



FROM OUR KITCHEN TO YOURS

Pika's Farm Table

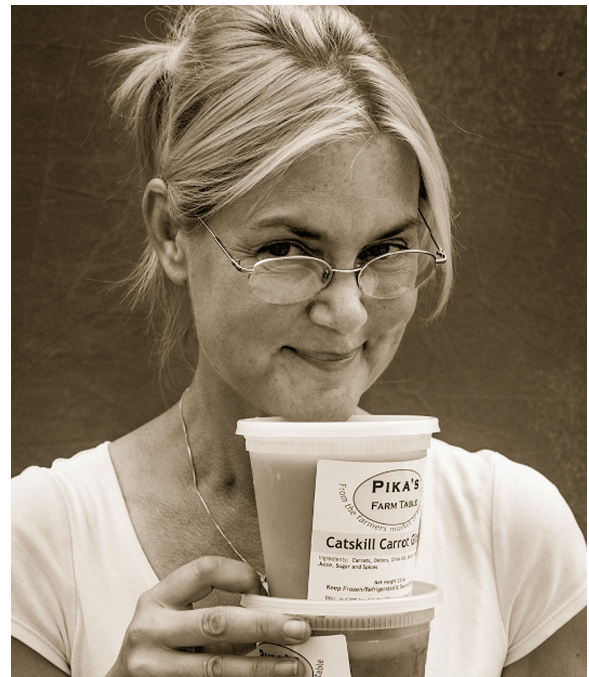
Big Indian, NY

pikasquiche.com

Pika's makes gluten free appetizers too!

Pika Roel's mouth still waters when she remembers the quiches that her Belgian mother would make every week. "It was never the same kind of quiche," she recalls. "It depended upon the leftovers from the day before and what the farmers in our small village had to offer." When she was old enough, Pika learned from her mother the secret to making her amazing quiches. "I learned how to make the best crust, how to be creative with food and to never throw any food out!"

But for years, while working in the art world in New York City, Pika barely had time to make her beloved quiches. "It was a fast paced job, impossible to combine with family life," she says. To escape the bustle of city life, she and her husband would spend their weekends in the Hudson Valley. "We fell in love with the area and as soon as we found our dream family house we moved," she says. Some months after the birth of her youngest child, Pika started her quiche business.



"Quiche in my parents' house was the ultimate avant la lettre farm fresh fast food once a week."

– Pika Roels

"I dove into this business very naively," she says. "It is hard work every single day and it involves our whole family. But at the end of the day, it feels very good and heartwarming to know that somewhere someone is eating one of our quiches or soups for dinner, hopefully in good company and definitely savoring every single bite!"



173 Main Street, 3rd Floor
Ossining, New York 10562

914.923.4837 tel
914.801.2336 fax

DowntoEarthMarkets.com