



The Harvest Herald

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April 19-21, 2011

Issue #562

OKG Bread Special Apr 26-28

"Rosa Lina" - a classic wild yeast sourdough made using 10% Wolfgang's whole wheat grain, water, yeast, and salt. This crusty, bubbly loaf is the baker's pride + joy!

Note! OKG will be closed on Tues, Apr 26th; OKG bread will be available for Wed/Thurs only.

Regular Harvest Box

Local! Parsnips - Similkameen River Org
Local! Fuji Apples - Harker's
BC! English Cucumber
Yellow New Potatoes - CA
Rainbow Carrots - CA
Red Leaf Lettuce - CA
Rio Red Grapefruit - CA
Navel Oranges - CA
Zucchini - MEX
Bananas - MEX

Family Harvest Box Extras

Local! Chives - Wild Flight Farm
BC! HH Cluster Tomatoes
BC! Alfalfa Sprouts
Jewel Yams - CA
Green Kale - CA
Ataulfo Mango - 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
Similkameen River Organics - Cawston
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 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.

Earth Day Contest!

Each year, people around the world make an effort to translate the spirit of Earth Day into personal (or family/workplace/faith/school/community) action. If you are doing (or NOT doing, as the case may be!) something that you feel is worthy of mention in honour of Earth Day, we'd love to hear about it! Give us a call or send us an email by midnight on Thurs, Apr 21st, and you will be added to our draw for 1 month of Urban Harvest deliveries on us!

2 caveats: 1) All submissions must come from Urban Harvest customers, and 2) We must receive a minimum of 10 responses to go ahead with the draw...so please encourage others to get involved!

Saturday Sale Customers: Earn a \$5 credit if you arrive at our sale by bike, foot, bus, or carpool!

Community Events/Notices

The Great Cloth Diaper Change Event! Celebrate Earth Day by joining the international cloth diaper community to set the world record for the most cloth diapers changed simultaneously! Prizes, vendors, workshops, info tables. Sat, Apr 23rd, 9am at Parkinson Rec Centre. 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 1st. Pre-register online at www.tidytushees.ca or come early. The "big change" is at 9:30am on the dot!

Jude's Kitchen Book Launch! Thurs, Apr 28th, 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 1st.

KIDS' YOGA! For 5-10 year-olds. Kids' Yoga classes include yoga postures, breathing & fun interactive games. Children develop strength, flexibility, coordination, concentration and deep relaxation. Sat April 30 - Sat June 11, 11:00-11:45 am, at Kelowna Yoga House (St. Paul St, downtown). \$30 for 6 weeks or \$8 drop-in. For info or to sign up, contact Melissa at 250-862-4906.

Scottiabank MS Walk Join in the annual Kelowna Walk for Multiple Sclerosis on Sunday May 1st. 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

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 5th, from 7-9pm at 853 Anders Rd. (Maternity Care Westside). Spaces are limited - please RSVP by Apr 28th to Katie at events@maternitycarewestside.com.

Sunshine Farm Annual Plant & Seed Sale! Rare and Heirloom Certified Organic Plants and seeds. Many varieties of Tomatoes, eggplant, herbs flowers, and more. 10am to 4pm, Friday, May 6th @ 2225 Saucier Road. For more info: 250 764-4810 or visit www.sunshinefarm.net.

Tangy Grapefruit Salad

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

- 1 large Grapefruit
- 1 large Orange
- 1 tsp Lemon juice
- 1 tsp Oil
- 2/3 tsp Sugar
- Salt to taste
- 1 Green chilli chopped very fine
- 2 Tbs chopped fresh Coriander

Peel and segment the grapefruit and orange. Keep inner skin on if desired. Cut each segment into 2 pieces. Mix the lemon juice, oil, salt, sugar together in a small bottle (with screw-top lid), put the lid on and shake till blended.

Put fruits, green chilli, chopped coriander into a large bowl. Add the above dressing and toss till fruits are fully coated. Serve immediately.

Potato Parsnip Latkes

(Adapted from www.epicurious.com)

- 1 large Potato
- 1 Tbs fresh Lemon juice
- 2 medium Parsnips, peeled and coarsely grated
- 1/4 C Flour
- 2 large Eggs, lightly beaten
- 3 Tbs finely chopped fresh Chives
- 3/4 tsp Salt
- 1/4 tsp Black pepper
- 3/4 C Vegetable oil

Preheat oven to 250°F. Peel potato and coarsely grate into a bowl. Add lemon juice and toss to combine. Squeeze liquid out of grated potato.

Stir potato together with parsnips, flour, eggs, chives, salt, and pepper until combined well. Heat oil in a 12-inch skillet over moderate heat until hot but not smoking.

Fill a 1/4-cup measure three-fourths full with latke mixture and carefully spoon it into skillet, then flatten to 3 inches in diameter with a slotted spatula. Form 3 more latkes in skillet, then cook until golden, about 1 1/2 minutes on each side.

Transfer latkes with spatula to paper towels to drain. Keep warm on a rack set in a shallow baking pan in oven. Make more latkes in same manner, in batches of 4, with remaining mixture.

Easter Fun in the Kitchen

Easter is the buzz word for this month. We hear it everywhere from the Easter bunny, Easter egg hunts, to coloured Easter eggs. But there is another tradition that comes along with Easter that involves the kitchen, the kids, and some creativity: bread baking.

Tsoureki

(Recipe adapted from "Delish" at www.delish.com)

Greek Easter bread is called Tsoureki. It is a beautifully braided bread that is often an Easter gift from children to their godparents. Coloured eggs are placed in the braided bread and baked for a beautiful (and delicious) effect.

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| 3 1/4 tsp dry Active yeast | 1/3 C light Brown sugar |
| 1 C Milk, warmed to 110°F | 5 1/2 C Flour |
| 1 1/2 Tbs Lemon zest | 1 1/2 tsp Anise seed, crushed |
| 1 tsp Salt | 7 large Eggs, 3 left whole and dyed red |
| 6 Tbs Butter, melted and cooled | 1 large Egg white, lightly beaten |

Coat a large bowl with oil, set aside. Dissolve yeast and 1 Tbs of brown sugar in the heated milk in a small bowl. Combine 4 1/2 C of flour, the remaining sugar, zest, anise, and salt in the bowl. Add the 4 plain eggs, the yeast mixture, and the melted butter and mix until a firm dough forms, adding more flour if necessary. Transfer dough to a lightly floured surface and knead by hand until it is soft and elastic - about 20 minutes. Form the dough into a ball and transfer it to the prepared bowl, turning to coat all sides with oil. Cover with a clean, damp kitchen towel and set aside to rise in a warm, draft-free place until it doubles in volume - about 1 hour. Preheat oven to 350°F. Punch down dough, turn out onto a lightly floured board, and divide into three equal parts. Using the palms of your hands, roll out one piece to create a 2 1/2-foot-long rope. Repeat with the remaining 2 dough pieces. Braid the three strands together and seal the ends under each other to create a circle. Transfer to a baking sheet. Place the dyed eggs, evenly spaced, in the grooves of the braid, cover with a towel, and let rise until doubled - about 40 minutes. Brush the loaf with the beaten egg white and bake at 350°F until loaf is golden and sounds hollow when tapped - about 30 minutes. Transfer the finished loaf to a wire rack to cool. Serve at room temperature.

Ukrainian Paska Bread

(Recipe adapted from "Suburban Grandma" at <http://suburbangrandma.com>)

Paska is a popular Ukrainian Easter bread that represents a family's prosperity for the coming year. Traditionally, to ensure a perfect loaf, the baker of this bread must keep his/her thoughts pure and the household must remain quiet. No strangers are allowed in the house while the bread is being made to ensure that they don't threaten the family's fortune.

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| 1 tsp Sugar | 1 C lukewarm Water |
| 1 package dry granular Yeast | 3 C scalded whole Milk, lukewarm |
| 5 C Flour | 6 Eggs, beaten |
| 1 C Sugar | 1/2 C melted Butter |
| 1 tsp Salt | 1 Tbs Orange zest |
| 1 tsp Lemon zest | 6 C Flour |

Dissolve the sugar in the lukewarm water and sprinkle the yeast over it. Let it stand for 10 minutes. Combine the yeast with the lukewarm milk and add the 5 C of flour. Beat well until smooth. Cover and let the batter rise in a warm place until light and bubbly. Add the beaten eggs, sugar, melted butter, salt, and orange and lemon zest. Mix thoroughly. Knead until the dough no longer sticks to the hand - add flour as needed. Turn the dough on a floured board and knead until smooth and satiny. Place in a bowl, cover, and let it rise in a warm place until double in bulk. Punch down and let it rise again. Grease two loaf pans. Divide the dough into 3 parts - two for loaves and one for ornamental decorations. You can make ornamental decorations for your Paska, such as a cross, braids, rosettes, twisted swirls, cones, etc. Once your loaves are decorated, dip a pastry brush in whole milk, and gently brush the bread tops, and ornaments, to give them a nice golden color once baked. For a darker shade, you may use a wash made out of one egg beaten with 2 Tbs. of water. Set the loaves in a warm place, once more, until almost double in bulk. Preheat you oven to 400°F, and bake the bread for 10 minutes. Lower the temperature to 350°F, and bake for 30 minutes longer, or until done. Remove the loaves from the pans, and cool completely.