



The Harvest Herald

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April 26-28, 2011

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OKG Bread Special May 3-5

Quince & White Chocolate Swirl! This lovely loaf features a swirl of golden dough filled with quince marmalade, crumbly streusel and rich white Callebaut chocolate. Delicious enjoyed with a cup of fragrant herbal tea or steamed milk.

Regular Harvest Box

Local! Rutabaga - Wild Flight Farm
Local! Sweet Orin Apples - Harker's
BC! English Cucumber
Rainbow Chard - CA
Jewel Yams - CA
Carrots - CA
Romaine - CA
Navel Oranges - CA
Zucchini - MEX
Haden Mango - MEX
Bananas - MEX

Family Harvest Box Extras

BC! White Button Mushrooms
Red New Potatoes - CA
Rio Red Grapefruit - CA
Sugar Snap Peas - MEX
Red Grape Cherry Tomatoes - MEX



This Week's HomeGrown Heroes

Backyard Beans - Summerland
Blackbird Farm - Cawston
Carmelis 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
MOTAS - Kelowna
Okanagan Grocery Artisan Bakery - Kelowna
Roots & Greens Farm - Grindrod
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 30 + May 7** - no guest vendors - just us!
- **Sat, May 14 - Sat, Apr 9 - Raw Delights:** Healthylicious Raw Vegan Organic Natural Food Products - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, **AND BC Spot Prawns!** Sustainably harvested (with the Ocean Wise stamp of approval), flash-frozen at sea, from the Powell River area. Prawn tails in 1lb containers.

Earth Day Contest!

Congratulations to Kirsten Pridham and family! Kirsten was one of 16 people who submitted a description of their Earth Day activities to enter our draw to win a free month of deliveries! To read the full list of participants and their Earth Day-inspired plans, please visit our home page at www.urbanharvest.ca, and click the link "Earth Day in our Community".

Community Events/Notices

DVD Lunch/Fundraiser - for award-winning documentary by local filmmaker Marc Arellano, "Strange Fruit: A Changing Landscape in the Central Okanagan". All proceeds to support the Ecole Glenmore Elementary Garden Project. Thurs, Apr 28th, 5-6pm, at Okanagan College's Infusions Restaurant. Free munchies, cash bar, music by Tom Esson, Lee Cartier (OC Business Prof) + Curtis Stone (urban farmer, Green City Acres) speaking on issues related to agriculture and tree fruits.

1st Annual Brandt's Creek Clean-Up! Hosted by the Glenmore Valley Community Association (GVCA). Sat, Apr 30th at 9am, meet at the corner of Valley Rd and Drysdale (by Dr. Knox Middle School). Please dress appropriate to the conditions and bring work gloves. For more info, please contact Richard Wensink (Brandt's Creek Coordinator - GVCA) at 250-868-0750.

Spring into Wellness - LifeWorks Family Chiropractic is offering free consultations, including a full exam throughout the week of May 2-6. Info @ 250-868-4880 or lifeworkschiropractic.ca.

Scotiabank 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.

Kelowna Waldorf School May Day Celebration and Open House, 429 Collett Road, Kelowna, BC, 1 - 3pm, Friday, May 6th - Community Event Open to the Public. Events include: Maypole Dancing, Grade School Games, Early Childhood Events, "Frog King" Puppet Show at 2pm, Tours of the School @ 2:30. Info @ 25-764-4130, speak with Pam MacRae.

Parmesan Encrusted Zucchini

(Recipe adapted from "Kalyn's Kitchen" at www.kalynskitchen.com)

4 medium Zucchini
Salt, for cooking zucchini
1 Tbs Butter, melted
2/3 C coarsely grated Parmesan cheese, more or less
to taste

Fill a medium pot with water, add a generous amount of salt and bring to a boil. Wash zucchini skins and cut zucchini into strips about 3 inches long and 1/2 inches thick. Add zucchini to water and cook until barely tender, about 3-4 min. Drain well and plunge into ice water to stop the cooking, then drain in colander for 2-3 min. Remove from colander and place in single layer on cutting board; pat dry with paper towels.

While zucchini cooks, preheat broiler and adjust the rack so it is six inches away from the heat. Line a baking sheet with parchment paper. Arrange zucchini on broiler pan in rows, close together, skin side down. (Try to leave just a crack between each piece so the cheese can run down a tiny bit.) Brush zucchini with melted butter if using. Sprinkle parmesan cheese over zucchini, trying to get most of the zucchini covered.

Put zucchini under broiler and cook until cheese is completely melted and well-browned, about 15 minutes, or perhaps a little more, depending on how hot your broiler is and how close the pan is to the heat source. Serve hot or warm.

Carrots and Zucchini with Basil

(Recipe adapted from "Basic Recipes" at <http://basic-recipes.com>)

3 medium Zucchini
2 Tbs Butter
2 Tbs Olive oil
6 Carrots
3 Basil leaves, washed, patted dry and chopped
Salt and pepper, to taste

Garnishes:

Tomato wedges
Whole basil sprigs

Wash zucchini and cut into 1/4" strips. Put zucchini strips in colander; sprinkle with salt. Let stand 10 minutes to extract bitter juices.

Meanwhile, melt butter in a heavy skillet. Add oil and heat. Rinse zucchini under running cold water and thoroughly pat dry. Wash carrots and cut into 1/4" strips. Add carrots to skillet; saute 6 to 7 minutes, stirring, over high heat, or until barely tender crisp. Turn heat down to medium and add zucchini. Cook, stirring, another 4 minutes.

Remove from heat; stir in chopped fresh basil. Add salt and pepper. Spoon onto heated serving platter. Garnish with tomato wedges and whole basil sprigs.
Serves 4-6.

Honey for Health

If you are looking for a sweetener for your baking or cooking, reach for the honey jar. Unlike refined sugar, which is processed and stripped of protein, nitrogen elements, enzymes, and vitamins, honey is natural and full of vitamins and antioxidants. Honey has a good GI value (glycemic index) because it is gradually absorbed into the bloodstream and does not result in a spike in blood sugar that refined table sugar may cause. Because honey is sweeter than sugar, less honey is needed to sweeten the same quantity of food item (cereals, cakes, pies, tea, coffee, etc). It has been used for centuries as an effective home remedy for problems including arthritis, bad breath, and coughs.

Here are some interesting facts about honey (adapted from www.benefits-of-honey.com) and some great recipes to try.

- With about 18% water and a pH of 3-4, honey is very stable and can last for literally centuries when stored properly.
- While empty calories from refined sugar contribute health issues and obesity, honey reduces fatty accumulations in our cardiovascular system.
- Honey is a monosaccharide, the simplest form of sugar that cannot be further broken down, passing directly from the small intestine into the blood stream without causing any irritancy to our digestive system as sucrose does.
- Honey is the most ideal fuel for burning our body fat stores during sleep due to its 1:1 ratio of fructose and glucose.
- As the most superior burn treatment, honey relieves pain effectively and heals wound faster with minimal scarring.
- Honey contains vitamins and antioxidants; in fact one unique antioxidant called "pinocembrin" is only found in honey.

Honey Roasted Rutabaga

(Recipe adapted from "Modern Beet" at www.modernbeet.com)

1 large Rutabaga, peeled
3 Tbs Honey
3 Tbs Butter

Preheat oven to 400°F. Slice the rutabaga horizontally into 3/4 inch rounds. Slice each round into 3/4 inch pieces. Cut pieces in half horizontally if large. Combine butter and honey in a medium-large bowl. Heat for 30 seconds or so until butter is melted. Stir to combine. Add rutabaga slices and toss to coat evenly. Spread rutabaga pieces onto a lightly oiled or parchment lined baking sheet. Roast 35-40 min, stirring every 10 min, until slices have golden brown spots and are crispy around the edges.

Mary's Baked Swiss Chard

(Recipe adapted from "Open Farms" at <http://openfarms.ca>)

Butter
1 head Chard cooked, drained and chopped
1 C Milk
1/2 tsp Salt
1/2 tsp Pepper
fine Bread crumbs
1/4 C Butter
1/4 C Flour
2 Eggs
1/2 C Parmesan cheese

Heat oven to 375°F. Place pan of water 1" deep in oven. Coat casserole dish with butter, sprinkle with bread crumbs to coat bottom and sides of dish. Set aside. For white sauce, heat 1/4 C butter, when melted sprinkle in flour, salt and pepper. Stir to mix. Add 1 cup milk gradually stirring to blend. Stir constantly until thickened. Add chopped cooked chard, eggs, and cheese. Work with wooden spoon until mixture is smooth. Spoon into prepared casserole dish. Place dish in pan of hot water in preheated oven. Bake 45 minutes to an hour or until top is set.

Baked Yams with Ginger and Honey

(Recipe adapted from "All Recipes" at <http://allrecipes.com>)

9 Yams, peeled and cubed
3 Tbs grated fresh Ginger
1 tsp ground Cardamom
1/2 C Honey
2 Tbs Walnut oil
1/2 tsp ground Black pepper

Preheat oven to 400°F. In a large bowl, combine the yams, honey, ginger, oil, cardamom and pepper. Transfer to a large cast iron frying pan. Bake for 20 minutes. Turn the mixture over to expose the pieces from the bottom of the pan. Bake for another 20 minutes, or until the yams are tender and caramelized on the outside.