



The Harvest Herald

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

December 11-13, 2012

Issue #621

OKG Bread Special Dec 18-20

Panettone! OKG's version of the Italian classic! Brandy-soaked fruit, candied orange, free range eggs, and loads of butter! Excellent fresh; makes the best French toast ever!

Regular Harvest Box

LOCAL! Corn Salad (aka "Mache") - Wild Flight Farm
LOCAL! Green Curly Kale - Wild Flight Farm
LOCAL! Beets - Wild Flight Farm
LOCAL! Delicata Squash (mini) - Kettle/Curly Willow
LOCAL! Yellow Onions - Kettle River Farm
LOCAL! Orange Carrots - Green Croft Gardens
LOCAL! D'Anjou Pears - Claremont Ranch
LOCAL! Braeburn Apples - Thunder Hills
Satsuma Mandarins - CA
Lemons - CA
Avocado - MEX

Family Harvest Box Extras

LOCAL! Granny Smith Apples - Thunder Hills
LOCAL! Bosc Pears (mini order) - Shirlee Mae
LOCAL! Claytonia (miner's lettuce) - Wild Flight
LOCAL! Parsnips - Green Croft Gardens
Broccoli - CA
Bananas - MEX

Thinking Ahead...Holiday Schedule Update

Urban Harvest will be **CLOSED FROM DECEMBER 23 TO JANUARY 7!** Please note:

- Dec 18-20 will be our final week of deliveries for 2012; deliveries then resume Jan 8-10, 2013.
- Biweekly customers: this will be your last scheduled delivery of 2012! Your next delivery will be scheduled for the week of Jan 8-10, 2013.
- Our Saturday Sale will be OPEN on Dec 22nd, then CLOSED Dec 29 + Jan 5.
- Our office will be closed Dec 23 - Jan 2, while we complete year-end procedures. Please pay all outstanding 2012 balances (via online banking, cash or cheque) by Dec 27th. If you are uncertain of your account balance, please check the bottom of your last order slip, or we would be happy to provide a total for you before Dec 23 or on Dec 27 (evening) or Dec 28 anytime. Many thanks!!

Green Holiday Ideas!

- **UJ Gift Certificates - A Green Gift Idea!** Urban Harvest Gift Certificates are available in \$10, \$33, and \$44 denominations on our order page (under the Gift Cert's, Donations & Holiday Specials heading), OR feel free to request a custom gift certificate in any amount! Wrap one around a Little Creek Dressing, a beautiful MOTEAS tea/tisane, or Backyard Beans coffee, et voila - a 'green' gift! (May be redeemed for home deliveries OR at our Saturday Sale.)
- **Gifts That Give!** We invite you to consider supporting our weekly deliveries to the Kelowna Women's Shelter and/or The Bridge Family Services Society! Over the past several holiday seasons, many of you have given generously, and as a result, we've delivered weekly boxes since Dec/07 to the Women's Shelter, and since Apr/10 to the Bridge's Parent Place! To maximize donations, we offer a \$10 discount on each delivery order, as well as weekly "free shops" at our Saturday Sale. When donations run out, we cover 100% of the cost. To contribute, simply click to add a \$20 donation on our order page (under the "Gift Cert's, Donations & Holiday Specials heading), or contact us if you'd like to donate a different amount, or transfer star credits.

Saturday Sale Guest Vendors - December

- **Dec 15th -Real Raw Foods** - raw, organic nuts, seeds, dried fruit, seaweed products, healthy oils, and more! See www.realrawfood.com for more info.
- **ALSO Dec 15th - Swheatgrass** FROZEN Organic Wheatgrass Cubes - for sampling and for sale! Wheatgrass is full of antioxidants, stimulates metabolism, and alkalizes the body. Add a frozen cube of wheatgrass to your daily smoothie or dissolve a cube in water or juice. Locally grown, using certified organic seeds and soil, filtered water, and NO fertilizers or pesticides!
- **Dec 22nd - Wolfgang's Grain & Flour Mill** - organic, local when possible, whole grains and freshly milled flours.

Community Events/Notices

Okanagan Car Share Co-Op Now you can earn car-share credits through the BC SCRAP-IT program! "We hear from a lot of residents that are ready to give up their old car or second vehicle, and now they have a great alternative to the expense of car ownership." says Christian Brandt, Executive Director of the new car share, "By recycling your old car with SCRAP-IT, you can choose a \$1,250 credit to the car share. For the average user, that works out to almost a year of free vehicle use!" To learn more about the Car Share Co-op, visit www.ogocarshare.ca and more information on the BC SCRAP-IT program can be found here: <http://www.scrapit.ca/index.htm>

How does a car share co-op work? 1) You may access a car/truck/van for as long as you'd like. 2) You pay a refundable membership fee; vehicle use is charged by usage (per hour). 3) The car share service handles all the maintenance, insurance and fuel costs (usually much lower than owning/operating a vehicle yourself). 4) Online reservations can be made online, as well as by smartphones.

This Week's HomeGrown Heroes



Bite Me Organics - Kelowna
Blackbird Organics - Cawston
Claremont Ranch Organics - Lake Country
Curly Willow Farm - Enderby
Green City Acres - Kelowna
Green Croft Gardens - Grindrod
Kettle River Farm - Grand Forks
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Shirlee Mae Schneider/Moses Brown - Cawston
Thunder Hills Farm - Lake Country
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.*

Healthy Fig Bars

(Adapted from <http://dairyfreecooking.about.com>)

32 dried Calimyrna figs, stems removed
3/4 C whole Wheat flour
3/4 C Oat flour
1/2 C rolled Oats, finely ground in a blender or food processor
2 Tbs finely ground Cashews or Almonds
1/2 tsp Baking soda
1/4 tsp Salt
1/4 C Oil
1/3 C Maple syrup
1/4 C plain Almond milk, Soymilk or Rice milk

Preheat the oven to 350°F. Lightly oil an 8x8 inch square cake pan. Set aside. Place the figs in a saucepan just large enough to fit with just enough water to cover. Boil for 2-3 minutes, cover, and allow figs to soak for 10 minutes. Place figs in a blender or food processor with 1/4 cup of the water and puree, adding more water if necessary. Set aside.

Meanwhile, make the crust. In a small mixing bowl, sift together the flours, ground oats, ground nuts, baking soda and salt, and set aside. In another small bowl, whisk together the canola oil, maple syrup and non-dairy milk alternative until well combined. Add the wet ingredients to the dry and mix until just combined. Spread half to 2/3 of the crust mixture evenly on the bottom of the prepared pan, followed by the fig mixture. Top with the remaining crust mixture, drizzling with a bit of maple syrup if desired. Bake for 18-22 minutes, or until golden brown. Makes 8-12 squares.

Cranberry Bars

(Adapted from <http://celiacdisease.about.com>)

1 C raw Pecans
5 Dates, pitted
1 Tbs Grapeseed oil
1/4 tsp Sea salt
6 C fresh Cranberries
1 C Agave nectar
1 Tbs Orange zest

Place pecans and dates in a food processor and pulse until coarsely ground. Pulse in oil and salt until mixture begins to form a ball. Press crust into a greased 8 x 8 inch baking dish. Bake at 350° for 8-12 minutes until lightly browned.

To make cranberry topping, place 4 cups cranberries, agave and orange zest in a pot on the stove. Bring mixture to a boil, then cover and reduce to a simmer 10-15 minutes, until cranberries start to dissolve. Add remaining 2 cups cranberries and cook covered for 5 more minutes. Remove mixture from heat and allow to cool for 10 minutes. Pour mixture over pecan crust. Allow bars to set for 60-90 minutes. Serve.

Getting Ready for the Holidays

The holiday season is fast approaching. As with any celebration, the struggle to balance delicious food with nutrition and moderation becomes a challenge. The average weight gain over the holiday season is 4-6 pounds. That doesn't even incorporate the effects of the large amounts of sugar and saturated fats on the body. Here are few recipes that combine fresh food into tantalizing, but healthy appetizers (adapted from www.eatingwell.com).

Apricot Canapes

16 dried Apricots
2 oz chopped shelled Pistachios
freshly ground Pepper
8 tsp crumbled Blue cheese
1/2 tsp Honey

Top each apricot with 1/2 teaspoon cheese. Sprinkle with pistachios and drizzle with honey; sprinkle with pepper.

Five-Spice Pistachios

6 Tbs Orange juice
4 tsp Salt
6 Tbs Chinese five-spice powder
6 C unsalted Pistachios

Position racks in the upper and lower thirds of oven; preheat to 250°F. Whisk orange juice, five-spice powder and salt in a large bowl. Add pistachios; toss to coat. Divide between 2 large rimmed baking sheets; spread in an even layer. Bake, stirring every 15 minutes, until dry, about 45 minutes. Let cool completely. Store in an airtight container.

Roasted Pears with Brie and Pistachios

2 Tbs Honey mustard
1 tsp Lemon juice
1/2 tsp freshly ground Pepper
2 oz Brie cheese, cut into 4 slices
1 Tbs extra-virgin Olive oil
1/4 tsp Salt
2 ripe Pears, preferably Bosc
4 tsp chopped Pistachios, toasted

Preheat oven to 425°F. Coat an 8-inch-square metal baking pan with cooking spray. Whisk mustard, oil, lemon juice, salt and pepper in a small bowl. Cut pears in half lengthwise, hollow out the core and slice a small piece off the other side so they will lie flat when served. Brush all over with the mustard glaze and place cored-side down in the prepared pan. Bake the pears for 30 minutes, basting halfway through with the glaze. Gently turn them over, baste again and place a piece of Brie in the hollow of each pear. Bake until the pears are tender and the Brie is slightly softened, 3 to 5 minutes. Sprinkle each pear half with 1 teaspoon pistachios.

Marinated Olives and Feta

1 C sliced pitted Olives, such as Kalamata or mixed Greek
1/2 C diced Feta cheese, preferably reduced-fat
zest and juice of 1 Lemon
1 tsp chopped fresh Rosemary
freshly ground Pepper to taste
2 Tbs extra-virgin Olive oil
2 cloves Garlic, sliced
pinch of crushed Red pepper

Combine olives, feta, oil, lemon zest and juice, garlic, rosemary, crushed red pepper and black pepper in a medium bowl. Mix well and serve on your favourite crackers.

Feta and Cucumber Nip

24 Pita chips or thin slices baguette, toasted
3 oz Feta cheese, cut into 48 cubes (1/2-inch)
slivered lemon pieces, plus 2 lemon wedges
1/4 C prepared Olive tapenade
48 very thin slices baby Cucumber
1 Tbs extra-virgin Olive oil

Spread 1/2 teaspoon olive tapenade on each pita chip (or baguette slice). Top with 2 cuke slices, 2 feta cubes and a lemon sliver. Just before serving, drizzle with oil and a squeeze of lemon.