

THE TOMATO VINE

October 2013

Issue 31

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.

After a fabulous summer that we surely cannot complain about, we move into Autumn. This summer I visited an old dear friend in Sandy Lake, Manitoba. Population 250! Believe me, it makes Sidney look like a big city!! There is certainly not much to do in Sandy Lake, however the people are incredibly friendly and the one common thread they share is gardening. Every body has a veggie garden. My friend is constantly being given cabbage, zucchini, beans, beets even dill pickles. Yes I tried them and they were amazing! Every one there is grateful for their harvest and they share amongst each other. Here at the Deep Cove Market, we are very grateful for the fresh bounty we have been able to supply you with this year thanks to all our hardworking local growers. It is definitely a labour of love, not one that I seem to find time to partake in! I am thankful to not only the growers, but to you our customers, for buying local and supporting our own community. When I think of fall harvest, I think about the holidays fast approaching. Thanksgiving, Halloween and Christmas. A time of cool weather and warm comfort foods to share with family and friends. This issue offers a few harvest recipes I hope you will try and enjoy. With Christmas around the corner, I've been in search of practical but unique foodie items that would make lovely, useful and simple gift giving. I think my little trip to the prairies has made me so appreciative of all we have here, and somehow makes me want to embrace a simpler, less stressful lifestyle. A reminder now that school is back in session, to watch your speed so we can keep all the little kidlets safe! As we cool down toward the winter season, remember that the coffee and soups are always on, served with a warm and friendly smile to help keep your days bright!!

DATES TO REMEMBER

October 14th.....Thanksgiving Day

October 31st.....Happy Halloween

October 31st.....North Saanich Fire Hall

Halloween Bonfire and Fireworks
(6:00pm—bonfire, hotdogs & drinks)
(7:45pm—BIG Fireworks Show)

Nov. 3rd.....Daylight Savings (Fall Back)

Nov. 11th.....Remembrance Day

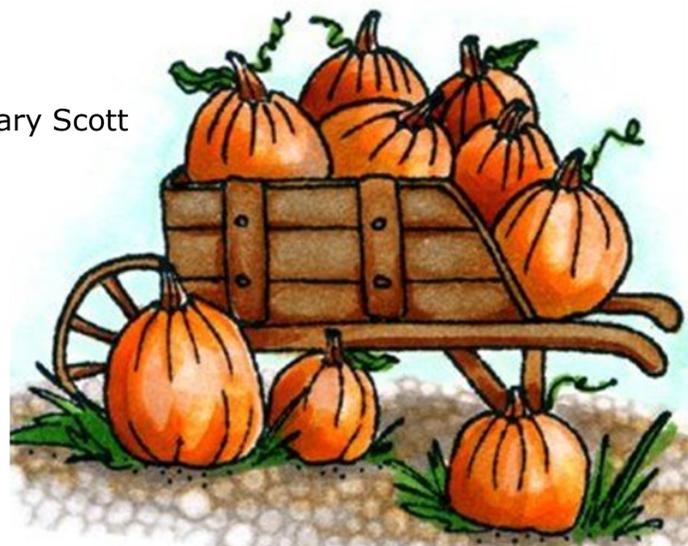
Dec. 6thDeep Cove School Christmas Fair

Dec. 25thMerry Christmas (store closed)

Dec. 31stNew Years Eve

With warm and tasty wishes,

Rosemary Scott



This Holiday Season —Take a Taste of Italy Home! Handmade—Organic—Unique



This year for your holiday entertaining, Spuntini Calabrese offers an array of artisan confectioneries, preserves and culinary products. Using only the sweet white Dotatto figs grown in the hills of Cosenza, they make dozens of confections, but my very favorites are their Fig Salami and Fig Balls. This holiday season the Market is proud to introduce several new products to tempt your taste buds...

Fig Salami - made by combining ground dried figs, rum and spices, forming it into a salami shape, dipping it in dark chocolate, rolling that in powdered sugar, then netting it—to look exactly like a salami! Sliced and served after dinner with toasted nuts, fresh grapes and a glass of port, it's the ultimate simple dessert.

Fig Balls—Despite their less-than-glamorous name, Fig Balls are a truly glorious creation. Fresh figs are dried on bamboo mats for twenty-four hours until their juices begin to weep. They are then roasted at a low temperature for twelve hours until their juices caramelize into a thick molasses. When cool they are hand pressed into a ball, then wrapped in fresh fig leaves and tied with raffia. To eat the figs, you untie the raffia, and then unwrap the dry, crackly leaves to reveal the sweet, dark figs within. Serve with mascarpone cheese and a drizzling of honey; toasted almonds or marzipan; blue cheese; or roasted pork, goose or duck. Chop and fold into your turkey stuffing or add to brandied fruit compote. You will never taste anything else like them!

Fig Molasses—Roasted caramel-sweet flavor that has been turned into molasses. But this isn't like any molasses you've tasted before. If you'd rather call it fig syrup, that works for us, too. But you must taste it to believe it. Serve with hard cheeses, delicious with prosciutto, amazing over vanilla ice cream. How about giving it as a gift? And buying one for yourself!

Other treats available include Fig Biscotti, Fig Nougat, Dried Figs with Almonds and Spagettata! Take a taste of Italy home and indulge in Calabrian delicacies that have been enjoyed for years.

Take the Hassle Out of Shopping this Holiday Season!

I've been thinking about ways to simplify Christmas gift giving. Remember the days when giving a box of tea together with a box of specialty or homemade cookies made a gift? What's happened to Christmas?

As each year goes by it seems like we all feel we must give bigger and better gifts. Most of those gifts end up unused in a closet collecting dust or horrors, even worse—re-gifting!

I love the idea of giving to people you love, but it's gotten out of hand. Now people go out in a mad rush to shop, overspending and stressing to just get it done! We shop for a month, fight over parking spots at the malls, and all the fuel wasted driving in circles forever just to rip apart the packaging one morning, and then forget about it the next day. Is this what Christmas has come to?

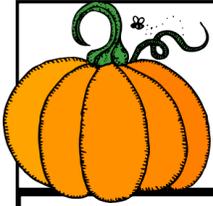
I appreciate the tradition of gift-giving and do not rob my family members of that simple joy, however, I do believe it's time to look at what we're giving, how much packaging we're using, how much money we're spending and will the person you are giving to even remember what you gave them! It's time to find simpler things to give and remind ourselves that it's the thought and the time spent with family and friends that's important.

Now don't get me wrong, I am not saying don't gift. But can we gift in another way?

Here at the Market we always have ample parking, there's not a hundred shoppers to fight through crowds, we even have a small market kitchen where you can sip on a warm apple cider or your favorite tea and leisurely and stress free shop for a unique, thoughtful, useful and simpler gift.

We have a wide range of teas, cookies, stollens, local jams, fruitcakes, body lotions, soaps, candles and chocolates. Tea towels and trivets, even old-fashioned stocking stuffers for kids, chutneys and special gourmet preserves. We will even help you put together a gift basket for that special someone. So before you get all stressed about shopping for the holidays...why not take a trip to Deep Cove Market to "Shop Something Different" and make it a truly relaxing and enjoyable experience!





The pumpkin has a history of being a multifaceted addition to hearth and home around the world. The best part of pumpkin picking happens to be when you take the pumpkin home. Whether you use the pumpkin to decorate for the perfect Halloween occasion or to use your pumpkin in the culinary way, pumpkins make for some mouth-watering, delicious and nutritious eating. Here's just a few recipes to help tempt your taste buds!

PUMPKIN STEW

This is a marvelous autumn potluck dinner. Everyone will be very impressed with this thick beef stew made and served in a pumpkin shell! Use a 10–12 pound pumpkin; be sure not to over bake! Makes 8–10 servings.

- Ingredients:**
- ◆ 2 lbs. beef stew meat, cut into 1 inch cubes
 - ◆ 3 Tbsp. vegetable oil, divided
 - ◆ 1 cup water
 - ◆ 3 large potatoes, peeled & cubed
 - ◆ 4 carrots, sliced
 - ◆ 1 sugar pumpkin
 - ◆ 1 onion, chopped
 - ◆ 1 large green pepper, chopped
 - ◆ 4 cloves garlic, minced
 - ◆ 2 tsp. salt
 - ◆ 1/2 tsp. black pepper
 - ◆ 1(14.5 oz.) can whole peeled tomatoes, chopped
 - ◆ 2 Tbsp. beef bouillon granules

Directions:

Heat 2 tablespoons oil in a large saucepan over medium-high heat. Place beef in the saucepan and cook until evenly brown. Mix in the water, potatoes, carrots, pepper, garlic, onion, salt & pepper. Bring to boil. Reduce heat and simmer 2 hours. Dissolve the bouillon into the beef mixture. Stir in the tomatoes. Preheat oven to 325 degrees. Cut top off the pumpkin and remove seeds and pulp. Place the pumpkin in a heavy baking pan. Fill the pumpkin with the beef mixture. Brush outside of the pumpkin with remaining oil. Bake in the preheated oven 2 hours, or until tender. Serve the stew from the pumpkin, scraping out some of the pumpkin meat with each serving.

DOUBLE LAYER PUMPKIN CHEESECAKE

A great alternative to pumpkin pie, especially for those cheesecake fans out there. Serve with whipped cream. Makes 8 servings.

- Ingredients:**
- ◆ 2 (8 oz) pkgs. cream cheese, softened
 - ◆ 1/2 c. white sugar
 - ◆ 1/2 tsp. vanilla extract
 - ◆ 2 eggs
 - ◆ 1 (9 in.) prepared graham cracker crust
 - ◆ 1/2 c. pumpkin puree
 - ◆ 1/2 tsp. ground cinnamon
 - ◆ 1 pinch ground cloves
 - ◆ 1 pinch ground nutmeg
 - ◆ 1/2 c. whipped topping

Directions:

Preheat oven to 325 degrees. In a large bowl, combine cream cheese, sugar and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of crust; set aside. Add pumpkin, cinnamon, cloves and nutmeg to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust. Bake in preheated oven for 35 to 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight.



PUMPKIN QUINOA MUFFINS *These muffins are moist and delicious, high in protein, fiber, vitamins and good fats. Makes a great breakfast, after-school snack or addition to a kids lunch. These muffins will be moist in the middle. Sure to be a hit with everyone!*

- Ingredients:**
- ◆ 1 1/4 c. Quinoa
 - ◆ 2 c. pumpkin puree
 - ◆ 1 1/2 c. milk
 - ◆ 1/2 c. whole wheat flour
 - ◆ 2 Tbsp. walnut oil
 - ◆ 2 Tbsp. chia seeds
 - ◆ 1/2 c. flaxseed meal
 - ◆ 1/4 c. honey
 - ◆ 1/4 c. coconut oil
 - ◆ 1 egg
 - ◆ 1/2 c. water
 - ◆ 2 tsp. ground cinnamon
 - ◆ 1 tsp. baking powder
 - ◆ 1 tsp. ground ginger
 - ◆ 1/2 tsp. salt
 - ◆ Pumpkin seeds (optional)

Preheat oven to 375 degrees. Line 24 muffin cups with paper muffin liners. Spread quinoa onto a baking sheet and toast in preheated oven until lightly browned, about 5 minutes. Pour toasted quinoa into a blender and pulse until the quinoa has the consistency of cornmeal. Stir ground quinoa, pumpkin puree, milk, water, wheat flour, flaxseed meal, egg, honey, coconut oil, walnut oil, chia seeds, cinnamon, baking powder, ground ginger and salt together in a large mixing bowl until smooth. Rest mixture until chia seeds and flaxseed meal absorb some moisture and soften, about 15 minutes. Ladle batter into prepared muffin cups to about 3/4 full. Sprinkle tops with pumpkin seeds. Bake in the preheated oven until golden and the tops spring back when lightly pressed, 30–40 minutes. Makes 24 muffins.

NEW TO THE MARKET

- ◆ **Vancouver Island Salts**
- ◆ **Organic Fair**– Sea Salt Chocolate Bar
- ◆ **KII** Dark Chocolate Crackers
- ◆ **Antonella's** Cheddar Pasta Sauce
- ◆ **Tierra Brava** 100% All Natural Chipotle Hot Sauce
- ◆ **Deebes** Specialty Foods in Victoria brings: Organic Iced Tea & Fruit Bars—available in Classic Iced Tea, Cherry Berry and Mango Tango.
- ◆ **Mackie's Of Scotland**– Scottish Potato Chips Crisp Bacon or Arran Honey & Mustard
- ◆ **Salametti**—Dry Fig & Port and Dry Parmesan
- ◆ **Tea Forte**—New Loose Tea Flavours Rum Raisin Biscotti, Winter Chai, Wild Apple Ginger, Harvest Apple Spice, Sweet Ginger Plum, Coconut Chocolate Truffle, Vienna Cinnamon, Cherry Marzipan and Mojito Marmalade.
- ◆ **Cavena Nuda Naked Oats**—Back by popular demand!
- ◆ **Soaps to live by**— Organic, Handmade and labeled with tree free compostable materials. BLISS– Oatmeal Clove, DREAM–Peppermint Rosemary, HOPE—Patchouli Orange, JOY— Orange Lime, LAUGH– Lemongrass Sage, LIVE— Thyme Lemongrass, LOVE– Lavender Rosemary, SHINE–Citrus Lavender, PEACE– Shea Honey

NEW GLUTEN FREE

- ◆ **Wow** Gluten Free Cake Mix
- ◆ **KRAVE JERKY**—Chili Lime Beef, Sweet Chipotle Beef and Sweet Grilled Teriyaki Pork
- ◆ **Udi's**– Salted Caramel Cashew Cookies.
- ◆ **Solo Energy Bars**— Peanut Power, Chocolate Charger, Pineapple Coconut , Dark Chocolate Mandarin and Lemon Lift.
- ◆ **LOL'S Chia Pop-Chips** (Live out Loud's) They're nutritious & outrageously delicious! Sweet Potato & Sea Salt and Multigrain Kale

DELICIOUS DELI FAVORITES

**Come in and warm up
with a Festive
Holiday Drink!**



- ◆ Pumpkin, Cinnamon Roll, Eggnog and Caramel Nut Latte's
- ◆ Hot Apple Cider
- ◆ Snowball or Peppermint Mocha and of course Traditional Hot Chocolate topped with whipped cream and a light dusting of Candy Cane Sprinkles!

Also recently added to our Deli Menu- Chicken or Veggie Quesadilla's complete with sour cream and salsa!

SCHOOL LUNCHES TO GO!

Pre-order by phone by 7:45a.m.
Ready to pick up between 8:00 & 8:30am

**CALL THE MARKET
KITCHEN 250-656-2547**

\$5.95

Lunch includes:

1. Your choice of sandwich
2. Apple, fruit medley, or wild berry juice box
3. Quaker "Nut Free" Granola Bar
4. Kettle Valley Fruit Snack or Fresh Apple



REDEEM THIS COUPON AND RECEIVE

10% OFF
ANY PURCHASE OF **\$50.00** OR
MORE

Expires Dec. 31, 2013



10940 West Saanich Rd.
N. Saanich, BC V8L 5R9
PH: (250) 656-2547
FAX: (250) 656-4724
Email: deepcovemarket@shaw.ca
www.deepcovemarket.com