



# The Harvest Herald

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Place Orders On-line at: [www.urbanharvest.ca](http://www.urbanharvest.ca)

Apr 2-4, 2013

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## OKG Bread Special Apr 9-11

Carrot & Caraway. This customer favourite combines sweet, shredded carrots and fragrant toasted caraway seed on a whole wheat sourdough base. Incredibly moist interior and beautifully caramelized crust!

## Regular Harvest Box

LOCAL! Sweet Orin Apples - Harker's  
LOCAL! Corn Salad - Wild Flight Farm  
LOCAL! Rutabaga - Wild Flight Farm  
Carrots - CA  
Black Kale - CA  
Broccoli - CA  
Green Leaf Lettuce - CA  
Tangelos - CA  
Navel Oranges (mini order) - CA  
Bananas - MEX  
Avocados, Fair-Trade - MEX

## Family Harvest Box Extras

BC! English Cucumber - Origino  
Jewel Yams - CA  
Rio Red Grapefruit - MEX  
Beets - MEX  
Red Grape Cherry Tomatoes - MEX



## This Week's HomeGrown Heroes

*Stay tuned!! Early spring is the time of year when our percentage of local produce is at an annual low (storage crops have dwindled and early spring crops are not on yet)...but in just a few more weeks, we will start to see more local greens, and once we hit June/July, you'll see many more local options!*

Blackbird Organics - Cawston  
Green City Acres - Kelowna  
Harker's Organics - Cawston  
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.*

## Upcoming Saturday Sale Guest Vendors - April

- **Apr 6<sup>th</sup> - The Olive Oil Merchant** - Italian new-crop olive oil releases, Balsamic vinegars, sundried tomatoes, olives, farro, and more, all purchased direct from small farms in Italy.
- **Apr 6<sup>th</sup> - Chef Giulio Piccioli** will once again be on-site, with culinary inspiration and creative tips for making best use of the different veggies in our store! Be sure to pick his brain a little...what better way to pass the time in the line-up?! **Interested in cooking classes with Chef Giulio?** Have a look in the City of Kelowna's Spring Recreation Guide - you'll find some listed there!
- **Apr 6<sup>th</sup> - PowerPlant Whole Foods** will be on-site demo'ing their healthy, tasty, raw, plant-based nutrition bars and spreads. This is a great chance to taste them if you haven't yet!
- **Apr 13<sup>th</sup> - Raw Delights** - Healthylicious Raw Vegan Organic Natural Food - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more...
- **Apr 13<sup>th</sup> - Café Feminina** coffee and super-sweet, cuddly felted animals, both sold by the Canadian Federation of University Women as a fund-raiser for their scholarship fund (coffee is purchased at above fair-trade prices from women's producer cooperatives, with proceeds going to fund the CFUW's scholarship program).
- **Apr 20<sup>th</sup> - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, seaweed products, healthy oils, and more! See [www.realrawfood.com](http://www.realrawfood.com) for more info.
- **Apr 20<sup>th</sup> - Swheatgrass FROZEN Organic Wheatgrass Cubes!** Wheatgrass is full of antioxidants, stimulates metabolism, and alkalizes the body. Locally grown, using certified organic seeds and soil, filtered water, and NO fertilizers or pesticides!
- **Apr 27<sup>th</sup> - 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](http://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.

## Community Events/Updates

**Okanagan Car Share Co-Op Ready to Launch Apr 2!** Carsharing is becoming common all across Canada, with successful car shares in Vancouver, Victoria, Nanaimo, and even the Kootenays. This is the first car share in Kelowna, and "OGO" needs interested people to join now, so they can reach a goal of 40 members by Apr 2<sup>nd</sup>. Even if carsharing might not accommodate your needs at the moment, you can still support this initiative by becoming a member and helping to spread the word! Please visit [www.oqocarshare.ca](http://www.oqocarshare.ca) for more info and to learn how to become a member.

**Mozart and Friends in the Afternoon** Presented by Early Music Studio, with coffee and pastry, at 2 p.m. Sunday, April 14, 2013 at Bottega, 4448 Sallows Road. Tickets at Mosaic Books or [www.brownpapertickets.com](http://www.brownpapertickets.com) Adults \$25, Students and Seniors \$22

In Mozart's 18th Century Vienna there were plenty of clocks, but few watches. Our perception of time's passage has changed radically in two hundred years, but the Early Music Studio has the antidote to all that haste—it is music played as it was intended on instruments made like those of the era. Early piano player Susan Adams and guitarist Clive Titmuss play Mozart and Fernando Sor in a concert which echoes the intimate performances of the period. There's also an exhibit of early guitars and Okanagan landscape photos by Bruce Kemp and Laurie Carter. Enjoy a breath of spring!

**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 [krickyp1@gmail.com](mailto:krickyp1@gmail.com), or call 778-363-2969. Volunteers welcome!

## Smashed Chickpea & Avocado Salad Sandwich

(Adapted from [www.bigflavorstinykitchen.com](http://www.bigflavorstinykitchen.com))

- 1 (15 oz) can Chickpeas or garbanzo beans
- 1 large ripe Avocado
- 1/4 C fresh Cilantro, chopped
- 2 Tbs chopped Green onion
- Juice from 1 Lime
- Salt and Pepper, to taste
- Bread of your choice

Fresh spinach leaves or other sandwich toppings: lettuce, tomato slices, sprouts, etc.

Rinse and drain the chickpeas. In a medium bowl, using a fork or potato masher smash the chickpeas and avocado together. Add in cilantro, green onion, and lime juice. Season with salt and pepper, to taste. Spread salad on bread and top with your favorite sandwich toppings.

## Roasted Beets and Carrots with Cumin Vinaigrette, Chickpea Purée, and Flatbread

(Adapted from [www.epicurious.com](http://www.epicurious.com))

- 10 medium Beets, cleaned, trimmed
- 5 Tbs plus 1/2 C extra-virgin Olive oil, divided
- 1 tsp Salt
- 2/3 C Water
- 6 medium Carrots with green tops
- 2 tsp fresh Thyme leaves
- 1 1/2 tsp Cumin seeds
- 3 Tbs Red wine vinegar
- 1/2 C fresh Parsley leaves
- 1/4 C thinly sliced Shallots (about 1 large)
- 4 tsp fresh Lemon juice, divided
- Chickpea puree
- 6 purchased Flatbreads

Preheat oven to 400°F. Place beets in roasting pan; drizzle 2 Tbs olive oil over. Sprinkle with 1 tsp salt; toss. Add 2/3 C water to pan. Cover with foil. Roast until tender, about 45 minutes.

Meanwhile, trim green tops from carrots to 1 inch. Peel carrots and cut into thirds crosswise, then quarter lengthwise. Place carrots on rimmed baking sheet. Drizzle with 3 Tbs olive oil and sprinkle with thyme, salt, and pepper; toss to coat. Roast until carrots are tender and beginning to brown, stirring occasionally, about 20 minutes. Cool carrots and beets.

Using fingers, rub peel off beets. Cut each beet into 6 wedges. Place beets in medium bowl. Stir cumin seeds in dry skillet over medium heat until lightly toasted, about 2 minutes. Transfer 3/4 tsp cumin seeds to mortar or spice mill; grind finely. Place whole cumin seeds, ground cumin, and vinegar in small bowl; whisk in 1/2 C oil. Season vinaigrette with salt and pepper.

Add parsley, shallots, 2 tsp lemon juice, carrots, and 2/3 of cumin vinaigrette to bowl with beets; toss to blend. Season beet mixture with salt and pepper. Place generous dollop of chickpea puree and 1 flatbread on each of 6 plates. Spoon beet-carrot mixture alongside. Serves 6.

## Spring Cleaning – Inside and Out

Spring is a time of new beginnings. While many of us take the time to spring clean our house, it is also a great time to spring clean ourselves. Here are some tips on how to renew your house as well as your life (adapted from [www.fitsugar.com](http://www.fitsugar.com)).

- **Bring Your Workout Outdoors** Now that the weather is nice, bring your workout routine outdoors. Enjoy the fresh air and sunshine while you hike, bike, or run.
- **Say Goodbye to Germs** Spring cleaning helps get rid of the germs and dust that have built up over the winter. A clean space also makes us happier and more productive.
- **Check In With Your Doc** Spring is also a great time to check in for a check-up with any of your health caregivers - doctor, dentist, naturopath, optometrist etc... Prevention is the best medicine!
- **Give Your Body a Natural Detox** There are many different types of detox programs out there. But increasing your exercise, cutting out alcohol and refined sugars, and eating a healthy diet are great steps too.
- **Turn Your Kitchen into a Healthy Space** Cleaning the house is a great step, but cleaning out your cupboards and kitchen of processed and unhealthy products will feel even better. Replace it all with whole natural foods instead.

Below are some recipes to get you started.

## Kale Salad with Tangerines and Almonds

(Recipe adapted from "Gluten Free Goddess" at <http://glutenfreegoddess.blogspot.ca>)

- 2 C cooked Quinoa
- 1 bunch dinosaur Kale, washed, patted dry
- 2 fresh Tangerines
- 2 Tbs Agave or Brown rice syrup, to taste
- 1 Garlic clove, minced
- 1/4 C roasted Almonds
- extra virgin Olive oil, as needed
- Sea salt, to taste
- 1 Tbs Tamari sauce
- 1 tsp grated fresh Ginger
- fresh cracked Pepper

Fluff the cooked quinoa and drizzle with a little extra virgin olive oil to moisten. Prepare the kale by washing, removing the rib, slicing into ribbons, massaging with extra virgin olive oil and sea salt, to taste. Peel the tangerines and separate the wedges. Save half a tangerine for the juice. In a cup, whisk the juice from half a tangerine with the tamari sauce, agave, ginger and garlic. Sprinkle over the kale and toss to distribute. Add the kale to the quinoa and toss. Add the remaining tangerine wedges. Add a grind of black pepper, to taste. Taste test. Adjust seasoning if you need to. Just before serving add the roasted almonds and toss gently. Serve immediately at room temperature. (May be chilled ahead of time; add almonds right before serving to keep them crisp.) Serves 4.

## Roasted Rutabaga Salad with Charred Onion and Toasted Pistachios

(Recipe adapted from "Elissa Goodman" at <http://articles.elissagoodman.com>)

- 1 large Rutabaga, peeled and thinly sliced (about 1/4 inch thick)
- 4 Tbs extra virgin Olive oil
- 2 tsp Salt
- 2 Tbs toasted Pistachios, crushed with a knife
- 6 C Wild arugula
- 4 tsp Apple cider vinegar
- 1 C very finely diced Onion
- 1 tsp chopped fresh Thyme

Preheat the oven to 400°F. In a mixing bowl, combine 3 Tbs of olive oil with 2 tsp of apple cider vinegar and 1 tsp each of salt and pepper and mix with a whisk. Brush the marinade on the rutabaga slices and arrange in a single layer on baking sheets (you may need to do 2 rounds). Bake rutabagas for 8-12 minutes or until they become tender in the middle. Remove and allow to cool. Meanwhile, heat a stainless-steel saute pan with the remaining olive oil. When the oil gets very hot, add the onions and cook for about 8-10 minutes or until they are very brown. Halfway through the cooking, add the remaining teaspoon of salt and pepper. Deglaze the onions with the remaining apple cider vinegar. Reduce the vinegar for 2 minutes and remove from heat. Stir in the thyme. Let the onions and the rutabaga cool. Divide the arugula into four bowls. Top with rutabaga and onion mix. Sprinkle with pistachios. If needed, drizzle with a little olive oil and serve. Serves 4.

~ Article & Recipes Contributed by Angela Cleveland ~