



!!!! HAPPY THANKSGIVING !!!!
!!!! HAPPY HALLOWEEN !!!!

Community Kitchens returned to business as usual in September. We've had a few changes in our kitchens, Linda is now facilitating the 2 Beas kitchen only, and Lynn is now doing the Honeymoon Bay Kitchen as well as the other Lake Cowichan Kitchen. We've had a lot of requests to join kitchens in the Lake Cowichan area, we now have to find places to put everyone. The Duncan and Cobble Hill Kitchens remain the same.

With Autumn here I naturally began thinking of pumpkin and squash recipes but couldn't decide which one to use, and then I remembered that Autumn is also salmon season and we have a really nice salmon chowder recipe. The recipe uses canned salmon but I'm sure if you poached the equivalent of fresh salmon and retained the water it would work the same and probably taste better. I hope you enjoy it.