



# The Harvest Herald

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Apr 23-25, 2013

Issue #661

## OKG Bread Special Apr 30-May2

To be announced

## Regular Harvest Box

LOCAL! Fuji Apples - Harker's  
LOCAL! Lettuce Mix - Wild Flight Farm  
LOCAL! Spring Mix - Wild Flight Farm  
BC! Sweet Orin Apples  
BC! HH Tomatoes - Origino  
Carrots - CA  
Rainbow Chard - CA  
Navel Oranges - CA  
Red Peppers - MEX  
Zucchini - MEX  
Bananas - MEX

## Family Harvest Box Extras

LOCAL! Rutabaga - Wild Flight Farm  
BC! English Cucumber - Origino  
Broccoli - CA  
Strawberries - CA  
Lemons - CA

## Upcoming Saturday Sale Guest Vendors

- **Apr 27<sup>th</sup> - Wolfgang's Grain & Flour Mill** - organic whole grains and freshly milled flours.
- **May 3<sup>rd</sup> - The Olive Oil Merchant** - Italian new-crop olive oil releases, Balsamic vinegars, sundried tomatoes, olives, and other delectables, all purchased direct from small farms in Italy.
- **May 3<sup>rd</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!

We are open every Saturday, year-round, from 9am - 1pm at 806 Crowley Ave (north end of downtown Kelowna). Please see [www.urbanharvest.ca/sale](http://www.urbanharvest.ca/sale) for a map to our location and our updated produce list.

## Thanks to Our Eco-Heroes & Stream Cleaners!

Last week, we invited you to share some Earth Day inspiration with us, by telling us what you do at home and at work to lighten your load on the environment. Thanks to all who responded - you are amazing! View responses at [www.urbanharvest.ca](http://www.urbanharvest.ca) OR on the Urban Harvest Facebook page. \*\*Also, BIG THANKS to those who volunteered their Saturday morning to be part of our stream clean team!

## Community Events/Updates

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

**Kelowna Health Show** - Apr 27/28 at the Kelowna Curling Club. Saturday 10am to 6pm and Sunday 10am to 5pm. Follow on Twitter @TheHealthShows and 'Like' on Facebook for free tickets & contests. First 100 attendees through the door receive a special gift! <http://TheHealthShows.com>.

**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 (the Urban Harvest team) have worked with Rhonda and Troy for a staff retreat and had an amazing experience - this will be a powerful event! Details here: [www.EmbraceThisJourney.com](http://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](http://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](http://www.theatrekelowna.org).

**Salmon Confidential - A Film Screening** "Learn about our changing coastal ecology, grassroots science-based activism, and the inner workings of government agencies tasked with overseeing our fish and the safety of our food supply." This is a film for all who eat salmon! The Council of Canadians (Kelowna Chapter) presents Q & A with filmmaker Twyla Roscovich. 7pm, Wed, May 1, 2013 at the Okanagan College Lecture Theatre (1000 KLO Rd.). Suggested donation \$5.

**Hands in Service presents Living Salads** - Bringing the outdoors "in" to clients whose health and mobility prevents them from getting "out". Plans are underway to provide 75 -100 clients with planters full of tomato, parsley, chives, leaf lettuce and swiss chard by the end of May. Also seeking experienced gardeners to volunteer over the growing season to assist clients with their planters. To learn more: <http://www.handsinservice.ca/wordpress/category/news/>. To volunteer: [www.handsinservice.ca/volunteer](http://www.handsinservice.ca/volunteer), or contact 250 861-5465; [info@handsinservice.ca](mailto:info@handsinservice.ca)



## This Week's HomeGrown Heroes

Blackbird Organics - Cawston  
Green City Acres - Kelowna  
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.*

## Zucchini-Quinoa Lasagna

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

- 2 large Zucchini, cut lengthwise into 12 ¼-inch-thick slices
- 1 tsp Salt
- 2 C low-sodium Vegetable broth
- 1 C Quinoa, rinsed and drained
- 1/2 C Tomato sauce
- 1/4 C finely chopped Onion
- 1 tsp dried Oregano
- 1/4 C fresh Basil leaves, chopped
- 1/4 C fresh Parsley leaves, chopped
- 2 Tbs nondairy Cream cheese, optional
- 1 25-oz. jar Marinara sauce
- 1/2 C shredded nondairy Cheese, optional

Preheat oven to 400°F. Place zucchini slices on bed of paper towels. Sprinkle with salt, cover with paper towels, and let stand to release moisture while preparing quinoa. Bring broth, quinoa, tomato sauce, onion, and oregano to a boil in saucepan. Cover, reduce heat to medium-low, and simmer 25 minutes, or until all liquid is absorbed. Remove from heat, and stir in basil, parsley, and cream cheese, if using. Spoon 1/3 cup marinara sauce over bottom of 8-inch square baking dish. Blot remaining moisture and salt from zucchini slices, and lay 4 zucchini slices over marinara sauce in pan. Spoon half of quinoa over zucchini, and cover with 1/3 cup marinara. Repeat with 4 more zucchini slices, remaining quinoa, and 1/3 cup marinara. Top with remaining 4 zucchini slices, remaining marinara, and shredded cheese, if using. Bake lasagna 30 minutes, or until zucchini is tender and top is bubbly.

## Spicy Vegan Zucchini and Tomato Stew with Garlic and Mint

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

- 2 tsp Olive oil
- 1 medium Onion, cut into 1-inch chunks
- 1 large Zucchini, cubed (6 cups of cubes)
- 2 cloves Garlic, minced
- 1/2 tsp ground Cinnamon
- 1/4 tsp ground Cumin
- 1/4 tsp Turmeric
- 1/4 to 1/2 tsp Cayenne pepper, to taste
- 2 C cubed fresh Tomatoes, seeded (do not peel), or 1 14-oz can chopped tomatoes
- 1/2 to 1 tsp Agave nectar, to taste
- Salt, to taste
- 1 tsp fresh Mint leaves, or 1/2 tsp dried mint

In a small (4-quart) tall-sided sauce pan, heat the oil over medium heat. Add the onions and zucchini, and cook, stirring frequently, for 3-4 minutes, until the onions are translucent and the zucchini is slightly softened. Stir in the garlic, cinnamon, cumin, cayenne and turmeric, and cook for 2 minutes. Then, add the tomato, and stir well. Reduce the heat to simmer, and cook, uncovered, stirring occasionally, for 20 minutes. Taste, and add agave nectar and salt, along with the mint. Continue cooking, uncovered, for 15-20 minutes, until the liquid has reduced by half. Serve hot or at room temperature, over brown or white rice. Or, cool completely, and refrigerate.

## Simply Raw

We all know that chard is good for us. Recent research tells us that chard leaves contain at least 13 different antioxidants as well as phytonutrients that have blood sugar regulating, anti-inflammatory, and detoxification properties. It is also an excellent source of vitamins C and K. It is rich in vitamins such as niacin, vitamin B-6, thiamin, and pantothenic acid, and minerals such as copper, calcium, sodium, potassium, iron, manganese, and phosphorus. It is important to note that chard, along with other greens such as spinach, are high in oxalic acid which combines with minerals such as calcium and iron and alters them so that are not easily absorbed into the body. However, keeping this in mind, chard can be enjoyed for its other benefits, including its taste. Here are some salad recipes that feature raw chard with complementary dressings.

### Raw Chard Salad with Orange Walnut Dressing

(Recipe adapted from "Harmonious Kitchen" at <http://harmoniouskitchen.wordpress.com>)

- 1 bunch of Chard
- 1/4 C Orange juice
- 2 Tbs Honey
- Salt and Pepper
- Handful of Raisins
- 1/4 C Walnuts
- 1 Tbs Dijon
- 1/2 C Olive oil
- drizzle Balsamic vinegar

Blend all the dressing ingredients until very smooth. Cut a bunch of chard into very thin strips. Add to a bowl with half the dressing and a handful of raisins. Let sit for an hour before serving.

### Raw Chard Salad with Creamy Maple Mustard Dressing

(Recipe adapted from "Lunch Box Bunch" at <http://kblog.lunchboxbunch.com>)

- 1 tsp Apple cider vinegar (you can substitute this with lemon juice if necessary)
- 1/8 tsp (or just a few pinches) or fresh Orange or Lemon zest
- 1 bunch Chard
- 2 tsp whole/coarse grain Mustard
- 1 tsp Maple syrup
- pinch of fine Black pepper
- optional\*: squeeze of Lemon juice
- \*additional spices you may want to try: garlic powder, coriander, turmeric, onion powder, nutritional yeast - dried or freshly chopped jalapeno, garlic or parsley.
- Creamy Maple Mustard Dressing:
  - 2 tsp Mayonnaise
  - pinch of Salt (to taste)
  - pinch of Cayenne powder

#### Dressing notes:

- If your chard is an extra large bunch, or you just like more dressing, double the recipe.
- choose a spicy whole grain mustard if possible, otherwise you can add in a 1/2 tsp spicy Dijon mustard in addition - or a few extra dashes of cayenne. The spicy kick is a nice compliment to the sweetness of the maple

Rinse your chard in cold water - each leaf should be well rinsed to remove any sandy residue. Chop off any brownish ends on the stem. Pat leaves dry with a paper towel or you can use a salad spinner to help dry once they are chopped. Thinly slice the chard into ribbons. Add to a large mixing bowl. Whisk together your dressing in a small cup. Pour over top greens and toss well. Pour into serving bowl and cover. Place in the fridge to chill for at least one hour before serving. Greens should be eaten within 8 hours of preparing. Serve chilled. Add fresh lemon or orange zest over top to serve. Serves 2-3.

### Chard Salad with Raisins and Walnuts

(Recipe adapted from "The Kitchn" at [www.thekitchn.com](http://www.thekitchn.com))

- About half a large bunch of Chard
- 1/4 C Red wine
- 2 Tbs dark Brown sugar
- 3/4 C Walnuts
- 1/4 C fresh-grated Parmesan cheese
- 1/4 C Olive oil
- 1/4 C Orange juice
- 1/2 C Raisins
- Salt and Pepper

Wash the chard well and let dry. Fold the leaves in half and slice away the tough stalk. Discard or compost. Cut the leaves in half, lengthwise, then slice into fine ribbons. You should have about 4-6 cups of finely sliced chard. Put the walnuts in a small, heavy frying pan over medium heat and toast for about five minutes, shaking to keep them from burning. Add the raisins to the pan right at the end just to warm them through. Whisk the sugar, olive oil, wine, and orange juice together and taste. Adjust to taste and add salt and pepper. Toss the raisins, hot walnuts, chard and dressing all together. Distribute among individual salad bowls and sprinkle Parmesan on top. Serves 4.