



# The Harvest Herald

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April 12-14, 2011

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## OKG Bread Special Apr 19-23

Paska! This version of the Easter classic contains free-range eggs, loads of butter, a hint of brandy, and orange zest on an airy milk dough base. Its golden crust is topped with a drizzle of buttermilk icing and sprinkles. Whipped cream is an excellent topping!

## Regular Harvest Box

Local! Watermelon Radish - Wild Flight Farm  
Local! Rutabaga - Wild Flight Farm  
Local! Spartan Apples - Harkers'  
Yellow Onions - ORE  
Rainbow Carrots - CA  
Romaine Lettuce - CA  
Rainbow Chard - CA  
Asparagus - CA  
Navel Oranges - CA  
Bananas - MEX  
Ataulfo Mango - MEX

## Family Harvest Box Extras

Local! Mixed Apples - Harkers'  
BC! English Cucumber  
Jewel Yams - CA  
Zucchini - MEX  
HH Tomatoes - MEX



## This Week's HomeGrown Heroes

Backyard Beans - Summerland  
Blackbird Farm - Cawston  
Carmel's Alpine Goat Cheese Artisan - Kelowna  
Gort's Gouda - Salmon Arm  
Harker's Organics - Cawston  
Honest Food Farm - Cawston  
Little Creek Gardens - West Kelowna  
Master Bakery - Kelowna  
MOTÉAS - Kelowna  
Okanagan Grocery Artisan Bakery - Kelowna  
Roots & Greens Farm - Grindrod  
Wild Flight Farm - Mara  
Wild Mountain Honey - Armstrong

## 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.*

## Saturday Sale Guest Vendors

- **Sat, Apr 16 - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, and much more! See [www.realrawfood.com](http://www.realrawfood.com) for info about their products.  
**AND Organically Clean** - locally made + organically formulated cleaning solutions, including shampoo/hair conditioner, hair gel, liquid body wash + household cleaners + laundry/dish soap.
- **Sat, Apr 23 - Wolfgang's Grain & Flour Mill** will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally,  
**AND BioLive Germinated Products** with a wide variety of unique sprouted grain products.

## Not Eggs-actly Enough Eggs for All...

Quail's Farm is now closed down for an overhaul of their chicken barn over the next several weeks, and we will not have any of their free-range eggs available until further notice. We WILL have a limited supply of certified organic eggs from Honest Food Farm and Blackbird Farm in Cawston; these will be sold on a first-come, first-served basis, and will be removed from our order list when we have sold out for the week. We recommend that you place your order on Thursdays to reserve your eggs if possible (you can then log in again for further editing up until our final order cut-off).

## Community Events/Notices

**Kelowna Friends of the Library Spring Book Sale** Sat, Apr 16<sup>th</sup>, 9:30am to 3pm at the Kelowna Library, 1380 Ellis St.

**The Two-Man Guitar Festival** Fri, April 15, 7:30 at the Kelowna Art Gallery, 1315 Water Street. Alan Rinehart and Clive Titmuss play rare and unusual guitar music from 16 and 18th century Spain on on period instruments built in Clive's workshop. Tix \$20 at the door. For more information on the guitars and the music, go to [www.earlymusicstudio.com/ConcertSchedule](http://www.earlymusicstudio.com/ConcertSchedule)

**Jude's Kitchen Book Launch!** Thurs, Apr 28<sup>th</sup>, 4-6pm at the B.C. Wine Museum (in the Laurel Building, corner of Cawston and Ethel). Written by Capital News food columnist Judie Steeves, Jude's Kitchen is a great resource for using fresh, local and B.C. products to prepare healthy foods. Organized by the seasons, it is a useful guide to what is available throughout the year. Copies will be for sale at the book launch or look for it in local bookstores after May 1<sup>st</sup>.

**Scottabank MS Walk** Join in the annual Kelowna Walk for Multiple Sclerosis on Sunday May 1<sup>st</sup>. The Walk starts at 10am, at the Kinsman Field House at The Mission Sports Fields (check-in and pledge drop-off starts at 8:30am). There will be entertainment, a kids zone and a BBQ lunch as well! To register or learn more, please see [http://mssociety.ca/bc/walk\\_interior%20bc.htm](http://mssociety.ca/bc/walk_interior%20bc.htm)

**Meet the Doulas!** FREE event, hosted by Maternity Care Westside! Nicki Albrecht, Central Okanagan Doula Referral Coordinator will present on the role of doulas in general, and their scope of services. Then parents-to-be will be able to meet each individual doula and ask questions have in a fun Speed Dating format! Thurs, May 5<sup>th</sup>, from 7-9pm at 853 Anders Rd. (Maternity Care Westside). Spaces are limited - please RSVP by Apr 28<sup>th</sup> to Katie at [events@maternitycarewestside.com](mailto:events@maternitycarewestside.com).

**Okanagan Women at Play Fundraiser!** Support community development and employment training in Uganda ([www.africantouch.org](http://www.africantouch.org)), while having fun all day!! Sound good? You will have the opportunity to sign up for 3 of more than 20 1-hour Funshops, all hosted by fabulous women with skills & thrills to share! Lunch and refreshments provided, along with access to a fabulous Ticket Auction! 9am-3pm, Sat, June 4<sup>th</sup> @ 439 Hwy 33 W (Willow Park Church). Tix \$60 til Apr 30<sup>th</sup>, then \$70 until May 20<sup>th</sup>. Info at [www.africantouch.org/okwomenatplay](http://www.africantouch.org/okwomenatplay) or call Anita @ 250-469-3965.

Here are some recipes that combine beautiful colours to create eye-appealing (and delicious) dishes:

### Moroccan Carrot and Chard Salad

(Adapted from

<http://mostlyfoodstuffs.blogspot.com>)

2 lb Carrots, peeled and cut on the diagonal into 1" chunks  
1/4 C Olive oil, divided  
1 tsp ground Cumin  
1 large bunch Chard, coarsely chopped (stems included)  
1 clove Garlic, pressed  
zest and juice of 1 Lemon  
Salt and Pepper  
1/2 large bunch flat-leaf Parsley, chopped

Preheat the oven to 400°F. Toss the carrots in a baking dish with 1 Tbs of the olive oil, and sprinkle with cumin and a few pinches of salt. Stir to coat the carrots with the oil and seasonings. Roast, stirring occasionally, until the carrots are soft and caramelizing on the edges, about 25-30 minutes (Adjust time accordingly, depending upon how well-caramelized you like your carrots). Remove from the oven and set aside.

While the carrots are roasting, steam the chard in a steamer basket until wilted and soft, about 5-10 minutes. If you don't have a steamer basket, you can just simmer the chard for a few minutes in a large pot of boiling water, then drain well. Set aside.

Meanwhile, make the dressing: mix together the remaining olive oil, garlic, and lemon juice and zest, and season with salt and pepper to taste.

Place the carrots on a serving dish, top with the chard and parsley, and then pour the dressing over everything. You can toss to combine, or leave as is, like a composed salad. Serve warm. It's even nicer as the flavors sit and combine.

### Rutabaga and Watermelon Radish

Isukemono

(Adapted from

<http://thefoodfairy.wordpress.com>)

thinly sliced Rutabaga  
thinly sliced Watermelon Radish  
Salt to sprinkle  
2-3 Tbs of seasoned Rice vinegar, used for sushi rice

Sprinkle salt over the thinly sliced vegetables and allow it to sit in a colander for 10 minutes. Squeeze any excess moisture out of the vegetables and place in a bowl. Mix with 1-2 tablespoons of seasoned rice vinegar. Serve.

## Scouring the Cereal Aisle

Finding a breakfast cereal that is delicious yet made from ingredients other than sugar, wheat and corn can be challenging. To find one that fits this description, and is affordable, is next to impossible. By stepping out of the grocery aisle and back into the kitchen, you can create your own homemade, nutritious, and affordable breakfast cereal.

Creating a cereal that fits your family's needs and preferences involves five simple steps (adapted from <http://cookeatshare.com>):

1. Selecting dry ingredients (ex. rolled oats, quinoa, flax seeds, wheat germ)
2. Selecting nuts and/or seeds (ex. sunflower or pumpkin seeds, walnuts, almonds)
3. Selecting some fruit (ex. cranberries, raisins, dates)
4. Selecting a sweetener (ex. brown sugar, maple syrup, agave nectar, honey)
5. Adding a flavouring (ex. vanilla, cinnamon, nutmeg)

### Homemade Cereal

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

7 C quick cooking Oats	1 C Wheat germ
1 C Wheat bran	1/2 C Brown sugar
1/2 C Vegetable oil	1/2 C Honey
1/2 C Water	1 Tbs Vanilla extract
1 tsp ground Cinnamon (optional)	1 tsp ground Nutmeg (optional)
1 tsp Salt	1 C chopped Dates
1 C chopped Pecans	1 C flaked Coconut (optional)

Preheat oven to 275°F. In a large bowl, mix oats, wheat germ, and wheat bran. In a medium bowl, blend brown sugar, vegetable oil, honey, and water. Mix in vanilla extract, cinnamon, nutmeg, and salt. Stir the brown sugar mixture into the oat mixture until evenly moist, and transfer to a large, shallow baking dish. Bake 45 minutes in the preheated oven, stirring every 15 minutes until lightly brown. Mix dates, pecans, and coconut into the dish, and continue baking about 15 minutes. Allow to cool, and store in airtight containers.

### Homemade Crunchy Maple Quinoa Cereal

(Recipe adapted from "Oh She Glows" at <http://ohsheglows.com>)

1 1/2 C cooked Quinoa	1 Tbs Chia seeds
2 Tbs pure Maple syrup	1/2-3/4 tsp Cinnamon
1 tsp Vanilla	pinch or two Sea salt

In a small bowl, mix everything together. Pour onto a cookie sheet lined with parchment paper. Break up into chunks with a spoon and flatten with a hand as if you were making flatbread. Cook for 40-50 minutes at 375°F, being sure to check half way through and adjust cooking time if necessary. Flip cereal around with a spatula for more even cooking. Cereal should be slightly golden brown when finished. Remove from oven and cool.

### Power House Granola

(Recipe adapted from "Oh She Glows" at <http://ohsheglows.com>)

1 C raw Almonds	1/2-3/4 tsp Sea salt
1/4 C Flax seed	1 Tbs Chia seed
1/4 C Sesame seed	1/4 C Sunflower seed
1/2 C shredded Coconut	1/4 C Pumpkin seed
1/2 tsp Pumpkin pie spice	2 and 1/4 C Oats
2 Tbs Cacao nibs	1/2 C pure Maple syrup
1/4 C Coconut oil, melted	1/3 C dried Cranberries
1/3 C dried Apricots	

Preheat oven to 400°F. In a large bowl, mix all ingredients except the dried cranberries, apricots, maple syrup, and coconut oil. In another bowl mix the maple syrup and coconut oil. Dump wet mixture onto dry and stir well. Scoop onto baking sheet and bake for 10 mins. Remove from oven and stir oat mixture all around. Bake for another 10 minutes watching carefully during the last 5 minutes. When you remove from oven, carefully stir in the dried fruit. Makes 5 cups.