

October 2009 Newsletter



This Month – Appreciate What We Have

This month we begin to think about the long winter ahead. This is a time when we begin to hibernate and examine inwards. As the cold comes upon us we need to create a warm positive space to get us through a season with little sunlight. We must begin to reflect on all the great things we have been given.

We live in a country of freedom, of choices and rights. Food (local) is plentiful, clean water for drinking; we have a roof over our head. We are able to make choices-ones we hope will help rather than hinder. We are in a country full of opportunities even if we don't always see it, we are free to do things and explore.

This month appreciate your surroundings and really discover why we are so fortunate - enjoy a hike - breathe in the fresh air, enjoy the path that you choose to walk. Prepare a meal and really appreciate the work that goes into making it from the farm to your table. Embrace family and friends and really be present with your time together. Enjoy and be thankful for what you are a part of, be thankful for life.

Happy Thanksgiving to All!



Sean and Amy Zister

PIES PIES PIES - \$9.95 each

Pre-Order a Fresh Local Anna Mae Pie. Pick up on Saturday October 10th from 10am to 4pm at Seven Shores Café. Order must be emailed or called in by Thursday Oct. 8th by 6pm.

Choices: Apple, Dutch Apple, Blueberry, Raspberry, Cherry, Pumpkin, Elderberry and Pecan.

Local Produce on Our Shelf this Fall:

Apples, Carrots, Broccoli, Pears, Beets, Potatoes, Squash and Pumpkins.

Facts About Squash

Squash, along with corn and beans, are believed to have originated in Mexico and Central America where they were eaten 7,500 years ago.

Even though most people identify squash with vegetables, from a botanical standpoint, they're considered fruits because they contain the seeds of the plant. Squash are divided into two categories -- summer and winter squash.

Winter Squash: have hard, thick skins and seeds, and are high in vitamins A and C, iron and riboflavin. The flesh is firmer than summer squash and requires longer cooking. Winter squash can be stored unrefrigerated but in a cool, dark place for a month or more.

Pumpkins

They are considered a member of the gourd family, which includes watermelon, cucumbers and squash. They are 90% water, low in calories and high in fiber. They are an excellent source of vitamins A & B. The average pumpkin contains roughly 1 cup of seeds. The orange flesh has a mild, sweet flavor, and seeds, when husked and roasted, are nutty in flavor and popular additions to many recipes. For best flavor, pumpkins for cooking should be small, free from blemishes or soft spots and heavy for their size. They can be stored in a cool, dry place for up to a month or, refrigerated, for up to three months.

Cooking Pumpkins: The same techniques used to cook winter squash would apply to pumpkins.

Recipe –Curried Pumpkin Soup

<http://www.naumanfarm.com>

Ingredients:

1/3 cup chopped onion
1 tsp minced garlic
1 tsp curry powder
2 tbsp butter or margarine
1 cup pureed pumpkin or about 1/2 can of pumpkin
1/4 tsp nutmeg
1/8 tsp sugar
1 bay leaf
2 cups veggie broth or chicken broth
1 1/2 cups milk
1 tbsp cornstarch or arrow root or tapioca powder to thicken

Garnish:

2 tbsp heavy cream (optional)
chopped chives for decoration

Preparation Directions: Preparation time 15 minutes, cooking time 30 minutes

In a large pan cook onion, garlic, and curry in the butter or margarine for a few minutes until onion is tender. Add pumpkin, nutmeg, sugar, and bay leaf. Stir in the broth and bring to a boil.

Reduce heat and simmer uncovered for 15 minutes.

Take out the bay leaf.

Stir in 1 cup of the milk and cook over low heat for a few minutes.

In another bowl, stir together the remaining milk and the cornstarch until dissolved then add it to the pan. Cook and stir until thickened and bubbly.

Cook a couple more minutes.

To Serve :

Swirl the cream on top and garnish with chives.

This can also be frozen after it cools. In the freezer it will be good for up to 3 months.

Serves 4 to 6.

Your Invited to Seven Shores Cafe Halloween Celebration For Kids

Wednesday October 28th 2009

10:00-11:00 am

Cost: \$10.00

**Games, Crafts and Special Halloween Lunch
Come in Costume if you wish
Mommies or Daddies are needed to
participate. Ages 2-5**

RSVP by Friday October 23rd

info@sevenshorestrading.com

(519) 342-0916



Fall Harvest A Great Success

Thank you to all those who attended Seven Shores 1st Fall Harvest on September 22nd. What a great time with lots of great food by Marg and Coffees poured by Kate. We want to thank all the businesses for donating prizes- Massage Therapy – Angela Gibson, Gen X Video, Baby Charlotte, 2 Rivers Skin Care Centre. Congratulations to all the lucky winners and thank you for the entertainment: Neruda Productions!

**Seven Shores Urban Market and Café
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