



The Harvest Herald

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April 10-12, 2012

Issue #610

OKG Bread Special April 10-12th

Sweet Potato and Masala Flatbread. The base for this flatbread includes a couple key ingredients: sweet potatoes - roasted, mashed, then mixed with masala spices - and focaccia dough. Loaves next receive a sprinkling of sea salt and cumin, before being baked in the stone deck oven. Wonderful for dipping into curry or topped with yogurt cheese.

Regular Harvest Box

LOCAL! Chives - Wild Flight
LOCAL! Celeriac (see recipe!) - Wild Flight Farm
LOCAL! Green Cabbage - Wild Fl (*slice off cut edge*)
LOCAL! Gala Apples - Harker's
BC! English Cucumber - Origino
Jewel Yams - CA
Romaine Lettuce - CA
Navel Oranges - CA
Celery - AZ
Avocado - MEX
Bananas - MEX

Family Harvest Box Extras

LOCAL! Red Russian Garlic - Klippers
LOCAL! Parsnips - Similkameen River Organics
LOCAL! Carrots - Kirbydale Farm
Broccoli - CA
Red Grape Cherry Tomatoes - MEX



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Harker's Organics - Cawston
Kirbydale Farm - Edgewood
Klippers Organics - Cawston
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Similkameen River Organics - Cawston
Wild Flight Farm - Mara

Your Satisfaction Guaranteed!

*Our goal is to offer quality produce, with consistent, reliable service. If you find items missing from your box, or of poor quality, please inform us **within 48 hours**, and we'll provide a credit for your next order.*

Did You Know?

Cabbage, like many other winter storage vegetables, is an amazing plant, in that it is actually still alive and metabolizing to heal cut surfaces and other damage while in your fridge. Being a biennial, a cabbage head functions as an overwintering mechanism to store energy and nutrients for the plant to be able to send up a seed stalk in the spring. If you take a cabbage (even a cut one if it has a good portion of the core) and set it out in the garden in the spring, it would use the energy stored in those tightly wrapped leaves to send out roots and ultimately up to a 3 foot high seed stalk. That's the power of its drive to reproduce. Just a bit of vegetable lore for you! (*from Hermann Bruns, of Wild Flight Farm*)

Saturday Sale Updates/Guest Vendors

- April 14th - The Canadian Federation of University Women will be selling Cafe Feminina, organic coffee purchased from women producers in 9 countries. Coffee is purchased at 2 cents above fair-trade prices, supporting women's autonomy and community well-being. \$4 from each sale goes toward the CFUW scholarship/bursary fund.
- April 21st - Real Raw Foods from Naramata will be selling raw, organic nuts, seeds, dried fruits and more! For more info about their products, visit realrawfood.com.
- April 28th - Wolfgang's Whole Grain & Flour Mill offers certified organic whole grains and freshly-milled flours, purchased as close to home as possible.

Community Events/Notices

Live Food and Nutrition Course - a 5 class series on raw food preparation basics and fundamentals in vegan and raw food nutrition. Instructor Guylaine Lacerte is a Raw Food Educator and Nutrition Coach with 35 years experience in the raw food lifestyle. Starts April 15th. For more info, email: therawfoodpath@gmail.com or visit: www.therawfoodpath.com or call at 250-469-2265.

The Yoga of Relationships ~ The Urge to Merge, with Yogi Amrit Desai. April 13-15th in Kelowna. A gifted teacher, from India originally, who came to North America at the prompting of his guru, Yogi Desai brings insight into relationship which can benefit most of us. This relationship seminar can support and even transform many of the relationships in your life. Contact Trinity Yoga Center at 250-448-2512 or visit www.trinityyoga.ca.

Homes for Bunnies? The Responsible Animal Care Society (T.R.A.C.S.) is looking for a volunteer willing to host one of their pens for rabbits. Their ideal volunteer would be able to host a pen for 50 rabbits, but less is okay too. Contact elisaak@shaw.ca to find out more or to volunteer.

The Canadian Celiac Association National Conference 2012 will be held at the Delta Grand Okanagan Resort in Kelowna, from May 25th - May 27th, featuring:

- Guest speakers on celiac disease and the art of living gluten-free, including Dr. Sheila Crowe, author, *Celiac Disease for Dummies* and Choices Market corporate chef Antonio Cerullo's gluten-free cooking demo. Clinical dieticians from KGH will teach "The Art of Living Gluten-Free".
- **GLUTEN-FREE EXPO** on Sat, May 26th, 1:30-5pm with 40+ gluten-free exhibitors sampling their food, beverages and products. The Gluten-Free Expo is open to the public, \$5 at the door.

For more info, visit www.kelownaceliac.org or contact Moyra Baxter at 250-767-6153.

Celeriac and Feta Gratin

(Adapted from www.easyliving.co.uk)

- Butter, for greasing, plus extra for dotting
- 1 large Celeriac root
- 2-3 large Potatoes
- 1 Leek, washed and sliced into thin rounds.
- 1 clove Garlic, thinly sliced
- 2 tsp snipped Chives
- 3 1/2 oz Feta cheese, crumbled
- 7-10 oz Vegetable stock

Heat the oven to 400°F. Lightly grease a gratin dish with a little butter. Wash and trim the celeriac, then peel using a sharp knife. Cut it into quarters and, then cut each quarter into slices. Thinly slice the potatoes.

Place the potatoes in the bottom of the dish (make about two layers). Layer half the celeriac slices on top of the potatoes, season lightly as you go. Top with the leeks, garlic, chives and feta, then finish with a layer of the remaining celeriac. Pour the hot stock over the vegetables; it should come about half way up. Dot with a little butter. Cover and bake for 50 minutes.

Remove the cover, return to the oven and cook for a further 20 minutes or until the celeriac is golden and the sauce has thickened.

Place under a hot grill for a few moments to brown the gratin. Serve immediately.

Celeriac Parsnip Soup

(Adapted from <http://frenchfood.about.com>)

- 3 C cubed Celeriac root
- 3 C chopped Parsnip
- 2 Tbs Olive oil
- 5 C Vegetable stock
- 1 Bay leaf
- 1/2 tsp Salt
- 1/4 tsp ground Black pepper

Preheat the oven to 400°F. Toss the celeriac and parsnip with the olive oil. Arrange the vegetables in a single layer on a foil covered baking sheet. Roast them in the preheated oven for 35 to 45 minutes, stirring once, until they are tender and have turned golden brown.

Transfer the caramelized vegetables to a large stockpot. Bring the vegetables, stock, bay leaf, salt, and black pepper to a boil over medium-high heat. Reduce the heat, and simmer the soup for 15 minutes.

Discard the bay leaf and process the soup in a blender or food processor until it is smooth. Serves 6-8.

Celeriac Solutions

Celeriac is in our box again this week. It is one of those wonderful vegetables that is so versatile it makes it easy to add to any meal. In addition, research shows that celeriac contains many anti-oxidants as well as vitamin K, phosphorus, iron, calcium, copper, and manganese. To keep your celeriac at its best, don't wash it until ready to use. Remove stalks and leaves, place in a plastic bag and refrigerate for up to one month. When you are ready to use, give it a good wash then peel its outer skin and prepare as needed.

Silky Celeriac Mash

(Contributed by Urban Harvester Valerie Stetson. Original recipe from <http://food.chatelaine.com>)

- 1 tsp Olive oil
- 1/4 C Coconut milk
- 1/2 tsp Salt
- Celery root
- 1 Tbs Lime juice

Heat a medium non-stick frying pan over medium-high. Add oil, then celery root. Cook until golden, about 5 min. Add 1 cup water and cook, covered, until celery root has softened and water has been absorbed, about 25 min. Add coconut milk, then mash or purée with a blender until smooth. Stir in lime juice and salt. Serves 4.

French Onion Soup with Celeriac

(Recipe adapted from "All Recipes" at <http://allrecipes.com>)

- 2 C Beef broth (or use Vegetable broth)
- 1 head Garlic
- Salt to taste
- 2 Tbs Olive oil
- 3 large sweet Onions, chopped
- 1 C dry Red wine
- 1 head Garlic cloves, chopped
- 2 Tbs dried Parsley
- Salt and Pepper to taste
- 1 C shredded Swiss cheese
- 1 tsp Olive oil
- 1/2 C Butter, softened
- 2 Tbs Butter, melted
- 1 Celeriac (celery root), chopped
- 2 C Vegetable broth
- 2 tsp Paprika
- Cajun seasoning to taste
- 1 loaf French bread, toasted and sliced

Preheat oven to 425°F. Slice the top off the whole head of garlic, sprinkle with 1 teaspoon olive oil, and season with salt. Wrap loosely in foil, and bake 45 minutes, or until the cloves are very soft. Squeeze the cloves into a small bowl, and mix with the 1/2 cup softened butter. Heat 2 tablespoons olive oil in a large pot over medium heat. Melt 2 tablespoons butter in the pot, and blend with the oil. Stir in the onions and celery root, and saute until the onions are lightly browned. Reduce heat to medium low, and mix in the beef broth, wine, and vegetable broth. Mix in the chopped garlic, and season with paprika, parsley, Cajun seasoning, salt, and pepper. Simmer, stirring occasionally, for 1 hour. Preheat the oven broiler. Spread the toasted bread slices with the garlic butter. Ladle the soup into oven safe bowls, and place the bowls on a baking sheet. Reserving remaining bread, place one slice of toasted bread on top of the soup in each bowl, and sprinkle with Swiss cheese. Broil soup 5 minutes in the preheated oven, until the Swiss cheese is melted. Cool for about 2 minutes before serving warm with remaining garlic bread. Serves 8.

Roast Celeriac with Marsala

(Recipe adapted from "BBC" at www.bbc.co.uk)

- 1 medium-large Celeriac, peeled and cut into eight wedges
- Sunflower oil, to coat
- Salt and freshly ground Black pepper
- knob of Butter
- 5 Tbs sweet Marsala

Preheat the oven to 350°F. Place the celeriac wedges into a large bowl, drizzle with a little oil and stir to coat them. Smear the butter thickly around an ovenproof dish, just large enough to take the celeriac wedges lying down flat. Lay the celeriac in the dish, season with salt and freshly ground black pepper and pour over the marsala. Transfer to the oven and roast for about an hour, turning the wedges and basting every now and then, until richly browned all over and very tender. You may need to add a little water towards the end of the cooking time to prevent burning. Serve.

~ Article & Recipes Contributed by Angela Cleveland ~