



# The Harvest Herald

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Aug 30 – Sep 1, 2011

Issue #581

## OKG Bread Special Sept 7-9

Olive & Sage Batard! A bread-style baguette made with a mild sourdough base, featuring salty olives and a hint of sage. Excellent with your favourite chevre.

## Regular Harvest Box

LOCAL! Magenta (red leaf) Lettuce - Notch Hill  
LOCAL! Walla Walla Onions - Notch Hill  
LOCAL! Savoy Cabbage - Wild Flight  
LOCAL! Green Peppers (heritage varieties) - Notch  
LOCAL! Red New Potatoes - Wild Flight Farm  
LOCAL! Gold Beets - Notch Hill  
LOCAL! Orange Carrots - Notch Hill  
LOCAL! Field Cucumber - Harker's  
LOCAL! Beefsteak Tomatoes - Shirlee Mae/Moses  
LOCAL! Santa Rosa Plums - Sproule & Sons/Nazaroff  
LOCAL! Peaches - Nazaroff Farm  
LOCAL! Sunrise/Summer Red Apples - Harker's

## Family Harvest Box Extras

LOCAL! Summer Squash - Notch Hill  
LOCAL! Green Onions - Wild Flight  
LOCAL! Curly Green Kale - Wild Flight  
LOCAL! Leeks - Wild Flight  
LOCAL! Yellow Wax Beans - Wild Flight  
LOCAL! Cantaloupe - Harker's



## This Week's HomeGrown Heroes

Calissi Farm - Kelowna  
Claremont Ranch Organics - Lake Country  
Fugger Farm - Lake Country  
Harker's Organics - Cawston  
Nazaroff Farm - Oliver  
Notch Hill Organics - Sorrento  
Pilgrim's Produce - Armstrong  
Shirlee Mae Schneider/Moses Brown - Cawston  
Similkameen River Organics - Cawston  
Sproule & Sons - Oyama  
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.*

## Holiday Schedule Next Week!

If you are receiving a delivery next week (week of Sept 5-9), please expect your delivery to arrive one day later in the week than usual, due to the Labour Day holiday. Thank you for your understanding!

## Community Events/Notices

**Sunshine Farm Seed Growers Workshop This Sunday!** Sun, Sept. 4<sup>th</sup>, 10am to 3pm. \$20 per person includes lunch! Learn the basics of seed production with tips and tricks from 2 experienced seed growers. Take part in hands-on harvesting and cleaning, using simple but effective methods. This workshops should be of interest to small-scale market gardeners, urban SPIN farmers and gardeners and homesteaders eager to expand their skills in this important aspect of food production. Presented by Patrick Steiner of Stellar Seeds and Jon Alcock of Sunshine Farm Seeds. Sponsored in part by FarmFolk/CityFolk. Space is limited, Please register with Sher at [sunshinefarm@shaw.ca](mailto:sunshinefarm@shaw.ca).

**Raw Food Course** Guylaine Lacerte is taking registration now for her 'Live Food and Nutrition Course 5 class series' in the fall, starting September 25th. Learn how to incorporate more healthy, life-giving foods easily into your every day diet. For registration and information email at: [therawfoodpath@gmail.com](mailto:therawfoodpath@gmail.com) or phone 250-469-2265. Please visit [www.rawfoodpath.com](http://www.rawfoodpath.com) for more information on the course.

**Change starts with youth!** The United Way, TELUS and Interior Savings are offering Youth Initiative Grants of up to \$1500 for youth up to age 25 who want to make change happen in their communities. Any social issue can be addressed by these grants. Youth teams must partner with a non-profit organization, school, post-secondary institution, church or service club to manage the funds, and are strongly encouraged to meet with a United Way representative before submitting applications. Applications are available from United Way, and are due Dec 9, 2011 (successful applicants will receive grants in Feb 2012). For more info, visit [www.facebook.com/youthgrants](http://www.facebook.com/youthgrants) or [www.unitedwaycso.com](http://www.unitedwaycso.com) or e-mail [avril@unitedwaycso.com](mailto:avril@unitedwaycso.com) or call 250-860-2356.

**6<sup>th</sup> Annual Organic Festival!** OK's Finest Green Living Expo takes place Sun, Sept 18, 11am to 5pm at Summerhill Winery & Okanagan College @ KLO. Park 'n' Ride Free Bus from OK College! Activist Alley, Eco Presentations, Kekuli Drumming & Dancing, BCSEA-Electric & Hybrid Vehicle Show, Green Speakers, Green Energy & Building Info, Organic Food & Wine, Green Fashion & Gifts, Local Music & Kiki the Eco Elf! Admission includes both locations - \$6 + Kelowna Food Bank Donation. Kids under 10 Free, Cyclists Free! Be sure to come say hi to the Urban Harvest Team!

**2011 Car-Free Day!** Sun, Sept 25, 11am to 4pm in Stuart Park and on Water Street, across from City Hall. International Car Free Day encourages people to take back the streets by enjoying all kinds of fun outdoor activities in places where cars usually have the right of way. The outdoor festival draws more than 2,000 people, all to raise awareness about keeping our air clean, our roads less congested and getting healthy by active modes of transportation. So skate, walk, cycle, ride transit or carpool down to Car Free Day and show your support! **Bike Parade at 1pm:** Decorate your bike at home or when you arrive at Car Free Day. The bike parade will lead the Okanagan Family AIDS Walk, happening simultaneously in Stuart Park. **Activities to enjoy:** BMX half pipe demos, free pedicab tours around the event, free fitness classes, live entertainment from Kelowna's City Band, Kelowna Rock School and the Raging Grannies, street hockey challenge between the Fire Dept and RCMP Cycling, walking, skateboarding, rock climbing activities, Kidz Zone (free bouncy castle, face painting, bike decorating and more), Shop Artisan Alley, Bike Shop Bonanza, Free Dog training activities - Bring your Dog!, Secure Bike Valet bike parking, and Much More!

## Energy, Energy!

(Adapted from *The Organic Baby & Toddler Cookbook* by Lizzie Vahn)

- 1 cup raw Golden Beet, grated
- 1 Apple, grated
- 1 Carrot, grated
- ½-1 cup Savoy Cabbage, finely sliced
- 2 Tbsp Sunflower Seeds (optional)
- Small handful Dried Fruit (eg. currants, raisins, or dried cranberries)
- 2 tsp Olive Oil
- 1 Tbsp freshly squeezed Orange juice (or sub lemon)
- 1 tsp Honey

(Hint: using a food processor turns this salad into a 5 minute process!) Combine the grated beet, apple, carrot, and cabbage in a bowl. In a lidded jar, shake together the olive oil, orange juice, and honey until well blended. Pour over the salad and toss until the salad is evenly coated.

## Golden Beets Summer Borscht

(Urban Harvest)

Our version of borscht is basically a whatever-is-in-the-fridge approach, and yet, every time we make it, our kids love it! Feel free to vary quantities and delete/add items as needed! Note: If you are short on time, you can skip the staging of ingredients, and just toss everything into the pot at once, bring to a boil, and simmer 45 min or so until done. Or, in a pressure cooker, it will take just 5-10 minutes!

- 1-2 Tbsp Olive Oil or Butter
- 1 Walla Walla Onion, minced
- 1 bunch Gold Beets, peeled + diced small (reserve greens)
- 1-2 Carrots
- 2-3 med Potatoes, peeled (optional) + diced
- ¼ Savoy Cabbage, shredded
- 2-4 cloves garlic, crushed
- Water or Stock (Beef, Chicken, or Veg)
- 2 Tbsp Bragg Liquid Aminos (optional)
- 2 Tbsp Fresh Dill, minced (or 2-4 tsp dried)
- Sea salt & fresh-ground pepper to taste

Heat oil or butter in a large soup pot over medium heat. Add chopped onion and turn heat to low, covering with lid. Sweat the onion until it smells sweet and is translucent (a few minutes). Add the beets and carrots, turn the heat up to medium, and let sweat a few more minutes, adding a bit of liquid if necessary. Add the potatoes, garlic, and Bragg's (if using), and cover all generously with water or stock. Bring to a boil and reduce to a simmer. Simmer for half an hour. Add the cabbage and simmer another 15-30 min, until all veggies are very tender. Doubles/ freezes well.

Serving Options:

- Blend soup using an immersion blender if desired (some kids may prefer it smooth over chunky)
- Add Vinegar or fresh-squeezed Lemon Juice to taste.
- Serve with a dollop of Sour Cream
- Top with Fresh Herbs (parsley, chives, extra dill, thyme, and/or basil are all nice!)
- Steam + chop the beet greens and stir into the soup, or blend with the soup (for "monster soup"!)
- Can also be served chilled on a hot day!

## Learning to Eat Takes Practice! (Attention, Parents!)

Contributed by Cathy Richards, Community Nutritionist for Interior Health

Kids get a bad rap when it comes to eating. Over the years, I'd bet a thousand parents have said to me "my child is such a picky eater!" My response? "Oh, that's so normal!" Picky eaters are a dime-a-dozen. I call them eaters-in-training. Like Mozart being able to compose a symphony at the age of 4, a child who readily tries and loves all foods is an eating-protégé. All other children are normal!

Think about it. If your child was in piano lessons, would you expect them to play a sonata after 1 or 2 lessons? If your child was in soccer, would you expect them to score a goal in their first game? Learning takes time. Eating is no different.

### Patterned, Repetitive Experiences.

I recently heard a Child Psychiatrist speak about learning. He showed how children's brains make connections between different cells, and how "patterned, repetitive experiences" were needed for the brain to remember a new skill.

Fingers on piano keys. Feet kicking a ball. We help our kids practice these things over and over. We keep practice pleasant, we don't expect a lot, and we praise them for every positive effort even if they play a wrong note or miss the ball.

This is exactly what children need from you to learn to eat well.

Research shows that it takes 15-20 exposures to a food before most kids will accept it. A pleasant atmosphere with no expectations speeds up this process.

A child who is presented with a new food, or a familiar food served a different way, has a lot to learn before they feel comfortable putting it in their mouth and swallowing.

First, they want to look at it. What colour is it? Is it smooth or chunky? Does it look like anything they've seen before? Their busy brains have to process all this.

Then they need to see how you eat it. Do you cut it? Do you have to chew a lot? Do you look happy eating it? Their brains process this, too.

Then they want to know what it feels like. A poke with their fork, then their finger (so much better than a fork!), and maybe they'll touch it to their lips. Busy busy brain.

It might take 4 or more meals for a child to get this far in the learning-to-eat process. With a seasonal food like asparagus, this could take about 2 years! And they still haven't eaten it! But this is normal.

The next step, putting the food in their mouth, is a giant step.

I say things like "this is a food for days when you're feeling adventurous", or "it's an adult food". Kids love to be adventurous and grown up!

Kids need to feel relaxed and safe to learn best, so your choice of words is important.

Kids respond better to "see what you think", rather than "try it". This lets them explore without having to use their mouth. It also prevents them from digging in their heels to prove you wrong: "gross, I told you I'd hate it".

Here's one way to present a new food: "It tastes sort of like \_\_\_\_\_ and feels sort of \_\_\_\_\_. See what you think. If you don't want to swallow, use your napkin to politely put the food in". This gives them a sense of safety. Imagine yourself going out on a bridge and then deciding you don't want to bungee jump after all. You'd never even get on the bridge if you knew there was no way out!

Then say "It's okay if you don't want to finish, it's just great that you explored a little" instead of "Oh, you don't like it". You want them to feel good about their eating skills, and to explore the food again next time you serve it.

Give your kids repetitive exposure to a wide variety of food in a pleasant atmosphere. Set a good example. Let them explore within their comfort zone. Praise them for exploring. Be patient while their brains make permanent connections around learning to eat.

Your eater-in-training will become a real eater in no time. Well, maybe in 2-15 years. But that's normal!

~ Thank you Cathy Richards for granting permission to share this wonderful article! ~