



# The Harvest Herald

(Ph/Info-line) 868-2704 (Email) [order@urbanharvest.ca](mailto:order@urbanharvest.ca)

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

Apr 30 – May 2, 2013

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## OKG Bread Special May 7-9

Mocha Bean Loaf. Rich chocolate dough filled with espresso fudge and big chunks of dark Callebaut chocolate. Pair with a cappuccino for a perfect Mother's Day breakfast!

## Regular Harvest Box

LOCAL! Sweet Orin Apples - Harker's  
LOCAL! Spinach - Wild Flight Farm  
BC! Red Potatoes (ugly, but tasty!) - Across the Creek  
BC! English Cucumber - Origino  
Carrots - CA  
Romaine - CA  
Grapefruit - CA  
Navel Oranges - CA  
Hass Avocado (Fair-Trade) - MEX  
Bananas - MEX

## Family Harvest Box Extras

LOCAL! Lettuce Mix - Wild Flight Farm  
Green Curly Kale - CA  
Broccoli - CA  
Jewel Yams - CA  
Tommy Atkins Mango - MEX



## 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.*

## Upcoming Saturday Sale Guest Vendors

- **May 4<sup>th</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 4<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!

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.

## Have You Signed Up for Bike to Work Week?

The City of Kelowna's Bike to Work Week will run from May 27 - June 2 this year. You can find out more or sign up at [www.biketowork.ca](http://www.biketowork.ca) or [www.smarttrips.ca](http://www.smarttrips.ca). The Urban Harvest team is already rolling...Cheryl, Jen, David, Lisa, Jess, and Sam are all biking to work at least some of the time...and Christine is a steady walker! We look forward to co-hosting our first BTWW Satellite Station, together with **Okanagan Street Food**, on Sat, June 1<sup>st</sup>. Watch for more about that!

## Community Events/Updates

**Wizards, Witches, & Wands Workshop for Kids!** A workshop for apprentices in the secrets of Wizard Craft & Magical Fun, with CircusYoga teacher Anita McFarlane! Sun, May 5<sup>th</sup> 1-4pm at the Scout Hall behind Okanagan Mission Hall. \$25 per child (ages 5+). [anita@anitamcfarlane.com](mailto:anita@anitamcfarlane.com).

**Certified Organic Seed & Plant Sale at Sunshine Farm** Annual one-day sale at Sunshine Farm, with heirloom and rare varieties of vegetables, especially tomatoes. Many unusual varieties of organic and open-pollinated seeds! Friday, May 10<sup>th</sup>, 10am-4pm. 2225 Saucier Road. For more info, contact John or Sher at 250 764-4810 or visit [www.sunshinefarm.net](http://www.sunshinefarm.net).

**Eco-Blast Kids' Camp & Concert** A week of eco-fun for kids, including ecological songs inspired and taught by Voices of Nature, dance and eco-art, hands-on nature, urban agricultural, and cooking experiences, interactive teachings on water conservation, energy efficiency, and waste reduction, and locally grown and/or organic lunches, snacks, beverages. Hosted this summer by the Fresh Outlook Foundation & the Okanagan Boys' & Girls' Clubs. Aug 13-16<sup>th</sup> from 8:30am to 3:30pm. Open to kids 5-12 years old. \$129/child through the Okanagan Boys & Girls' Clubs, with registration starting May 1<sup>st</sup>. Scholarships available. Find out more at [www.freshoutlookfoundation.org](http://www.freshoutlookfoundation.org).

**Getting Ready to Grow** The Central Okanagan Food Policy Council (COFPC) keeps on growing! Last year, they started the Fruit Tree Project, involving 80 volunteers and saving over 5,000 lbs of fruit from backyard trees, which would not otherwise have been harvested! The produce was shared between home-owners, volunteers and 12 local agencies who were able to share it with their clients. This year, twice as many trees are already registered on their site! Now, a very generous local family has offered some of their farmland for the COFPC to grow fresh vegetables, to supply even more healthy food to local people in need. The local Food not Bombs (FNB) group will be joining them on the land, as they learn to garden, and of course, share food as well. The goal is to have other interested local community groups join in over the next few years as well! If you'd like to learn, help out, donate tools (for gardening or picking), or become a member of one of these groups, please visit the COFPC group at [www.okanaganfood.com](http://www.okanaganfood.com) or the FNB group at [www.kelownafoodnotbombs.wordpress.com/](http://www.kelownafoodnotbombs.wordpress.com/).

## Quinoa Salad with Apples and Almonds

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

- 1 C Quinoa, rinsed
- 2 C Water
- 2 Tbs Honey
- 1/4 C Lemon juice
- 1/2 tsp coarse Salt
- 3 Tbs Olive oil
- 1 C peeled, diced tart Apple, such as Granny Smith
- 1 C finely chopped Celery
- 1/3 C golden Raisins
- 1/3 C finely chopped Parsley
- 1/2 C coarsely chopped Almonds, toasted
- coarse Salt and Pepper

In a medium-size saucepan, combine the quinoa and water, then bring them to a boil. Reduce the heat and simmer, covered, until the quinoa is tender and the water is absorbed, about 15 minutes. Transfer the quinoa to a large bowl, stir, and let it cool completely. In a small bowl, whisk together the honey, lemon juice, and salt. Gradually whisk in the oil until blended. Add the apple, celery, raisins, parsley, and almonds to the quinoa and toss the ingredients well. Add the dressing and toss once more to coat the salad. Season it with salt and pepper to taste. Serve at room temperature. Serves 6 to 8.

## Sesame Bean-and-Pasta Salad

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

- 8 oz whole-grain Bow tie pasta
- 2 Carrots, 1 chopped, 1 shredded
- 2 Tbs chopped Ginger
- 1 Garlic clove
- 1/4 C Water
- 3 Tbs Oil
- 3 Tbs seasoned Rice vinegar
- 2 Tbs toasted Sesame oil
- Salt and Pepper to taste
- 1 C thinly sliced Celery
- 2 C cooked White beans, thawed and drained, if using frozen
- toasted Sesame seeds (optional)

Cook the pasta. Meanwhile, make the dressing: In a blender, combine the chopped carrot, ginger, garlic, water, oil, rice vinegar, and sesame oil. Blend the mixture until it's very smooth, then set aside.

When the pasta is done, drain and rinse it. In a large bowl, toss the bow ties with the dressing and salt and pepper to taste. When the pasta has cooled, add the shredded carrot, celery, and cooked white beans. Toss the salad and sprinkle with toasted sesame seeds, if desired. Serves 4.

## Wrap it Up

Wraps are the perfect way to contain your favourite sandwich filling without the extra carbs that accompany traditional sandwich bread. There are many different types of wraps available, ranging from whole wheat to whole grain to gluten-free. Wraps can be made and packed tight for easy transportation and easy eating. And the filling options are endless! Here are some delicious recipes with a twist.

### Eggless Salad Wrap

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

- 18 oz firm Tofu, cubed and steamed\*, salted to taste
- 1/2 C Mayo, (for a vegan option try Vegemise)
- 1/3 C Dijon mustard
- 1/4 tsp Cayenne powder
- 1 tsp Turmeric
- 1/2 tsp Black pepper, fine
- 2 tsp seasoned Rice vinegar
- 1 large wrap Tortilla, and Greens
- 1/2 C chopped Sweet onion

(\*Steaming the tofu helps it reach egg-like texture. Steam it as you would vegetables - in a steamer basket for about 10 minutes or until it reaches desired texture). Let steamed tofu cool. Combine all ingredients (except wrap and greens), toss well and chill. Fill wrap and top with greens and serve.

### Curried Quinoa Wrap with Avo-Citrus Slaw

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

#### Curried Quinoa:

- 1 1/2 Tbs Curry
- 2 tsp Sea salt
- 3 C Water
- 1 Tbs Oil
- 2 1/3 C dry, unrinsed Quinoa
- 1/2 C Apple cider or Orange juice

#### fold into cooked Quinoa:

- 1 1/2 C frozen Peas (thawed or warmed)
- 1/2 C sweet Onion, chopped
- 1/4 C Tahini (add less for fluffier quinoa)
- 2 Tbs Maple syrup (or agave)
- 2 Tbs Nutritional yeast (optional)
- 1/2 C salted Cashews
- 2 Tbs Rice vinegar
- 1 Satsuma, peeled/diced
- 1/4 C chopped Mint (optional)
- Pepper

#### Avo-Citrus-Tahini Slaw:

- 2 Tbs Lemon juice + 2 Tbs Orange juice
- 1 tsp liquid Smoke (optional)
- 1/2 C shredded Lettuce
- 1 Avocado, diced
- 1 C shredded or matchstick Carrots
- 2 Tbs Tahini

Prep your slaw and toss well. Place in fridge to marinate/chill until ready to assemble wraps. Heat your quinoa ingredients (not toss-in ingredients though) on stove in large soup pot. Bring to a boil. Cover with lid and reduce to a simmer. Simmer for about 11 minutes. Turn off heat. Let sit, lid-on for about ten minutes. Lift lid and fluff with fork. Add the toss-in ingredients to the still-hot pot. The warm quinoa will gently heat and cook these ingredients. Fill your wraps with desired amount and serve. Serves 3, plus extra quinoa.

### Sunshine Wrap (a grown-up PB and J)

(Recipe adapted from "Spry Living" at <http://spryliving.com>)

- 1 (9-inch) whole grain Tortilla
- 1 Tbs Peanut, Cashew or Almond butter
- 1 Tbs Fruit preserves (your favorite variety)
- 1 Tbs sun-dried Cranberries
- 4 sun-dried Apple rings

Place the tortilla flat on a work surface. Spread evenly with peanut butter and preserves. Top with dried fruits and roll firmly but not so tightly that the tortilla skin breaks. Cut in half and wrap well if you are eating on the go.