



The Harvest Herald

(Ph/Info-line) 868-2704 (Email) order@urbanharvest.ca

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April 17-19, 2012

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Celebrate Earth Day – Sunday!

Tell us HOW you'll be honouring Earth Day, and we'll share your inspired actions via our website and Facebook page...and enter you into a Harvest Box draw!

OKG Bread Special April 24-26th

Multigrain Milk Bread. This lightly textured loaf is big on both the goodness and flavour factor. Over a dozen grains and seeds (pre-roasted, pre-soaked) = delicious, wholesome table bread!

Regular Harvest Box

LOCAL! Rutabaga - Wild Flight Farm

LOCAL! Fuji Apples - Harker's

BC! Red Potatoes

BC! English Cucumber - Origino

Rainbow Chard - CA

Romaine Lettuce - CA

Fuerte Avocado - CA

Zucchini - CA or MEX

Lemons - CA

Navel Oranges - CA

Bananas - MEX

Family Harvest Box Extras

LOCAL! Granny Smith Apples - Harker's

LOCAL! Green Onions - Wild Flight Farm

BC! Crimini (brown button) Mushrooms - Wild Flight

Broccoli - CA

Kiwi - CA



This Week's HomeGrown Heroes

Blackbird Organics - Cawston

Green City Acres - Kelowna (non certified organic - add-on items only)

Harker's Organics - Cawston

Notch Hill Organics - Sorrento

Quail's Farm - Vernon

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.

Changing Delivery Faces!

The whole Urban Harvest Team would like to thank Scott for the easy-going-but hard-working nature that he's shared with our team over the past (nearly) three years! We've been fortunate to have him handling our evening deliveries with his friendly, competent manner! Thankfully, we've found a wonderful replacement in Jen! Jen comes to Urban Harvest with a fitness training background and a strong personal interest in healthy eating. She will be taking over the Wed/Thurs evening deliveries immediately, and will start on Tuesdays at the end of May when Nigel finishes. We are grateful for the wonderful people who make up our team!

Green Business Awards – April 25th

In business? Come boost your green inspiration on Wed, April 25th at the Green Business Awards. Co-hosted by SIFE Okanagan and the Kelowna Chamber, the Green Business Awards showcase businesses in our community taking positive action for the environment. Food businesses have a strong presence in this year's Small Business category - Urban Harvest is a co-finalist with Okanagan Grocery Artisan Bakery and Sunshine Farm! For more info or tickets, please visit <http://kelownachamber.org> and look on the events calendar for April 25th OR call 250-861-3627.

Saturday Sale Updates/Guest Vendors

- 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. **ALSO**, SAPED Canada will be offering natural sugars, chocolates, dried fruits, coffee and tea blends, and spices. Proceeds support community development processes in the producer regions (Guatemala & the Philippines).

Community Events/Notices

Mystical Markets Come and meet some of Okanagan's best healthy living artists all under one roof. Healthy living choices, Guest Speakers, Giveaways every hour, Entertainment and much more. Sunday, April 22, from 11am-4pm at the Okanagan Mission Community Hall. "Magically connecting the world" through local and web based communities, your resource for Mystical, Holistic, and Organic choices. Contact Kathy Reid kathy@mysticalmarkets.com 778-478-2171 www.mysticalmarkets.com

Early Music Studio presents a concert of music from the time of Elizabeth I by William Byrd, John Dowland and Francis Cutting entitled *A Little Byrd Told Me* at the Kelowna Art Gallery, 1315 Water St, Sat, Apr 28, 7:30pm. The concert features Clive Titmuss and Alan Rinehart, playing lutes and Susan Adams, harpsichord. Tix @ Mosaic Books, at the door, or at info@earlymusicstudio.com. Adults \$22 Students/Seniors \$20. Sponsored in part by the City of Kelowna.

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.

Lemon-Garlic Rainbow Chard

(Adapted from <http://allrecipes.com>)

- 1 bunch Rainbow chard, trimmed and rinsed
- 2 Tbs Olive oil
- 2 cloves Garlic, sliced, or to taste
- 1 small pinch crushed Red pepper flakes
- 1 tsp Lemon juice

Separate the stems of the chard from the leaves. Cut the leaves into thin strips and set aside. Thinly slice the stems. Heat the olive oil in a large skillet or pot over med heat. Stir in the sliced garlic, red pepper flakes, and chard stems, and cook for 3 minutes until the flavor of the garlic mellows and the stems begin to soften. Stir in the shredded chard leaves, cover, and cook 5 minutes over med-low heat. Stir, re-cover, and continue cooking until the chard is tender. Toss with lemon juice to serve.

Fettuccine with Rainbow Chard and White Beans

(Adapted from www.myrecipes.com)

- 12 oz whole-wheat Fettuccine
- 2 tsp Olive oil
- 2 cloves Garlic, sliced
- 1 pint Cherry or Grape Tomatoes, quartered
- 2 bunches Rainbow chard, stems and leaves separated and cut crosswise into 1-inch pieces
- 1 15 oz can Cannellini beans, drained and rinsed
- Salt
- 1/4 tsp crushed Red pepper flakes
- 1/4 C grated Parmesan

Cook the pasta according to package directions. Heat the oil in a large saucepan over medium heat. Add the garlic and cook, stirring, for 1 minute. Add the tomatoes and cook until they begin to break down and release their juices, about 2 minutes. Stir in the chard stems and cook until softened, about 3 minutes. Add the chard leaves, beans, 1/2 teaspoon salt, and the red pepper and cook, stirring, until the chard leaves are tender, 3 to 5 minutes. Divide the cooked pasta among individual bowls and top with the chard mixture and Parmesan. Serves 4.

Cold Sesame Chard Leaves

(Adapted from www.canadianliving.com)

- 2 bunches Chard
- 4 tsp Soy sauce
- 1 Tbs Sesame seeds, toasted
- 2 tsp Sesame oil
- 1 tsp Sugar

Remove stems from chard and reserve for another use. In large pot of boiling salted water, cook leaves for 1 minute; drain in colander and rinse under cold water. Press to extract as much liquid as possible; transfer to bowl. In small bowl, mix together soy sauce, sesame seeds, sesame oil and sugar; pour over leaves and toss to coat.

Avocado Creations

The Fuerte avocado originated in the Mexican state of Puebla. It got its name from the Spanish word for "strong," after it survived the 1913 California frost. It has the usual pear shape of most avocados. Its smooth green skin peels easily and its creamy pale green flesh tastes great. The Fuerte avocado is great in salads, dressings, and the classic guacamole.

To ripen an avocado, place it in a sealed plastic bag with a ripe banana at room temperature. Or you could try burying the avocado in a jar of flour. Be sure to keep your avocados out of the refrigerator until they are ripe.

Southwestern Layered Bean Dip

(Recipe adapted from "Eating Well" at www.eatingwell.com)

- 1 16 oz can nonfat Refried beans, preferably "spicy"
- 1 15 oz can Black beans, rinsed
- 1/2 C prepared Salsa
- 1/2 tsp Chili powder
- 1 C shredded Monterey Jack, or Cheddar cheese
- 1 1/2 C chopped Romaine lettuce
- 1 medium Avocado, chopped
- 4 Scallions, sliced
- 1/2 tsp ground Cumin
- 1/4 C pickled Jalapeño slices, chopped
- 1/2 C reduced-fat Sour cream
- 1 medium Tomato, chopped
- 1/4 C canned sliced Black olives, (optional)

Combine refried beans, black beans, scallions, salsa, cumin, chili powder and jalapeños in a medium bowl. Transfer to a casserole dish; sprinkle with cheese. Heat until the cheese is melted and the beans are hot. Spread sour cream evenly over the hot bean mixture, then scatter with lettuce, tomato, avocado and olives (if using).

Perfect Guacamole

(Recipe adapted from "Simple Recipes" at <http://simplyrecipes.com>)

- 1 ripe Avocado
- 1 Tbs Cilantro leaves, finely chopped
- 1/4 tsp coarse Salt
- 1-2 Serrano chiles, stems and seeds removed, minced
- 1/4 ripe Tomato, seeds and pulp removed, chopped
- 1/4 Red onion, minced
- 1/2 Tbs of fresh Lime or Lemon juice
- A dash of freshly grated Black pepper

Cut avocado in half. Remove seed. Scoop out avocado from the peel, put in a mixing bowl. Using a fork, mash the avocado. Add the chopped onion, cilantro, lime or lemon, salt and pepper and mash some more.

Chili peppers vary individually in their hotness. So, start with a half of one chili pepper and add to the guacamole to your desired degree of hotness. Keep the tomatoes separate until ready to serve.

Cover with plastic wrap directly on the surface of the guacamole to prevent oxidation from the air reaching it. Refrigerate until ready. Just before serving, add the chopped tomato to the guacamole and mix. Serve with tortilla chips.

Walnut Key Lime Pie Smoothie

(Recipe adapted from "Avocados from Mexico" at <http://missavacado.com>)

- 1/2 ripe Avocado
- 3/4 C cold Water
- 1/3 C Coconut milk (reduced fat)
- juice from 1 Lime
- 1/2 small Banana
- 1/3 C Walnuts (crumbs or halves)
- 2 Tbs Honey

In a blender or using a hand blender, combine all ingredients and process until smooth. About 1 minute. Serves 1.