

THE TOMATO VINE



October 2011

Issue 23

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 .

When the leaves start to fall and the temperature begins to drop, it's time to cozy up with comfort food that takes full advantage of the season's flavors. From squash and root vegetables to cranberries and apples and to hearty, savory dishes, the Deep Cove Market will help you make the most of this season's natural bounty. With Thanksgiving around the corner, I would like to take this opportunity to once again thank you for your continued support! Our doors could not remain open if it wasn't for you!!

As we "fall" into the holiday season, we have some new fabulous food finds for you, as well as for those of you that are Gluten intolerant. A few new recipes for your taste-buds, and some great stocking stuffer ideas for foodies! I look forward to welcoming you into our store—we are literally packed to the roof with good things!

I hope we can help inspire you to make the most of this wonderful season.

From all of us at the Deep Cove Market "
Happy Fall, Happy Dining & Happy Holidays!"

Yours Truly,

Rosemary Scott
Owner



DATES TO REMEMBER

FALL HOURS NOW IN EFFECT!

Monday—Friday.....7:00am—8:00pm
Saturday & Sunday8:00am—8:00pm
October 10th.....Thanksgiving Day
October 31stHalloween
and the North Saanich Fire Hall Bonfire
(6:30pm—hotdogs & drinks) (7:45pm bonfire)
November 6thDaylight Savings (Fall Back)
November 11thRemembrance Day
December 2ndDeep Cove School
Christmas Fair
December 25thMerry Christmas
December 31stHappy New Year!

TEECCINO—"CAFFEINE-FREE" HERBAL COFFEE

Teccino Caffeine-free Herbal Coffee is a delicious blend of herbs, grains, fruits and nuts that are roasted and ground to brew and taste just like coffee. Coffee lovers are attracted to Teccino's full-bodied, dark roasted flavor and its nutritious health benefits. Those who can no longer drink coffee may experience caffeine withdrawal, and weaning oneself off coffee with Teccino is a great way to avoid these effects, by quitting caffeine painlessly. Unlike instant coffee substitutes, Teccino brews just like coffee in all types of coffee brewers.



Every cup of Teccino is brimming with nutritious health benefits that are naturally released during brewing. These nutrients are quickly absorbable from brewed Teccino because the nutrients are suspended in liquid so digestion isn't needed to remove them from fiber.

In many ways, Teccino rebalances the negative effects of coffee. For instance, Teccino is excellent for people with digestive health conditions because it is non-acidic and contains the prebiotic, inulin. Inulin is a soluble fiber from chicory root that supports a healthy population of beneficial digestive flora, so necessary for good digestive health. Coffee, on the other hand, is highly acidic and along with its caffeine content, coffee can over-stimulate the digestive tract aggravating health problems for people with gastrointestinal conditions like acid reflux and IBS.

Another example is heart health. Teccino provides two heart-healthy nutrients, potassium, an electrolyte mineral, and soluble fiber. Potassium helps prevent strokes and high blood pressure. Soluble fiber lowers total cholesterol. Drinking several cups of Teccino daily provides nutrients that support good cardiovascular health. Teccino is safe for pregnant women who want to drink "coffee" without any caffeine.

When you need a break from coffee, drink Teccino!

For those on your nice list this Holiday Season

ARRIVING END OF OCTOBER

Orange Brandy & Shiraz Cranberry Sauce, Spiced Christmas Teas, Cranberry Walnut Oil Vinaigrette, Blackcurrant Shallot & Chardonnay Vinaigrette, Cinnamon Spice & Candy Cane Marshmallows, Calabrian Fig Ball, Apple Cinnamon, Brown Sugar Cinnamon, and Chocolate Caramel Spoons—to sweeten a hot drink! Peppermint Swirl Lollies, Honeycomb Classic Toffee, Seville Orange Balsamic Glaze, Peanut Brittle, Local Hazelnuts, Goats Cheese Biscuits, Dark Chocolate Nutty Thins with Cashews & Caramel, Chocolate Enrobed Black Mission Figs, Australian Ginger, and Italian Orange Zest, Dark Fleur De Sel Gift boxes, Peppermint Taffy, Apple wood Smoked Finishing Salts, Organic Dark Espresso Cane Sugar, Hot Spiced Balsamic Bread Dippers, Black Currant Fruit Curd, Christmas Chutneys, Preserves, Marmalades from England, feathered friend Christmas Decorations, Chocolate Filled Peppermint Candy Canes, Galerie au Chocolat Fair Trade Chocolate Gift Boxes, Holly berry Punch Mix, Figs with Armagnac, Unique Retro Toys, local fruitcakes, gift certificates and more! Let us help you put together a custom gift basket!

And for those on your naughty list....Coal Candy!



WARM ROASTED BUTTERNUT SQUASH SALSA WITH TORTILLA CHIPS

A great dip for Halloween or Christmas entertaining. Serve in a hollowed pumpkin or squash.

- ◆ 1 1/2 lbs. butternut squash, peeled, seeded, and cut into 1/2-inch chunks
- ◆ 3 tablespoons extra virgin olive oil, divided
- ◆ 1 onion, diced
- ◆ 1 red bell pepper, seeded and cut into 1/4 inch dice
- ◆ 2 garlic cloves, minced
- ◆ 1 jalapeno pepper, seeded and minced
- ◆ 1 14 1/2 ounce can diced tomatoes, drained
- ◆ 1 15-19 ounce can pinto beans, drained and rinsed.
- ◆ 1 zucchini, cut into 1/2-inch dice
- ◆ 2 tablespoons chopped fresh cilantro
- ◆ 1/4 cup coarsely chopped shelled and toasted pumpkin seeds
- ◆ Salt and Pepper
- ◆ Tortilla Chips, for serving

Preheat oven to 400 F. Lightly oil a baking sheet. Toss the squash with 1 tablespoon of the oil and spread on sheet. Roast, stirring occasionally, until the squash is lightly browned and tender, about 25 mins. Meanwhile, heat the remaining 2 tablespoons of oil in a large skillet over medium high heat. Add the onion, pepper, garlic and jalapeno and cook, stirring occasionally until the onion is golden, about 8 mins. Add the tomatoes, beans, zucchini and cilantro and cook stirring occasionally, until the zucchini is tender crisp, about 5 mins. Stir in the roasted squash and cook for 5 more minutes. The salsa can be roasted, cooled, covered, and refrigerated up to 3 days ahead. Reheat over medium heat or in microwave. Stir in the pumpkin seeds. Season with salt and pepper. Serve warm with tortilla chips.

FIG DATE TREATS

Rich in protein and healthy carbs, this bite-size snack satisfies a sweet tooth and provides energy. It's gluten free and yields 36 to 40 balls.

- ◆ 2c.pitted dates
(if not soft, soak in hot water 30 min)
- ◆ 6 dried figs, stems removed
- ◆ 1/2 c. ground shelled pumpkin seeds
- ◆ Pinch salt, 1 tblsp. Coconut oil, 2 tblsp. Hot water
- ◆ 1 c. unsweetened coconut flakes, for rolling

Place dates, figs, ground pumpkin seeds, salt, coconut oil and hot water into a food processor bowl fitted with a knife blade. Pulse until ingredients are well combined and mixture comes together as a ball. If mixture doesn't hold together, add up to 1 additional tablespoon water, one teaspoon at a time. Spread coconut flakes on a plate or piece of waxed paper. Stir in optional cocoa, if using. With two teaspoons, form walnut size balls and drop date/fig mixture into coconut. Roll between hands into balls. Refrigerate for firmer texture, if desired. Store in a cool place in an airtight container until eaten.

PUMPKIN STICKY TOFFEE PUDDING

CAKE:

- ◆ 2 cups all-purpose flour
- ◆ 2 teaspoons baking powder
- ◆ 1 teaspoon baking soda
- ◆ 1/2 teaspoon ground cinnamon
- ◆ 1/2 teaspoon salt
- ◆ 1 cup unsalted butter (room temperature)
- ◆ 2/3 cup packed light brown sugar
- ◆ 2/3 cup granulated sugar
- ◆ 4 large free range eggs (room temperature)
- ◆ 1 15 ounce can pumpkin (1 3/4 cups)



STICKY TOFFEE SAUCE:

- ◆ 1 cup packed light brown sugar
- ◆ 8 tablespoons (1 stick) unsalted butter
- ◆ 1/3 cup light corn syrup
- ◆ 1 1/2 cups heavy cream

Preheat oven to 350 F. Lightly butter a 9 X 13" baking pan. Sift together flour, baking powder, soda, cinnamon and salt. Beat butter, brown sugar, and granulated sugar in a large bowl until the mixture is light and fluffy, about 3 minutes. Beat in pumpkin. If the mixture curdles, do not worry. With the mixer on low speed, beat in the flour mixture. Spread into the baking pan. Bake 30—35 minutes until a toothpick inserted in the center of the cake comes out clean.

Meanwhile, make the sticky toffee sauce. Melt the brown sugar, butter, and corn syrup in a heavy-bottomed large saucepan over medium heat, stirring often to help dissolve the sugar. Whisk in the cream and bring to a boil, taking care that the mixture does not boil over. Cook uncovered, whisking often, until the sauce is glossy, smooth, and thick enough to nicely coat a wooden spoon, about 8 minutes. Turn off the burner so the sauce is kept warm by the burner's residual heat. When the cake is done, transfer it to a wire cake rack. Using a meat fork, pierce the cake all over. Pour and spread about 1 cup of the toffee sauce over the cake. Let stand for 10 minutes. Spoon the warm cake into individual bowls, top with more of the warm sauce, and garnish with a dollop of whipped cream. Serve immediately.

NEW TO THE MARKET

VIETNAMESE SPRING ROLLS — The best ever!!!!

KILDONAN FARMS— Local and Free Range Ground Chicken, Turkey and Chicken Sausages

COOKWELL & CO.- 2 Step Mixes

- ◆ Green Chili Stew and Gumbo
- ◆ Tomatillo Salsa

GOOD EARTH ALL NATURAL TEA

- ◆ Black Tea with Herbs—Sweet & Spicy
- ◆ Green Tea Lemongrass
- ◆ Cool Mint—Herbal tea with peppermint & Spearmint

TEECCINO—Herbal Coffee Alternative

- ◆ Caffe- Dark Roast, intense, deep coffee notes from roasted ramon nuts.
- ◆ Java- Medium Roast, Strong coffee bite, softened with slight sweetness.

BRITISH IMPORT CANDY

Lees-Raspberry Coconut Ice / Yorkie / Lion Bar / Jacobs—Orange Club bars / Curly Wurlly / Ripple / Vanilla Walnut Whip / Sherbet Fountain / and British Bon Bons in assorted flavors

ELKI CREAM CHEESE DIPS -

- ◆ Sundried tomato and bacon cream cheese
- ◆ Red pepper goat cheese

JOHN EM MACY'S CRUNCH DESSERT STICKS

Dutch Chocolate and Bourbon Vanilla

MRS. MAYS—Dried pear & apple chips

MIA DOLCI — Toasted hazelnut crisps

MR. ORGANIC—

- ◆ Strained organic tomato passata with basil.
- ◆ Organic tomato sauce with aubergines.

TWISTED PIT— Extra Virgin Olive Oil with Paprika, Garlic and Sundried Tomato.

CRANBERRIES NATURALLY —Made in B.C.

- ◆ Cranberry Balsamic & Black Pepper Dressing
- ◆ Cranberry Jelly

JELLY BELLY

- ◆ Toasted Marshmallow Dessert Topping
- ◆ Tutti Fruitti Pancake Syrup

NEW GLUTEN-FREE PRODUCTS !

ORGRANS CRISPBREAD W/ QUINOA

ALTER ECO FAIRTRADE CHOCOLATE - Dark with Almond, Dark Chocolate Mint, and 73% Dark Chocolate—

- ◆ Soy Free, Dairy Free and Gluten Free!

KAYER DARK CHOCOLATE TRUFFLE BARS

Sweetened with Organic Coconut Palm Sugar

MEDITERRANEAN LENTIL CRACKERS

Sea Salt & Cracked Pepper

BORING PORRIDGE— Local artisan roasted & milled instant porridge. Gluten-vegan-and Lactose free. Healthy whole Grains—Flax, Chia, Sesame, Goji & Dates. Apple Cinnamon flavor.

SHA SHA CO. Organic Ginger & Cinnamon and Cocoa Vanilla Buckwheat Snack. It's Raw Grain Energy!

JOSEPH'S GLUTEN FREE BAKING

- ◆ Pumpkin, banana walnut and cranberry orange muffins.
- ◆ Chocolate trio and peanut butter cookies.
- ◆ Chocolate Chunk Banana Loaf with white, milk & dark chocolate-walnuts and pecans
- ◆ Italian Cornettis

" This stuff is so amazing and delicious you will not believe it's gluten free!!!"

Joseph's Coffee House uses only the best in gluten-free ingredients from Bob's Red Mill, employs excellent practices to prevent cross-contamination and brings his professional training as a Red Seal Chef to creating an exquisite array of celiac-friendly baking at affordable prices. Joseph's offers a changing selection of fresh celiac-friendly baking daily. Joseph's also bakes to order and offers a full range of catering options.

**REDEEM THIS COUPON
AND RECEIVE
10% OFF
ANY PURCHASE OF \$20.00 OR MORE
Expires Dec.31st, 2011**



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