



The Harvest Herald

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

April 5-7, 2011

Issue #560

OKG Bread Special Apr 12-14

Muesli Bread is a favourite past feature loaf. This week's incarnation gets a "tropical" twist, with coconut flakes, banana chips, hazelnuts, dates, and dried apricots being added to our rye dough base. Toast for a tropical treat!

Regular Harvest Box

Local! Watermelon Radish - Wild Flight Farm
Local! Parsnips - Similkameen River Organics
Local! Gala Apples - Harker's
Local! Ambrosia Apples - Harker's
Rainbow Carrots - CA
Romaine Lettuce - CA
Collards - CA
Rio Red Grapefruit - CA
Cara Cara (pink navel) Oranges - CA
Zucchini - MEX
Bananas - MEX

Family Harvest Box Extras

Local! Beets - Wild Flight Farm
BC! Alfalfa Sprouts - Eatmore Sprouts
Yellow Onions - ORE
Jewel Yams - CA
Broccoli - CA
HH Tomatoes - MEX



This Week's HomeGrown Heroes

Green Croft Gardens - Grindrod
Harker's Organics - Cawston
Honest Food Farm - Cawston
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 items of poor quality, please inform us **within 48 hours**, and we'll provide a credit toward your next order.*

Saturday Sale Guest Vendors

- **Sat, Apr 9 - Raw Delights:** Healthylicious Raw Vegan Organic Natural Food Products - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more... + **Kelowna Women's Resource Centre** selling **Café Feminino** (organic, fair-trade coffee grown by women producers! Proceeds support community development + social justice projects.)
- **Sat, Apr 16 - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, and much more! See www.realrawfood.com for info about their products.
AND **Organically Clean** - locally made + organically formulated cleaning solutions, including shampoo/hair conditioner, hair gel, liquid body wash + household cleaners + laundry/dish soap.

Notice of Upcoming Egg Shortage

Beginning the week of April 10th, our main egg supplier, Quail's Farm, will be closing down for a period of several weeks. We will continue to have a supply of certified organic eggs from Honest Food Farm in Cawston; these will be sold on a first-come, first-served basis, and will be removed from our order list when we have sold out for the week. We may be able to help direct you to farm-direct sources in the interim - ask us if you'd like help. We sincerely apologize for any inconvenience!

Community Events/Notices

Fruit Tree Pruning Workshop! Sat, Apr 9th, 10am-1pm, Claremont Ranch Organics (formerly McCoubrey Farms), 8090 Hwy 97, Winfield. \$58 incl HST. Hosted by organic orchardists Matt and Molly Thurston, and Bob McCoubrey. Planting new fruit trees? Wanting to gain confidence in caring for existing fruit trees? This is the workshop for you! For more info or to reserve a space, contact Elana @ Sustainworks Ventures, at 250-470-2610 or elana@sustainworks.ca.

The Two-Man Guitar Festival Fri, April 15, 7:30 at the Kelowna Art Gallery, 1315 Water Street. Alan Rinehart and Clive Titmuss play rare and unusual guitar music from 16 and 18th century Spain on on period instruments built in Clive's workshop. The music is some of the earliest ever written for one and two guitars. These local musicians specialize in the performance of music from the Renaissance and Baroque periods. Tix \$20 at the door. For more information on the guitars and the music, go to www.earlymusicstudio.com/ConcertSchedule

Support Kelowna's Rescued Rabbits! The Responsible Animal Care Society (TRACS) is holding a fundraising raffle to raise money for Kelowna's rescued rabbits. Prizes include a diamond necklace created by Heather Haworth worth \$500 (!), a large chocolate bunny from Annegrets, a basket from Lush, and a gift certificate from Red Robin. Tickets are \$5, and are available at Buckerfields (Kelowna), Lakeshore Animal Vets, Rutland vets and Total Pet. Also selling at Mission Park Save, afternoons of 4th and 11th or Phone Laila at 250-868-2367. Any support appreciated for these lovely animals, many of whom are the result of past Easter purchases gone wrong.

Scotiabank MS Walk All are invited to join in the annual Kelowna Walk for Multiple Sclerosis on Sunday May 1st. The Walk starts at 10:00am, and check-in/pledge drop-off begins at 8:30am. This year's MS Walk will be held at the Kinsman Field House at The Mission Sports Fields (behind the H2O building). There will be entertainment, a kids zone and a BBQ lunch after the Walk. To register or learn more about The Walk to End MS, please see http://mssociety.ca/bc/walk_interior%20bc.htm

Community Garden Plots Available! Central Okanagan Community Gardens (COCG) is building a new community garden this spring at the **Shannon Woods Park** on the Westside. Plots are provided to gardeners at a cost of \$15/season, which also includes access to water, compost bins, tools, and info. COCG is a non-profit society with 8 gardens located throughout the Central Okanagan. To enquire about a plot in the new Shannon Woods garden, contact Nathalie Begin @ 250-768-1141.

Spicy Apple Parsnip Snack Cake

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

1 1/2 C Flour
1/2 C Sugar
1 Tbs ground Ginger
2 tsp Baking powder
1 1/2 tsp Cinnamon
1/2 tsp Salt
1/2 tsp Nutmeg
1 tsp Allspice
1/2 tsp ground Cloves
3 Eggs
1/2 C Oil
1/2 C Milk
1 tsp Vanilla
1 C Apple, peeled and grated
1 C Parsnip, peeled and grated
1/2 C chopped Walnuts (optional)

Preheat oven to 350°F. Grease a 9x13 inch pan with cooking oil. In medium bowl, combine flour, sugar, ginger, baking powder, cinnamon, salt, nutmeg, allspice and cloves. Set aside. In large mixing bowl, beat eggs, oil, milk and vanilla. Stir dry ingredients into wet ingredients just to combine, being careful not to over-mix. Stir in apple, parsnip and walnuts (if using). Pour batter into pan (it will be thick) and bake for 20-25 minutes or until fork inserted in center comes out clean. Cool.

Parsnip Casserole

(Adapted from www.food.com)

2 lbs Parsnips, peeled, halved lengthwise and cut in about a 1-inch dice
1/2 C diced Carrots
3 Tbs Butter
1/2 C chopped Onions
3 Tbs Flour
2 C Milk
1/2 tsp dried Tarragon
1/2 tsp Salt (to taste)
1/4 tsp Pepper
1/8 tsp Paprika
1/8 tsp ground Mustard
1/2 C shredded Parmesan cheese
1/2 C soft Breadcrumbs
2 Tbs Butter, melted

Preheat oven to 400°F. Lightly grease a 1.5 quart casserole dish. Cook sliced parsnips and carrots in boiling, salted water until tender; drain and place in prepared casserole dish. Meanwhile, in a small saucepan over medium heat, melt butter. Sauté the onions in butter for 3-5 minutes or until soft. Reduce heat to med-low and add flour to saucepan; stirring constantly. Add milk, tarragon, salt, pepper, paprika and ground mustard. Add parmesan cheese and continue to heat over med-low heat, stirring frequently, until cheese is melted and mixture thickens. Evenly pour sauce over parsnip/carrot mixture in casserole dish. In a small bowl, mix together bread crumbs with melted butter; evenly sprinkle over casserole. Bake, uncovered, at 400°F for about 20 minutes.

An Orange with a Twist

Cara Cara oranges have a bright orange exterior like other navel oranges, but they have a surprise on the inside. The beauty of their bright pinkish-red flesh is only topped by their sweet and tangy flavour. Those who detest picking out seeds from their oranges will enjoy the seedless Cara Cara oranges. Because these oranges have no seeds, they are sterile so must be grafted. Therefore, the Cara Cara oranges that we enjoy today have the same genetic makeup as the original tree that dates back to 1820.

Cara Cara oranges are a good source of folate and potassium and a natural source of lycopene (a disease fighting antioxidant). They are also a great source of vitamin C, A, and fibre.

Cara Cara Pico De Gallo

(Recipe adapted from "Sunkist" at www.sunkist.com)

1/2 C Cara Cara Orange segments, diced
1 Tbs Red onion, diced small
2 Tbs Cilantro leaves, minced
2 medium Roma tomatoes, diced
1 tsp Jalapeño pepper, minced
1/2 tsp Salt

Combine all ingredients and toss gently to mix thoroughly. Cover and refrigerate until ready to serve. Perfect for topping white fish, shrimp, chicken, tacos or chips.

Cara Cara Navel Orange and Walnut Romesco*

(Recipe adapted from "Sunkist" at www.sunkist.com)

*Romesco is a classic sauce hailing from Spain. It is usually made up of finely ground tomatoes, peppers, garlic, almonds and olive oil, but here the Cara Cara oranges are the star. This sauce can be made ahead and will stay fresh up to 1 week in your refrigerator.

1 Cara Cara Navel orange
1 clove Garlic
1/2 tsp sweet smoked Paprika
1 tsp Salt
Oil
1/2 Shallot
1/4 C Walnuts
1 tsp sweet Paprika
2 Tbs Sherry vinegar

Cut the orange into six wedges. Remove the inner white skin and seeds. Cut each wedge into smaller pieces. Using a food processor, add the garlic, shallot and orange. Purée on high speed until the orange begins to break down. Add the walnuts, paprikas and sherry vinegar and continue to purée. Add olive oil in a steady stream until mixture resembles a pesto consistency. Season with salt. This sauce is great tossed with pasta noodles, spread on sandwiches, grilled fish or baked tofu.

Roasted Beet and Cara Cara Orange Salad

(Recipe adapted from "Epicurious" at www.epicurious.com)

2 lbs medium Beets, washed
8 Cara Cara Oranges, peeled and sliced
1 C Almonds, Toasted
1/4 C Olive Oil and 1 Tbs of Water
1 1/2 lbs of Baby Greens, washed and dried
6 oz Goat Cheese

Pomegranate Vinaigrette:

1 C Orange Juice
1/2 Shallot, finely minced
fresh Ground Pepper
pinch of crush Chilies (if desired)
1/2 C Pomegranate Juice
Sea Salt
2 Tbs extra virgin Olive Oil
pinch of Sugar

Combine 1/4 C of olive oil, 1 Tbs of water and a pinch of salt and pepper and pour over beets. Cover and bake until beets are fork tender, about 60 - 80 minutes depending on size. When tender remove from oven and let cool. Peel beets and cut into wedges or cubes.

Mix all ingredients together. Toss vinaigrette with baby greens. Place dressed baby greens on plates and top with sliced oranges and beets. Divide goat cheese on top and sprinkle with toasted almonds.

~ Article & Recipes Contributed by Angela Cleveland ~