



The Harvest Herald

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April 24-26, 2012

Issue #612

GO GREEN! It's time to sign your team up for Bike to Work Week at smartTRIPS.ca (open to all)! Live in the South Pandosy area? Register online, and start tracking your car-free trips - for fun, for health, for the environment...and prizes!

OKG Bread Special May 1st-3rd

Beer & Barley Loaf! A malty, slightly nutty flavoured loaf made with Crannog Ale's organic "Back Hand of God" ale, and barley flour. Perfect for sandwiches!

Regular Harvest Box

(more local product coming next week!)

LOCAL! Sweet Orin Apples - Harker's
BC! English Cucumber - Origino
Yellow Onions - ORE
Rainbow Chard- CA
Green Leaf Lettuce - CA
Jewel Yams - CA
Broccoli - CA
Bunched Carrots - CA
Navel Oranges - CA
Bananas - MEX
Tomatoes - 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
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.

Earth Day Draw...and Some Wonderful Ideas!

We would like to congratulate *Wendy McNiven* on winning our Earth Day Draw, and share some of the wonderful ways that customers Earth Day plans customers described. In total, we received 20 entries - a great response for a short lead time! Gardening (and community gardening!) factored heavily, with almost half of all replies including a reference to gardening! Here is a sampling of the plans shared:

*handing out 10 green tips to co-workers *eating an all-organic meal *creating (or tending) a veggie garden *strolling down Bernard for window shopping & meeting friends *challenging school classes to see which has the least waste in their lunch! *walking to community garden plot with kids to start early plants *sewing projects from upcycled materials (market bags, mama cloth, cloth training pants, reusable sandwich bags, dresses for toddler...this is going to be one BUSY mama!) *print-making with son's placenta and then planting in garden to give nutrients back to the earth *starting a Facebook page (www.facebook.com/toxicfreeme) *going flea marketing to find reusables *packing (for moving!) in rented, reusable boxes *going to the Bishop Wild Bird Sanctuary for an eco-art celebration *cycling the Mission Greenway for an organic picnic + reading The Lorax with kids! *yoga/meditation focused on gratitude for Mother Earth's blessings *neighborhood clean-up *art-making inspired by the beauty of nature *Earth Day paddle at Kal Lake *purchasing Bullfrog Power *hike in Kalamoior Park *cleaning bunny pen, weeding garden, cleaning pond so birds can enjoy *breakfast potluck and composting presentation at Glenmore Community Garden! *Earth Day Multi-Faith Celebration at Unitarian Fellowship *planting a tree! *push-mowing lawn *meat-free meal *line-drying clothes

Saturday Sale Updates/Guest Vendors

- 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

When Silence is Golden - on Mining in Ghana Amnesty International presents a documentary depicting the effects on a small community in Ghana of the gold mining operations of a Canadian company. Armed military, the threat of forced relocation and threats to their water supply cause the residents great concern. Friday, April 27th, 7:30pm in Room H-115, Okanagan College, 1000 KLO Road. Admission to the film is by donation. For more information, call 250-769-4740.

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

What to Eat: Designing Your Personal Diet! by Angela Wright, RNCP of Align Nutrition. Paleo vs Vegan? Whole Grains vs Gluten-Free? Dairy vs Dairy Alternative? Healthy for All vs Healthy for you? Sometimes the whole foods diets can be just as confusing as the diet-industry diets. Join Ange for this 2-hr interactive workshop where we'll dissect many of the 'healthy lifestyle' diets, find pros + cons, determine commonalities, talk about the importance of an individual's digestion, allergies, and intolerances, and put together your own **personal whole food value system**. Emerge with a check-list of the foods that will make up your 80%! Thurs, May 10th 6:30-8:30pm, at The Woman's Place - 123-1889 Springfield Road. Members & female non-members welcome; \$20 includes HST. Register at TWP in person or by phone at 250-762-7255. More info at www.alignnutrition.com.

Coconut Milk and Brown Rice Pudding

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

- 2 1/4 C precooked short grain Brown rice
- 1 3/4 C Coconut milk (1 14 oz. can)
- 1/4 C + 2 Tbs Soy, Almond or Dairy milk
- 4-5 Tbs Agave syrup
- 2 1/2 Tbs Flour
- 3-4 Tbs Raisins (or other small dried fruit)
- 1 1/2 tsp Vanilla extract
- 1 Tbs Cinnamon, plus more for garnish
- shredded Coconut for garnish

In a pan, place the coconut milk, soy milk and agave syrup. Turn the heat up and whisk in the flour. Place the rice, raisins, and cinnamon in the milk and bring to a low simmer. Once the mixture begins to simmer, allow it to do so for 5-6 minutes stirring constantly. Remove from the heat and mix in the vanilla. Chill for an hour and a half. Sprinkle with cinnamon and shredded coconut and serve. Serves 4.

Coconut Milk Scones

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

- 2 C Flour
- 1/4 C Sugar
- 1 Tbs Baking powder
- 1/2 tsp Salt
- 1 tsp Orange zest (optional)
- 1 1/4 C canned Coconut milk
- 1 C dried Fruit (cranberries, apricots, cherries, raisins, etc.)
- Topping: Coconut milk, sugar (optional)

Preheat oven to 425°F. Line a baking sheet with parchment paper or silicone baking mat. In a mixing bowl, combine flour, sugar, baking powder and salt. Pour in coconut milk. Gently mix with a wooden spoon or a rubber spatula just until it's combined. Fold in dried fruits. Transfer dough onto a floured surface and shape into a disc about 3/4 inches in thickness. Using a sharp knife or pizza cutter, cut into 8 or 12 wedges. Place onto prepared baking sheet 2 inches apart. Brush the tops with coconut milk and sprinkle with sugar, if using. Bake for 15-20 minutes or until golden brown. Serve immediately or store them in an airtight container after they have completely cooled. You can reheat them in the toaster or the microwave oven.

Coconut Banana Smoothie

(Adapted from www.thegraciouspantry.com)

- 1 C light Coconut milk
- 1 medium Banana
- 2 Tbs dried Coconut
- 2 Tbs Chia seeds
- 1 C raw Spinach (optional)
- 2 scoops Protein powder

Blend and serve. Serves 2.

Cooking with Coconut Milk

With its creamy texture and slightly sweet flavour, coconut milk is a wonderful addition to soups, smoothies and desserts. It is a popular cooking base, especially in the cuisines of Thailand, South and Southeast Asian countries, West Africa, Hawaii, and West Indies. In addition, it has a long shelf life (without the use of preservatives) and is safe for those who are lactose intolerant. Here are some recipes that showcase the versatility of coconut milk!

Red Lentil and Yam Soup with Curry and Coconut Milk

(Recipe adapted from "Kalyn's Kitchen" at <http://www.kalynskitchen.com/>)

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| 1 Tbs Olive oil | 2 tsp crushed Ginger |
| 1 medium Onion, finely chopped (about 1 cup) | 2 tsp minced Garlic |
| 1 Tbs Curry powder | 1 1/2 C Red lentils |
| 1 large Yam, peeled and cut into 1/2 inch dice | 6 C Veggie stock |
| 1 can light Coconut milk | Sea salt to taste |
| fat-free Greek Yogurt or light sour cream, for serving (optional) | |

Heat olive oil in heavy frying pan; add the chopped onion and saute 3-4 minutes or until onion starts to soften. Add the ginger and garlic and saute 1-2 minutes more; then add the curry powder and saute one more minute. Add the onion mixture to the crockpot. Add the chopped yam and red lentils to the crockpot. Deglaze the pan with 1 cup of stock and add to crockpot along with the rest of the stock. Cook on high for 4 hours, or until lentils are starting to dissolve and yam is very soft. (You can mash or puree the soup or leave it chunky). Add 1 can of light coconut milk and cook about 20 minutes more. Season to taste with sea salt and serve hot, with fat free Greek yogurt or light sour cream if desired.

Kidney Beans and Chard in Coconut Milk

(Recipe adapted from "Live to Eat" at <http://blog.sigsviv.com>)

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| 1 large bunch Green chard (substitute any greens like spinach, kale etc) | |
| 1 can pre-cooked Kidney beans, drained and rinsed | 4 Tbs Shallots, thinly sliced |
| 1 Tbs Olive oil | 1/2 tsp Red chili powder |
| 4 large cloves of Garlic, chopped | 1 Tbs freshly squeezed Lemon juice |
| 1 pinch Turmeric powder | Salt to taste |
| 1 small can light, unsweetened Coconut milk | A few fresh Basil leaves |

Rinse the chard well. Remove the thick stalks and finely chop. Cut the leaves crosswise into 1 inch strips. Heat the oil in a pan and sauté the shallots till soft. Add the garlic, chili powder, turmeric powder and salt and sauté on low heat till the spices are cooked through. Add the beans and stir fry on medium heat for 2-3 minutes. Stir in the chard stalks and stir fry for another 2 minutes. Now stir in the leaves. Add the coconut milk and cook for 4-5 minutes stirring frequently until the chard is cooked through and most of the liquid is evaporated. Remove from the heat and stir in the basil leaves and the lemon juice. Serve warm.

Carrot Ginger Coconut Milk Soup

(Recipe adapted from "Gourmet Sleuth" at www.gourmetsleuth.com)

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| 3/4 C Green onion, chopped fine | 1 small Onion, cut in 4 pieces |
| 1 1/2 lbs Carrots cut in 1" pieces | 1 Tbs fresh Ginger root, peeled, grated |
| 2 tsp Curry powder (or to taste) | 1 14-oz can Broth |
| 1 Tbs fresh Lime juice (approx 1/2 small lime) | fresh Chives for garnish |
| 1 13.5-oz can unsweetened Coconut milk + extra for garnish | |

Place green onion, onion pieces and carrots in a food processor. Process turning on and off rapidly until the vegetables are coarse chopped. Combine chopped vegetables, grated ginger root, curry powder and broth in a large saucepan. Bring to a boil and simmer for about 20 minutes until the vegetables are very soft. Strain vegetables and reserve the liquid. Add vegetables to food processor in two batches and process until smooth. Add the vegetables, the vegetable liquid, coconut milk and lime and stir until mixed thoroughly. Refrigerate until well chilled. Taste and adjust seasonings as needed. To serve, place in wide rim bowls and garnish with fresh chives.