



The Harvest Herald

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Place Orders On-line at: www.urbanharvest.ca

April 3-5, 2012

Issue #609

OKG Bread Special April 10-12th

Apricot & Semolina Baton. The flour used in this loaf gives the crumb a creamy texture; the flecks of apricot provide a hint of sweetness. A bread perfect for toasting and topping with honey.

Regular Harvest Box

LOCAL! Rutabaga - Wild Flight
LOCAL! Carrots - Green Croft/Kirbydale
LOCAL! Red Russian Garlic - Klippers Organics
LOCAL! Yellow/Red (mini) Onions - Similkameen River
LOCAL! Sweet Orin Apples - Harker's
BC! Red Potatoes - Across the Creek Organics
Rainbow Chard - CA
Navel Oranges - CA
Romaine Lettuce - CA
Mango - MEX
Bananas - MEX

Family Harvest Box Extras

LOCAL! Red Cabbage (end of season!) - Green Croft
LOCAL! Corn Salad (winter salad green) - Wild Flight
LOCAL! Pink Lady Apples - Harker's
Celery - CA
Broccoli - CA
Cherry Tomatoes - MEX



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green Croft Gardens - Grindrod
Harker's Organics - Cawston
Kirbydale Farm - Edgewood
Klippers Organics - Cawston
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Similkameen River Organics - Cawston
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.

Regular Delivery Schedule Next Week!

We would like to let you all know that we will be operating on our normal delivery schedule next week as Easter Monday is NOT a stat holiday, and our deliveries are not affected by the Good Friday holiday.

Our Saturday Sale will be open as usual (9am to 1pm) - anybody who comes in a full bunny suit will get free stuff for sure! (heehee...we DARE you!)

Wishing you all a wonderful long weekend, and a Happy Easter!

Community Events/Notices

The Kelowna Breastfeeding Cafe strives to be a relaxed, non-judgemental and informative place for moms to find breastfeeding support. Whether you are an expectant mom, brand new mom, or a more seasoned mom, we welcome you! Enjoy a free tea/coffee and come out to create relationships with other moms in your community. Join us to discuss challenges or concerns, share triumphs, and swap "secrets" you have discovered on your breastfeeding journey. We look forward to meeting all you fabulous moms, babies, and mamas to be! Please 'like' our page on Facebook under Kelowna Breastfeeding Cafe or email breastfeedingiscool@gmail.com for more info on dates.

Live Food and Nutrition Course - a 5 class series on raw food preparation basics and fundamentals in vegan and raw food nutrition. Instructor Guylaine Lacerte is a Raw Food Educator and Nutrition Coach with 35 years experience in the raw food lifestyle. Starts April 15th. For more info, email: therawfoodpath@gmail.com or visit: www.therawfoodpath.com or call at 250-469-2265.

Volunteers Needed in the Okanagan! Volunteers are needed to help with FarmFolk CityFolk's 'Meet Your Make Okanagan' event on Monday, April 16th, in Westbank.

Meet Your Maker Okanagan is a unique and important event intended to create a space for local food producers (ranchers, farmers, fishers, artisans) to meet with local buyers (caterers, chefs, retail outlets and distributors) in order to encourage strong business relationships and create a more resilient food system in the region. This is done with keynote speakers, interactive workshops, structured networking and, best of all, a delicious potluck lunch with items contributed by the registrants!

Event date: April 16th, 2012
Time: Volunteers are needed from 8am-5pm
Location: Westbank Lions Hall, Westbank, BC

Volunteers are needed to help with serving a delicious potluck lunch, registering attendees, assisting speakers and set up/take down.

Interested? Questions? Email Jennifer Vincent at okfeast@farmfolkcityfolk.ca with your name, contact information, if you happen to have your FoodSafe and/or First Aid.

Visit www.getlocalbc.org/meet-your-maker-okanagan for more information about the event.

Tofu and Chard Stacks

(Adapted from www.myrecipes.com)

Tofu:

- 2 Tbs Soy sauce, low sodium
- 1 Tbs Mirin (sweet rice wine) or balsamic vinegar
- 2 tsp Rice vinegar
- 1 tsp Honey
- 1 (12.3 oz.) pack reduced-fat firm Tofu, drained

Chard:

- 1 tsp dark Sesame oil
- 1 C thinly sliced Mushrooms
- 1 1/2 tsp minced peeled fresh Ginger
- 1/4 tsp crushed Red pepper
- 2 Garlic cloves, minced
- 4 C thinly sliced Chard
- 1/2 tsp Sesame seeds
- 2 tsp low-sodium Soy sauce
- 1 or 2 C cooked Rice

TOFU: Combine the first 4 ingredients, stirring with a whisk. Cut tofu lengthwise into 4 slices. Carefully place tofu in a 11 x 7-inch baking dish. Pour the soy sauce mixture over tofu. Cover and refrigerate 30 minutes, carefully turning once. Preheat broiler. Remove tofu from dish; save marinade for rice. Place tofu on an oiled baking sheet. Broil for 6 minutes on each side or until tofu is lightly browned.

GREENS: Heat oil in a large skillet over medium heat. Add sesame seeds; toast them. Then add mushrooms, ginger, pepper, and garlic; cook 1 minute, stirring frequently. Add chard; cook 3 minutes or until chard wilts. Stir in 2 teaspoons soy sauce (can use the leftover marinade).

Place 1/4 cup chard mixture on each of 2 plates; top each serving with 1 tofu slice. Repeat layers with remaining chard and tofu. Serves 2.

Field Green Salad with Pear and Almonds

(Adapted from www.care2.com)

- 4 C mixed field Greens
- 1/2 Pear, diced
- 1/2 C sliced Almonds
- 1 Haas Avocado, diced
- 1/4 C + 2 Tbs Olive oil
- 2 Tbs Lemon juice
- to taste Salt and Pepper

Toss the field greens with the pear, almonds, and avocado. Whisk the olive oil, lemon juice, and salt and pepper together and pass the dressing alongside the salad at the table. Serves 4.

Egg-cellent Eating

There are many traditions that surface around Easter time. One of the most popular traditions for children is decorating and finding Easter eggs.

The tradition goes back to Medieval Europe when eggs were forbidden during Lent. The eggs that were laid during that time were boiled and preserved. When Lent was over and Easter arrived, the eggs were given as gifts for children and servants.

Today, Easter traditions are many, but almost always include a meal where friends and family gather. Here are a few recipes for a delicious breakfast or brunch that is sure to please:

Greek Omelet

(Recipe adapted from "Eating Well" at www.eatingwell.com)

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| 1/4 C cooked Spinach | 4 large Eggs |
| 1/2 C crumbled Feta cheese | 2 Scallions, thinly sliced |
| 2 Tbs chopped fresh Dill or 2 tsp dried | freshly ground Pepper, to taste |
| 2 tsp extra-virgin Olive oil | |

Squeeze spinach to remove any excess water. Blend eggs with a fork in a medium bowl. Add feta, scallions, dill, pepper and the spinach; mix gently with a rubber spatula. Set a rack about 4 inches from the heat source; preheat the broiler.

Heat oil in a 10-inch nonstick skillet over medium heat. Pour in the egg mixture and tilt to distribute evenly. Reduce the heat to medium-low and cook until the bottom is light golden, lifting the edges to allow uncooked egg to flow underneath, 3 to 4 minutes. Place the pan under the broiler and cook until the top is set, 1 1/2 to 2 1/2 minutes. Slide the omelet onto a platter and cut into wedges.

Rutabaga Hash Browns

(Recipe adapted from "Paleo Spirit" at <http://paleospirit.com>)

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| 2 Tbs Olive oil | 1/2 C diced Onion |
| 2 C shredded Rutabaga | 1/4 -1/2 tsp Sea salt |
| Pepper to taste | |

Heat a frying pan on medium-high heat and add the fat. Sauté the diced onion for about one minute. To remove some of the liquid from the rutabaga you can squeeze it out in some paper towels or a clean dish towel. Add the shredded rutabaga, salt and pepper to the pan and toss with the onions. Continue cooking on medium heat tossing gently a few times for about 10 minutes. Cook for another 5 minutes pressing down with a spatula to brown them a bit more being careful not to burn the rutabaga. Turn out the rutabaga hash browns onto a plate or serving dish.

Banana Split with Yogurt and Jam

(Recipe adapted from "The Kitchn" at www.thekitchn.com)

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| 1 ripe yet firm Banana, peeled | 1/2 C Greek yogurt |
| 2 Tbs fruit Jam or Preserves | 2 Tbs sliced Almonds or other nuts |
| Handful fresh Berries or cherries | |

Split the banana lengthwise and lay the two halves in a shallow bowl. Use an ice cream scoop to scoop out the yogurt and put it on top of the banana. Warm the jam in the microwave for 15 to 30 seconds or until it is very runny. Use a spoon to drizzle the jam over the yogurt, and sprinkle the nuts over everything. Top with the berries or cherries. Serves 1.

~ Article & Recipes Contributed by Angela Cleveland ~