



The Harvest Herald

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

Dec 14-16, 2010

Issue #546

OKG Bread Special Jan 4-6

To be announced...

Regular Harvest Box

Local! Carrots - Roots & Greens Farm
Local! Acorn Squash - Harker's
Local! Watermelon Radish - Wild Flight Farm
Local! Corn Salad (aka "mache") - Wild Flight Farm
Local! Gold Onions - Similkameen River Organics
Local! Purple Beets - Notch Hill Organics
Local! Bronze Beauty Bosc Pears - Schneider-Brown
Local! D'Anjou Pears - McCoubrey Farms
Local! Pink Lady Apples - Commandeur Family Farms
Local! Mixed Apples - Various (local)
Green Chard - CA
Bananas - MEX

Family Harvest Box Extras

Local! Parsnips - Similkameen River Organics
Local! Red Cabbage - Wild Flight Farm
BC! Russet Potatoes
Jewel Yams - CA
Satsuma Mandarins - CA
Zucchini - MEX



This Week's HomeGrown Heroes

Commandeur Family Farm - Naramata
Harker's Fruit Ranch - Cawston
Little Creek Gardens - West Kelowna
McCoubrey Farms - Winfield/Lake Country
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Schneider-Brown Farm - Cawston
Similkameen River Organics - Cawston
Thunder Hill Farms - 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 items of poor quality, please inform us **within 48 hours**, and we'll provide a credit toward your next order.*

Happy Holidays...See you in 2011!!

Please note that we will be closed for deliveries and Saturday Sales from Dec 19th to January 2nd. Deliveries will resume the week of Jan 2nd, and our first 2011 Saturday Sale will be on Sat, Jan 8th.

**Biweekly customers, please note that your next delivery will be scheduled for the week of Jan 9th. Thank you to all for your understanding!

Saturday Sale Updates/Guest Vendors for Dec 18th!

We have an exciting group of guest vendors for this week's Saturday Sale!

- **Real Raw Foods** - raw, organic nuts, seeds, dried fruit, and much more! See www.realrawfood.com for info about their products.
- **Wolfgang's Grain & Flour Mill** will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally. (one week earlier in the month than usual, as we'll be closed on the 4th Saturday when they normally come).
- **Dawn's Agape Treats...** from healthy chocolate to yummy granola, all made with whole foods, and without refined sugar. Wonderful holiday treat specials too!

Green Holiday Ideas - ALSO Available Sat the 18th!

- **Urban Harvest Gift Certificates** - available in \$10, \$33, and \$44 denominations on our order page, or customized gift cert's available by request. Wrap one around a Little Creek dressing...or a beautiful box of MoTEAS...or a Backyard Beans coffee...or attach one to a fair-trade Zambian basket (avail at our Dec 4th Sat Sale), and you've got a perfect green gift idea!
- **Little Creek Holiday Tri-Packs** - one each of Little Creek Gardens' Original, Strawberry Jalapeno, and Cherry Balsamic salad dressings in a convenient gift pack. A perfect host/hostess gift @ \$15.95!
- **Little Creek Holiday Dippers** - one bottle of Organic Sunflower Oil, one bottle of Cherry Balsamic Vinegar, and one bottle of Black Currant Vinegar (295ml each). Serve with chunks of hearty bread (we suggest Okanagan Grocery's Village Loaf or Country Batard) for a simple appie...or keep on hand for the makings of a simple salad dressing! Another fabulous host/hostess (or teacher, co-worker, neighbor, etc.) gift @ \$19.95!
- **Little Creek Holiday Greenery** - a lovely mix of decorative greenery @ \$22/box (6 each, fir boughs, pine boughs, Oregon grape, rose hips + pine cones). Bring holiday cheer to your home!

Community Events/Notices

The Raw Food Path is offering a class for the Holidays on December 16th, 6-8pm on how to make raw cookies, natural sweet confections and chocolate. Cost is \$25. Also, starting in January, there will be a Live Food + Nutrition Course, 5-week series, including breakfast, lunch, dinner, dehydration, and dessert classes, starting Jan 22nd. For more info or to register for either course, please visit www.rawfoodpath.com or contact Guylaine at therawfoodpat@gmail.com or 250-469-2265.

Cast-a-Light Food Bank Campaign Needs Your Help!

Donations are being sought to help the Kelowna Food Bank meet the rising demand for food provision services, and related community work. If you are able, take some time to read some of the stories of individual users of the Food Bank - they are sure to touch you, and to remind you that many of us are not so terribly far from the possibility of experiencing food insecurity. The website is www.castanet.net and click on the "Cast-a-Light" link. Donations can be made directly online (tax receipts can be mailed out for donations of \$10 or more), mailed in, or dropped off at the Kelowna Food Bank location, at 1265 Ellis St, open from 9am to 4pm, M-F. Your generosity will help others to nourish themselves and their families!

Whole Grain Low-Sugar Chocolate Cookies with Pecans

(Adapted from <http://kalynskitchen.blogspot.com>)

2/3 C Whole wheat flour
1/4 C + 1 Tbs unsweetened Cocoa powder
1/2 tsp Baking soda
1/4 tsp Salt
1/2 C Butter (softened at room temperature)
6 Tbs Sugar
3 Tbs Brown sugar
1 Tbs Vanilla
1/2 C Rolled oats, ground
1/4 C finely chopped Pecans

Preheat oven to 350°F. In a large bowl, combine the whole wheat flour, cocoa powder, baking soda, and salt. In a smaller bowl, stir together the softened butter, sugar, brown sugar, and vanilla. Stir this mixture into the dry ingredients. Stir the ground oatmeal into this mixture, then fold in the finely chopped pecans. Line cookie sheet with parchment paper. Scoop out a heaping tablespoon of dough at a time, roll into a ball, then arrange on parchment, leaving about two inches between cookies. Use a flat turner or the bottom of a glass to smash down the cookies so they're about 1/4 inch thick. Bake cookies for 15-16 minutes, until they are fairly firm to the touch. Remove and let cool on cooling rack for 20 minutes or longer before eating. These will keep several days in a plastic container with a lid if you can manage to keep them around that long! Makes about 20 cookies.

Maple Spice Poached Pears

(Adapted from www.canadianliving.com)

1 C Apple juice
1 C Maple syrup
4 whole Cloves
1 Cinnamon stick
6 firm Pears, with stems
1 C Balkan-style plain yogurt

In large saucepan, bring 2 cups water, apple juice, maple syrup, cloves and cinnamon stick to boil. Meanwhile, starting at bottom of each, peel pears, leaving stem intact. Using paring knife or melon baller, scoop out core through bottom; trim bottom to level. Stand in maple syrup mixture. Place round of parchment paper same size as saucepan over pears; bring to boil. Reduce heat, cover and simmer until tender, about 12 minutes. Let cool in liquid, about 2 hours. Meanwhile, set cheesecloth-lined sieve over bowl; spoon in yogurt. Cover and refrigerate until reduced to about 2/3 cup (150 ml), about 1 hour. With slotted spoon, transfer pears to plate; set aside. Discard cloves and cinnamon. Bring liquid to boil; boil until reduced to 1 cup syrup, about 18 minutes. Stand 1 pear on each plate; evenly spoon syrup over pears. Add spoonful of drained yogurt to each plate. Makes 4 servings.

Celebrating with Sense

It's a wonderful time of year - a time of celebrating with friends and family. With many of our celebrations centering on food, we can often get caught up in over eating or eating foods that are high in sugar, fat or salt and low in nutritional value. But, there are many recipes out there that can be part of our festive meals that offer both flavour and nutrition.

Savory Roasted Root Vegetables

(Recipe adapted from "All Recipes" at <http://allrecipes.com>)

1 C diced, raw Beet
1 Onion, diced
4 cloves Garlic, minced
1 Tbs dried Thyme leaves
1/3 C dry White wine
1/4 C canned Garbanzo beans (chickpeas), drained
4 Carrots, diced
2 C diced Potatoes
2 Tbs Olive oil
Salt and Pepper to taste
1 C torn Beet greens

Preheat oven to 400°F. Place the beet, carrot, onion, potatoes, garlic, and garbanzo beans into a 9x13 inch baking dish. Drizzle with the olive oil, then season with thyme, salt, and pepper. Mix well. Bake, uncovered, in the preheated oven for 30 minutes, stirring once midway through baking. Remove the baking dish from the oven, and stir in the wine. Return to the oven, and bake until the wine has mostly evaporated and the vegetables are tender, about 15 minutes more. Stir in the beet greens, allowing them to wilt from the heat of the vegetables. Season to taste with salt and pepper before serving.

Spanish-Style Chard with Raisins and Hazelnuts

(Recipe adapted from "Care 2 Make a Difference" at www.care2.com)

3 Tbs Raisins
2 Tbs Olive oil
Salt and fresh-ground Black pepper to taste
1 lb Chard, washed well
2 Garlic cloves, minced
3 Tbs toasted Hazelnuts, chopped

Place the raisins in a small pan with water to cover. When the water begins to boil, take the pan off the heat, and let the raisins sit for at least 5 minutes. While the raisins are soaking, cut each chard leaf away from the stem and central rib. Cut the leaves into 1/4-inch crosswise slices. Dice the stems and the central ribs. In a large pot, heat the olive oil over medium heat. Add the chard and the garlic, and saute, stirring frequently, for 6 to 8 minutes or until the chard is tender. Drain the raisins, and toss them and the hazelnuts into the chard. Add salt and pepper and serve. Serves 4.

Acorn Squash with Apple-Cornbread Stuffing

(Recipe adapted from "Cooking Index" at www.cookingindex.com)

1 Acorn squash, halved lengthwise, seeded
1 C Cranberry juice
Stuffing
1 Apple, halved, cored
1 Tbs Olive oil
1 Garlic clove, minced
1/2 C chopped Onion
2 C Cornbread, crumbled
1/4 C dried Cranberries
1/4 C Pecans, toasted, chopped
1 tsp chopped fresh Thyme
1/2 tsp Sage
Kosher salt, to taste
freshly-ground Black pepper, to taste

Grill the squash halves, cut-side down, over medium heat for 40 minutes, turning once halfway through grilling time. Remove from the grill and let stand at room temperature. Meanwhile, in a small saucepan over medium heat, cook the cranberry juice until reduced to 1/4 cup, about 20 minutes. To make the Stuffing, grill the apple, cut-side down, over medium heat for 8 to 10 minutes, turning once halfway through grilling time. Allow to cool slightly; chop and set aside. In a large sauté pan over medium heat, warm the oil. Add the garlic and onion and saute until the onion is translucent, about 4 minutes. Remove from the heat and add the chopped apple along with the rest of the stuffing ingredients including salt and pepper to taste. Put 1 tablespoon of the reduced cranberry juice in the cavity of each squash half then spoon in about 1/2 cup of the stuffing. Grill over medium heat until squash is tender and stuffing is golden, about 5 minutes. Serve immediately.

~ Article & Recipes Contributed by Angela Cleveland ~