ **SNOWDON HOUSE**—LOCAL!!
Amazing product line! **Vinegars** made with local fruits- Raspberry Chili, Crabapple, Strawberry & Fir, Peach & Ginger, Blackberry & Pear. So delicious you could drink them straight out of the bottle. Mix with club soda for a refreshing summer beverage.
- ✘ **Bread Mixes**— Simply add a bottle of beer or cider, bake 1 hour and presto! Fresh and delicious. Available in Dill & Lemon, Tomato Basil, Chive & Chili, Pumpkin Crunch, Cranberry Ginger Cider, and Lavender Lemon Cider Bread.
- ✘ **Brie Toppers**— an instant party for your palette. Available in Strawberry Fir and Blackberry, and Raspberry Chili.
- ✘ **Soup Mixes**— Just add Water and cook!
Corn Zucchini, Quinoa & Sweet Potato, Garden Veggie Barley, Curried Lentil, Ginger Coconut and Mild Curry.
- ✘ **A GOOD PORTION**— Lime Saffron Roasted Pistachios. Yum!!
- ✘ **NATURES BAKERY**— Lemon Fig Bars
- ✘ **PASTIFICIO DI MARTINO**—From Italy
2 ft. long Spaghetti— Just for the fun of it!!
- ✘ **SEND A WISH**— Seeds and wishes.
Let your Gift grow!
- ✘ **SOET TAND JAMS**—from Africa.
Tomato, Grape, Fig and Quince Jelly.
- ✘ **BUTTERFLIES**— Rosehip Crisps from England. Fine English Biscuits, crisp and light for nibbling.

GLUTEN FREE

- ✘ **SIMPLY NATURAL**— Organic BBQ Sauces Honey, Tanga and Smokey Flavors.
- ✘ **COCOVIE**— Coconut Jam— Delicious, Raw, GMO Free, Vegan Low fettuccini Index of 35. An awesome topper for Croissants, toast or Would make a great filler for cakes. I love it straight out of the jar!!
- ✘ **HIPPIE FOODS** — Raw chocolate cashew or lemon coconut cookies.
- ✘ **BISSINGERS**—All Natural Pink Grapefruit with Grapeseed Gummy Pandas. Made with Organic tapioca syrup and cane sugar.
- ✘ **SCREAMIN BROTHERS**—
Ice cream made with organic coconut milk and raw honey. Free of the 10 most common food allergens!
Smooth & Decadent.
Available in Chocolate Banana, Key Lime and Orange Pineapple.
This product is sure to give Luna & Larry’s A run for their money!!
- ✘ **TOLERANT PASTA**— Organic Black Bean or Red Lentil mini fettuccini.

The Deep Cove Market now has a **FACEBOOK Page!**



us to keep up to date on the latest products, specials and news!

**REDEEM THIS COUPON
AND RECEIVE**

10% OFF

ANY PURCHASE OF **\$50.00** OR
MORE

Expires Sept.30th, 2014



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