



Well, here we are half way through autumn already. As you all know this has been a good year for salmon, and we at Community Kitchens have reaped the rewards of this bounty. We would like to thank Guy Johnson, a local Cowichan Bay fisherman for donating 10 salmon to our kitchens. We would also like to thank the Talbot family for their kind donation of apples. Both salmon and apples were greatly appreciated.

Most of you gardeners have your vegetables and fruits harvested and frozen or canned by now, the only things left are the pumpkins and squash. Those who don't garden must depend on supermarkets or if lucky farmer's markets. In the winter if we want fresh vegetables we have to depend on vegetables from commercial greenhouses and quite often from abroad. These are quite often picked before they are ripe and therefore have not reached their nutritional peak. Since vegetables begin to lose nutrients as soon as they are picked, the longer they have to travel to get to us the less nutritious they are. This is why nutritionists are now re-thinking their stand on frozen vegetables. Since these are picked at their peak and then blanched and flash-frozen they retain more of their nutritional value than the fresh produce.

If you know the produce where you shop is fresh then definitely buy fresh, it can be more economical, just don't buy in bulk and use them within a week or less. If you only shop once or twice a month you should add frozen or even canned vegetables to your shopping list. Like frozen vegetables, canned are picked at their peak and processed immediately. A lot of people still disagree about the nutritional value of canned vegetables, but any vegetable is better than none at all.

Our recipe this month uses the last of the years' fresh produce. This pumpkin soup was made by the Chili Peppers this October and everyone enjoyed it. I hope you do too.



PUMPKIN SOUP

Serves 6

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| 4-5 kg. Whole Pumpkin | ½ Tsp. Ground Nutmeg |
| 1 oz. Butter | 1 Tsp. Brown Sugar |
| 1 Onion, Chopped | 3 Cups Chicken Stock |
| 1 Carrot, Peeled & Chopped | ½ Cup Cream |
| 1 Tsp. Ground Cumin | Cream & Fresh Chives to serve |

1. Cut pumpkin in half and discard the seeds. Remove rind from flesh (meat) and discard. Dice the flesh (meat) into small cubes.
2. Heat the butter in a large heavy-based pan. Add the onions, pumpkin and carrot. Cover and cook over low heat for 10 minutes, stirring occasionally.
3. Add the cumin, nutmeg and sugar and cook for 5 minutes more.
4. Add the chicken stock and bring to a boil, reduce the heat and cover. Simmer for 30 minutes stirring occasionally.
5. Puree the soup in batches and return to the clean pan. Season to taste and stir in the cream. Reheat gently without boiling.
6. Ladle into bowls and add extra cream & chives if desired.