



The Harvest Herald

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Apr 16-18, 2013

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OKG Bread Special Apr 23-25

Jalapeno & Cheese Cornbread. This moist loaf balances the slight sweetness of cornbread, the aroma of melted cheese, and the hint of spice from roasted jalapeno. Excellent for grilled sandwiches.

Regular Harvest Box

LOCAL! Spartan Apples - Harker's (pls refrigerate!)

LOCAL! Lettuce Mix - Wild Flight Farm

LOCAL! Green Garlic (use like gr onions) - Wild Flight

Leeks - WA

Carrots - CA

Jewel Yams - CA

Hass Avocado - CA

Ruby Grapefruit - CA

Navel Oranges - CA

Bananas - MEX

Zucchini - MEX

Family Harvest Box Extras

LOCAL! Corn Salad - Wild Flight Farm

LOCAL! Spinach - Wild Flight Farm

Yellow Onions - CA

Broccoli - CA

Tangerines - CA

Red Grape Cherry Tomatoes - MEX

Upcoming Saturday Sale Guest Vendors - April

- **Apr 20th - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, seaweed products, healthy oils, and more! See www.realrawfood.com for more info.
- **Apr 20th - Swheatgrass FROZEN Organic Wheatgrass Cubes!** Wheatgrass is full of antioxidants, stimulates metabolism, and alkalinizes the body. Locally grown, using certified organic seeds and soil, filtered water, and NO fertilizers or pesticides!
- **Apr 27th - Wolfgang's Grain & Flour Mill** - organic whole grains and freshly milled flours.

The Urban Harvest Saturday Sale is open every Saturday, year-round, from 9am to 1pm at 806 Crowley Ave (in Kelowna's north end). Please see www.urbanharvest.ca/sale for a map to our location and a full list of produce items available for sale at this week's Saturday Sale.

Be an Earth Day Inspiration!

What is it that you do at home or at work to reduce your "eco-footprint"? Share your eco-tips with us by Fri, Apr 19th, and we'll post them on our website and FB page to inspire others just in time for Earth Day on Apr 22nd! All who reply will be entered to win a \$50 Urban Harvest gift certificate.

Help Us Clean-Up Brandt's Creek - NEW TIME - 9 AM!

The Urban Harvest Stream Team will be heading out for our biannual Brandt's Creek Stream Clean-Up, as part of the City of Kelowna's Adopt-a-Stream program. We will be cleaning the section of Brandt's Creek nearest our warehouse. We'll meet at our warehouse at 9 am for a quick orientation, and then head out until 11:30 am or so. **We would LOVE to have YOUR help!** If you can spare a few hours on Sat, Apr 20th, please contact Lisa for more info - order@urbanharvest.ca or 250-868-2704.

North-Enders: Join us on the 20th, and earn a \$10 "eco-neighbour" credit to use at Urban Harvest!

Community Events/Updates

The Dig Your Neighbourhood Project! UBC students launch their package of art and activities created for Kelowna's North End Neighbourhood! Come see the cool stuff for newcomers to the neighbourhood to be distributed by Welcome Wagon, Ltd. Music, food, drum circle, kids' fun! Sat, April 20th, 1 - 4 PM, park at base of Knox Mountain. All welcome! <http://ecoartincubator.com/>

Metis Market Bake Sale & Garage Sale Enjoy bannock and tea while browsing the bake sale/garage sale @ the Metis Community Services Society of BC (2949 Pandosy Street - above the Good Earth Cafe). Early bird - Friday April 19th 4:30pm-7:30pm; Saturday April 20th 8:30am-3pm.

Quiet Your Busy Mind - a powerful 2-day retreat led by Rhonda Victoor and Troy Payne April 27&28 in Kelowna. Finally learn to meditate, let go of your old stories and get clear on who you really are. We've worked with these two and had an amazing experience - this will be a powerful event! Details here: www.EmbraceThisJourney.com

Theatre Kelowna presents "Caught in the Net", an English farce about teenage internet connections that drive their families into a frenzy. Performed in the Black Box Theatre, Thurs-Sat 7:30PM Sat& Sun Matinees 2PM. SelectyourTickets.com; 250-762-5050, in person @ Prospera Place Box Office. April 25-May 5. \$20 advance (plus service fees); \$25 @ door. www.theatrekelowna.org.

Slow Food Convention Apr 25-28! The National Slow Food convention is coming to the Valley, with tastings, workshops, presentations, all showcasing local food, chefs and farmers! More info: <http://slowfood.com>, or email krickypl@gmail.com, or call 778-363-2969. Volunteers welcome!



This Week's HomeGrown Heroes

Blackbird Organics - Cawston

Green City Acres - Kelowna

Green Croft Gardens - Grindrod

Harker's Organics - Cawston

Quail's Farm - Vernon

Silver Lake Estate Farm - Naramata

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.*

Baked Leek and Sweet Potato Gratin

(Recipe adapted from www.vegetariantimes.com)

- 3 medium Leeks, chopped (6 cups)
- 1 ½ Tbs Olive oil, divided
- 3 cloves Garlic, minced (1 Tbs)
- 3 Tbs chopped fresh Rosemary, divided
- 2 medium Sweet potatoes (2 lbs), peeled and cut into ½-inch-thick slices
- 1/3 C Vegetable broth
- 3 Tbs Italian seasoned dry Breadcrumbs
- 2 Tbs finely grated Romano cheese, optional

Preheat oven to 450°F. Coat 10-inch round pan with spray. Heat 1 Tbs oil in skillet over medium-high heat. Add leeks, garlic, and 1 1/2 Tbs rosemary; sauté 8 minutes, or until softened. Season with salt and pepper, if desired. Arrange one-third sweet potato slices over bottom of prepared pan, overlapping slightly. Spread half of leek mixture on top. Arrange another one-third sweet potato slices over leeks; top with remaining leeks, followed by remaining sweet potatoes. Drizzle broth over dish. Cover pan and bake 35 minutes. Stir together breadcrumbs, remaining 1 1/2 tsp oil, remaining 1 1/2 Tbs rosemary, and Romano cheese, if desired, in small bowl. Remove cover from gratin, and sprinkle with breadcrumb mixture. Bake, uncovered, 15 minutes, or until breadcrumbs are browned and crisp. Let gratin cool slightly before cutting into 8 wedges and serving. Serves 8.

Vegan Lentil Leek Soup

(Adapted from <http://foodsforlonglife.blogspot.ca>)

- 1 Tbs extra virgin Olive oil
- 1 large Leek, white part only, sliced, (2 cups)
- 4 Carrots, peeled and sliced, (1 ½ cups)
- 3 cloves Garlic, minced, (1 tablespoon)
- 14.5 oz can diced Tomatoes
- 1 Bay leaf
- 1 C Brown lentils, picked through and rinsed well
- 4 C Broth
- ½ tsp Salt, (to taste)
- ¼ tsp freshly ground Black pepper, (to taste)

Heat oil and sauté leeks, carrots and garlic until the leeks wilt, about 8 minutes. Add diced tomatoes, bay leaf, lentils, broth, salt and pepper and cook until the lentils reach the desired consistency, about 35 to 45 minutes. Remove bay leaf and serve. Serves 4.

Simmered Leeks

(Recipe adapted from "Food.com" at www.food.com)

- 2 ½ lbs Leeks
- ½ tsp Salt, to taste
- ¼ tsp fresh ground Pepper, to taste
- 2 Tbs Butter
- 1 C Broth

Clean leeks: cut off the stemmy bottoms and the dark green leaves, rinse well. Cut lengthwise in quarters, then into about 1-inch squares. Heat oil in heavy wide saucepan; add leeks, salt, pepper, and stir over low heat for 5 minutes. Add broth and bring to boil, cover and simmer over medium-low heat, stirring often, for about 10 to 15 minutes or until leeks are tender. Raise heat to medium, uncover and let juices reduce to about half. Be careful not to let them burn. Taste and adjust seasoning, serve hot. Makes about 2-4 servings.

Greening Up With Garlic Greens

The Okanagan is beginning to green up already. The tulips and daffodils are blooming in the gardens and the Balsam root plants on the hillsides are showing their beautiful yellow petals. Things are greening up in the veggie patches too. Garlic greens are in our boxes this week and are the perfect sign of spring.

Garlic greens are simply garlic that has been picked before the bulb has reached maturity. So lucky for us, garlic greens share the same health benefits of fully developed garlic, although the flavour is much more mild. The green garlic season is short so enjoy them while you can.

They are easy to eat and can be treated as you would green scallions. They can be added to a homemade salad dressing, used as a garnish for soups and chili, sautéed in a stir-fry, or used as a pizza topping. Here are some more recipes that call for green garlic (from <http://localfoods.about.com>).

1. Green Garlic Pesto*: Instead of using mature garlic cloves, why not use green garlic for making pesto? Pesto can be used for topping pasta, adding to bowls of soup, or spreading on sandwiches.
2. Spinach and Green Garlic Soup: Green garlic works well in soup because of its mild simple flavour.
3. Pancetta, Mizuna, and Tomato Sandwiches with Green Garlic Aioli*: Homemade aioli is delicious with green garlic and makes a wonderful addition to sandwiches.
4. Whole Wheat Spaghetti with Green Garlic: A simple pasta dish brightened with the flavour of green garlic.

Green Garlic Pesto

(Recipe adapted from "About.com: Local Foods" at <http://localfoods.about.com>)

- ½ lb Green garlic
- ½ tsp Salt, plus more to taste
- ½ C extra-virgin Olive oil
- 1 Tbs Vegetable oil
- ½ C Pine nuts or Pistachios
- ½ C freshly-grated Pecorino or Parmesan

Trim and discard root ends of green garlic. Finely chop green garlic, rinse thoroughly and pat or spin dry. In a large frying pan over medium-high heat, cook vegetable oil, green garlic, and 1/2 tsp. salt until soft, about 3 minutes. Let cool to warm room temperature. In a blender or food processor, pulse pine nuts or pistachios to chop. Set aside. Add green garlic and process, scraping down sides as necessary, until bright green and smooth. With motor running, drizzle in olive oil. Pulse in reserved nuts and cheese. Taste and add more salt if you like.

Green Garlic Aioli

(Recipe adapted from "About.com: Local Foods" at <http://localfoods.about.com>)

- ½ C extra-virgin Olive oil
- ½ tsp Salt
- 2 tsp fresh Lemon juice
- 2 Tbs chopped Green garlic or 1 Garlic clove
- ¾ C Mayonnaise, divided

Blend olive oil, garlic, and 1/4 teaspoon salt in processor until garlic is minced. Add 2 tablespoons mayonnaise and blend well. Transfer to small bowl; whisk in remaining mayonnaise and lemon juice. Can be made 1 day ahead. Cover; chill.

Green Garlic Scrambled Egg Toasts

(Recipe adapted from "Mariquita Farm" at www.mariquita.com)

- 1 stalk Green garlic for every 3 Eggs
- Butter
- Milk or Cream
- Wheat bread (dense)

Chop green garlic like you would a scallion. Beat eggs and add 2 Tbs milk or cream to eggs. Saute green garlic in desired amount of butter over medium heat for a minute or two. Add beaten egg mixture to pan and reduce heat to its lowest possible setting. Stir constantly. As the eggs heat up they will start to steam a little and maybe stick to the bottom of the pan. Add salt and pepper. Take pan off direct heat to slow the process. It should take at least 10 minutes to cook 3-5 eggs this way. Thinly slice bread and toast in the toaster. As the eggs finally congeal, spoon onto toast, and cut to desired size.

~ Article & Recipes Contributed by Angela Cleveland ~