



The Harvest Herald

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

Apr 9-11, 2013

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OKG Bread Special Apr 16-18

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

Regular Harvest Box

LOCAL! Gala Apples - Harker's
LOCAL! Spinach - Wild Flight Farm
LOCAL! Green Onions - Wild Flight Farm
LOCAL! Rutabaga - Wild Flight Farm
LOCAL! Chives - Wild Flight Farm
LOCAL! Parsnips - Green Croft Gardens
Carrots - CA
Red Leaf Lettuce - CA
Navel Oranges (mini order) - CA
Bananas - MEX
Zucchini - MEX

Family Harvest Box Extras

LOCAL! Corn Salad - Wild Flight Farm
LOCAL! Sunchoke - Green Croft Gardens
BC! English Cucumber - Origino
Broccoli - CA
Hass Avocado - CA



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green City Acres - Kelowna
Green Croft Gardens - Grindrod
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.*

Upcoming Saturday Sale Guest Vendors - April

- **Apr 13th** - **Café Feminina** coffee and super-sweet, cuddly felted animals, both sold by the Canadian Federation of University Women as a fund-raiser for their scholarship fund (coffee is purchased at above fair-trade prices from women's producer cooperatives, with proceeds going to fund the CFUW's scholarship program).
- **Apr 20th** - **Real Raw Foods** - raw, organic nuts, seeds, dried fruit, seaweed products, healthy oils, and more! See www.realrawfood.com for more info.
- **Apr 20th** - **Swheatgrass FROZEN Organic Wheatgrass Cubes!** Wheatgrass is full of antioxidants, stimulates metabolism, and alkalizes the body. Locally grown, using certified organic seeds and soil, filtered water, and NO fertilizers or pesticides!
- **Apr 27th** - **Wolfgang's Grain & Flour Mill** - organic whole grains and freshly milled flours.

The Urban Harvest Saturday Sale is open every Saturday, year-round, from 9am to 1pm at 806 Crowley Ave (in Kelowna's north end). Please see www.urbanharvest.ca/sale for a map to our location and a full list of produce items available for sale at this week's Saturday Sale.

Be an Earth Day Inspiration!

What is it that you do at home or at work to lighten your load on the environment? Share your strategies with us by Fri, Apr 19th, and we will post them on our website and Facebook page to offer inspiration to others just in time to take action for Earth Day on Apr 22nd! All who reply will be entered in a mini-draw to win a \$50 Urban Harvest gift certificate!

Help Us Clean-Up Brandt's Creek!

It's time! The Urban Harvest Stream Team will be heading out for our biannual Brandt's Creek Stream Clean-Up, as part of the City of Kelowna's Adopt-a-Stream program. We will be cleaning the section of Brandt's Creek nearest our warehouse. We'll be meeting at our warehouse at noon for a quick orientation, and then heading out until 3 or 4pm to pick garbage, pull noxious weeds, etc. **We would LOVE to have YOUR help and company!** If you can spare a few hours on Sat, Apr 20th, please contact Lisa for more info - order@urbanharvest.ca or 250-868-2704. **North-Enders:** If you are able to pitch in on the 20th, you can earn a \$10 "eco-neighbour" credit for Urban Harvest!

Community Events/Updates

Mozart and Friends in the Afternoon Presented by Early Music Studio, with coffee and pastry, at 2 p.m. Sunday, April 14, 2013 at Bottega, 4448 Sallows Road. Tickets at Mosaic Books or www.brownpapertickets.com Adults \$25, Students and Seniors \$22. In Mozart's 18th Century Vienna there were plenty of clocks, but few watches. Our perception of time's passage has changed radically in two hundred years, but the Early Music Studio has the antidote to all that haste—it is music played as it was intended on instruments made like those of the era. Early piano player Susan Adams and guitarist Clive Titmuss play Mozart and Fernando Sor in a concert which echoes the intimate performances of the period. There's also an exhibit of early guitars and Okanagan landscape photos by Bruce Kemp and Laurie Carter. Enjoy a breath of spring!

Metis Market Bake Sale & Garage Sale Enjoy bannock and tea while browsing the bake sale/garage sale @ the Metis Community Services Society of BC (2949 Pandosy Street - above the Good Earth Cafe). Early bird - Friday April 19th 4:30pm-7:30pm; Saturday April 20th 8:30am-3pm.

Slow Food Convention Apr 25-28! The National Slow Food convention is coming to the Valley, with tastings, workshops, presentations, all showcasing local food, chefs and farmers! More info: <http://slowfood.com>, or email krickyp@gmail.com, or call 778-363-2969. Volunteers welcome!

Roasted Onions with Parsnip Puree

(Adapted from www.countryliving.com)

1 Tbs Butter
2 lbs Parsnips, peeled and cut into 1/2-inch rounds
1/2 tsp Salt
1/4 tsp freshly ground Pepper
1 C Veggie Broth
4 large (about 8 oz each) Onions
1/2 Tbs Olive oil
1/2 C Roquefort, crumbled
1/4 C toasted chopped Walnuts

Purée the parsnips: Preheat oven to 425°F. In a medium saucepan, melt butter. Add the parsnips, salt, and pepper and cook over medium-low heat for 5 minutes. Add the broth, cover, and continue to cook until parsnips are very tender-about 15 minutes. Cool the parsnips for 10 minutes. Transfer the parsnips and broth to a food processor fitted with a metal blade and purée until smooth. Set aside.

Roast the onions: Line a baking pan with foil and set aside. Cut a thin slice from the root end of each onion so it won't roll. Cut 3/4-inch from the top of each onion and use a small knife to cut out the center, leaving at least a 3/4-inch wall. Finely chop the onion centers and stir into the parsnip purée. Fill each onion with parsnip purée. Rub onion skins with the olive oil and arrange on a baking pan. Bake for 1 1/2 hours. Remove and top each with the Roquefort cheese and walnuts. Serve immediately.

Cream of Parsnip and Apple Soup

(Adapted from www.food.com)

2 Tbs Butter
1 lb Parsnip, thinly sliced
1 lb Apple, peeled, cored, & sliced
1 Onion, diced
1 tsp Brown sugar
2 tsp Curry powder
1 tsp ground Cumin
1 tsp ground Coriander
1/2 tsp Cardamom seed
1/2 tsp Cinnamon
2 Garlic cloves, minced
4 C Stock
1/2-1 C Cream
Salt and Pepper
Parsley

Melt the butter, add the parsnips, apples, onions and sugar. Sauté till soft. Add the curry powder, spices and garlic and cook for about 2 minutes, stirring well. Pour in the stock slowly, stirring until well mixed.

Cover and simmer gently for 20 minutes, until the parsnips are tender. Taste for seasoning. Blend with a hand blender and add as much cream to thin to the consistency you like and reheat, do not boil. Garnish with parsley.

For the Love of Rutabaga

Rutabaga was the buzz word this week. If you are a Facebook fan, you may have seen the Urban Harvest contest to send in your favourite rutabaga recipe. The response was astounding! Who knew there were so many ways to enjoy rutabaga?!

While rutabagas look like turnips (and are often called Swedish turnip), they are part of the Brassica genus which is the same as cabbage, kale, cauliflower, brussel sprouts, and broccoli. According to NutritionValue.org, the nutritional benefits of rutabaga (per 1 C serving) provide only 66 calories and no fat or cholesterol. It also contains 15 g of carbohydrates, 10 g of sugars, 3 g of dietary fiber, and 34 mg of sodium. Rutabagas are also high in vitamin C and contain potassium, magnesium, phosphorus, and manganese.

Now that we know the health benefits, here are some of the submissions from the Facebook contest - **Congrats to the winner Cindy Lovell with her entry of "boiled and mashed with butter and salt"!**

- Ashley Young: Cut into similar sized pieces, roasted with olive oil, garlic, salt and cracked pepper - mixed with other earthy veggies.
- Tanya Dennett: Sliced and cooked on the BBQ ... MMMM.
- Amber Hendren: Roasted with root veggies and some Little Creek dressing and dill.
- Jennifer Alcock: Steamed with carrots, then whipped together with butter and a little organic maple syrup.
- Robyn Flinn: Baked chips, of course.
- Marla Benabdallah: First is raw!!!! and then boiled mashed with carrots and a little butter.
- Andrea Rimland: I add cubes to my Thai coconut curry.
- Kelly Paley: Cook it, mash it with butter, salt and pepper. Top with brown sugar, butter and bake in the oven.
- Sofia Karolcik-Sookochoff: I love adding it to venison stew. It adds great flavor! I also love yams and butternut squash in there too.
- Kirstin Grant: Cubed and steamed with carrots and mashed then broiled with cheddar on top!! Yummy!
- Amy Dahle Macdonald: So simple, cut up like fries, drizzled with olive oil and sprinkled with sea salt. Roast on a cookie tray until tender. Yum!
- Clare Mcmanus: Cut into pieces and boiled along with carrot pieces - and then mashed together with a little butter. Also great mashed with celeriac and potato.
- Michelle Brisson: Parboiled then drizzled with olive oil and white balsamic vinegar and roasted with other veggies; potatoes, carrots, yams, whatever you have on hand.
- Chelsey Gray: Diced into lentil stew - great for a rainy day!
- Shannon Nystrom: Roasted with Shallots, thyme, and grainy Dijon mustard, then tossed with torn kale and lemon juice.
- Andrea Hyde: Roasted with carrots and potatoes, served with peanut satay sauce.
- Lynn Keuhl Vicaretti: We like as much raw as possible, so our family loves rutabaga cut up with yogurt dip!
- Diane Gatley: Cut into chunks, tossed with a bit of olive oil, sprinkled with Spike and roasted at 400 degrees for 20 minutes.
- Kyla Allenback: Chunked into Beef Stew.

Rutabaga Bharta (my personal favourite)

(Recipe adapted from "Country Cooking: from the Readers of Harrowsmith Magazine")

1 lb Rutabaga	2 Tbs Oil
1/2 inch piece Gingerroot, finely chopped	1 Onion, finely chopped
2 tsp Aniseed or Fennel	1 tsp Fenugreek
1/2 tsp Pepper	1/2 tsp Paprika or chili powder
1/2 tsp Garam masala	1 tsp Salt
1 tsp Brown sugar	

Peel rutabagas and cut into small pieces. Boil in minimum water until soft, then mash. Heat oil and sauté ginger and onion. Add spices, mashed rutabagas, salt and sugar. Mix well and cook gently until excess moisture has been driven off. Serves 6.

~ Article & Recipes Contributed by Angela Cleveland ~