



The Harvest Herald

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

December 13-15, 2011

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OKG Bread Special Dec 20-22

Cranberry Thyme Loaf! A mild sourdough dotted with both sweet + tart cranberries, and a sprinkling of fresh thyme. Sliced at the table, used for stuffing, or saved for sandwiches, this loaf is always something to look forward to at Christmas!

Regular Harvest Box

LOCAL! Red Onions - Kettle River Farm
LOCAL! Parsnips - Roots & Greens/Notch Hill
LOCAL! Rutabaga - Wild Flight Farm
LOCAL! Carrots - Notch Hill
LOCAL! Fuji Apples - Bite Me Organics
LOCAL! D'Anjou Pears - Claremont Ranch Organics
LOCAL! Bronze Beauty Bosc Pears - Schneider
Leaf Lettuce - CA
Rainbow Chard - CA
Avocado - MEX
Bananas - MEX

Family Harvest Box Extras

LOCAL! Daikon Radish - Wild Flight Farm
LOCAL! Asian Pears - Harker's
LOCAL! Spaghetti Squash - Wild Flight Farm
BC - Tomatoes
Satsuma Mandarins - CA



This Week's HomeGrown Heroes

Bite Me Organics - Kelowna
Claremont Ranch Organics - Lake Country
Kettle River Farm - Grand Forks
Harker's Organics - Cawston
Notch Hill Organics - Sorrento
Roots & Greens Farm - Grindrod
Schneider-Brown Farm - 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 of poor quality, please inform us **within 48 hours**, and we'll provide a credit for your next order.*

Holiday Closures

We will be closed from Dec 25 to Jan 9 for our annual holiday break (and to complete year-end activities). Dec 20-22 will be our final week of deliveries in 2011. If you are a biweekly customer, this will be your last order before the holidays! (unless you place an extra order) Deliveries will resume January 10-12, 2012. Our Saturday Sale will be OPEN on Dec 24th, and then CLOSED until Jan 14th.

Win a Free Month of Deliveries!

The Kelowna Food Bank is struggling to keep up with demand this holiday season. We are encouraging customers to bring in a donation (non-perishable food item) to our Saturday Sale this week or next, in exchange for one entry (per item) to our draw for 4 free Regular Harvest Box deliveries in January!

Gift Certificates - A Green Gift Idea!

Urban Harvest Gift Certificates are available in \$10, \$33, and \$44 denominations on our order page, OR in any amount by special request, and they may be used at our Saturday Sale too! Wrap one around a Little Creek dressing, or a beautiful MOTEAS gift sampler, or a Backyard Beans coffee, and voila!

Gifts that Give!

Urban Harvest invites 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 have been able to deliver weekly boxes since December of 2007 to the Women's Shelter, and since April 2010 to the Bridge's Parent Place! To maximize your 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 of deliveries. If you'd like to contribute, simply click to add a \$20 donation on our order page, or contact us if you'd like to donate a different amount. You can also transfer star credits if you wish - just let us know!

Saturday Sale Guest Vendors

- Sat, Dec 17th - **Real Raw Foods** (Naramata) - Raw, organic nuts, seeds, dried fruit, etc. - AND - **BC Spot Prawns!** Sustainably harvested (with the Ocean Wise stamp of approval), flash-frozen at sea, from the Powell River area. Prawn tails (1 lb pkgs).
- Sat, Dec 24th - stop by for some Christmas cheer & great discounts! (Pat & Deanna of Wolfgang's Grain & Flour wish you all a Merry Christmas, and will be back on the 4th Saturday in January!)

**For more details about our Saturday Sales - location, hours, produce available, etc, please visit our Warehouse Sales page at www.urbanharvest.ca/sale.

Community Events/Notices

2011 Parade of Lights Bus Tour Dec 16/17 - 7-9pm. Tour departs from Glenpark Village, Kane Rd, Glenmore. Tickets are by donation for the Salvation Army (Donation Items: Cash, new clothing, new toys, non-perishable food items). Tickets are first-come, first-served, and can be picked up at: Castanet Media #202-346 Lawrence Ave, or Power 104: 3805 Lakeshore Rd. Please bring your donation with you. One ticket per reasonable donation.

Raw Sprouted Cookies and Energy Bars Class by Guylaine Lacerte, Raw Food Teacher and Nutrition Coach. Sunday January 8th, 1-5pm. For more information visit: www.therawfoodpath.com or email: therawfoodpath@gmail.com.

Cranberry Upside-Down Cake

(Adapted from www.eatingwell.com)

3/4 C packed light Brown sugar
4 Tbs Butter, softened, divided
2 Tbs plus 1/4 C fresh Orange juice, divided
1 12-oz bag fresh or frozen (thawed) Cranberries
(about 3 cups)
3/4 C Whole-wheat pastry flour
3/4 C Flour (of your choice)
2 tsp Baking powder
1/4 tsp Salt
2 large Eggs, at room temperature
1/3 C Oil
1 C granulated Sugar
1 tsp Vanilla extract
1/2 C low-fat Milk, at room temperature
Whipped cream for garnish

Preheat oven to 350°F. Heat brown sugar, 2 tablespoons butter and 2 tablespoons orange juice in a large (12-inch) cast-iron or regular skillet over medium heat, stirring constantly, until the butter melts and the mixture starts to bubble. Let cool.

Coat the sides of the skillet with oil. Bring the remaining 1/4 cup orange juice and cranberries to a simmer in a medium saucepan, stirring often, until about half the cranberries have popped. Pour evenly over the cooled brown sugar mixture in the skillet.

Whisk flours, baking powder and salt in a medium bowl. Separate egg whites and yolks. Place the yolks in a large bowl and add the remaining 2 tablespoons butter, oil, granulated sugar and vanilla. Beat with an electric mixer or stand mixer on medium-high speed until light and fluffy. Stir in the flour mixture alternately with milk, using a rubber spatula, starting and ending with the flour. Stir just until the flour is incorporated.

Beat the egg whites in a clean dry mixing bowl with clean dry beaters on medium-high speed until they hold soft peaks. Fold one-third of the egg whites into the batter, then gently fold in the rest until almost no white streaks remain.

Spread the batter over the cranberries. Bake until the top is golden brown and the cake pulls away from the sides of the pan, 30 to 40 minutes. Let cool in the pan on a wire rack for 15 minutes. Run a knife around the edge of the pan and carefully invert the cake onto a serving plate. Let cool for at least 30 minutes more before serving.

Serve warm or room temperature. Garnish with whipped cream, if desired.

Thinking Ahead...

With the Christmas holidays getting closer, many are beginning to plan the menus for their winter feasts. Using the vegetables that are in our boxes this week, we can come up with beautiful combinations that will warm us this winter.

Kale with Garlic and Oven-Roasted Parsnips

(Recipe adapted from "Delish" at www.delish.com)

1 1/4 lbs Parsnips, peeled and cut into 2-by-1/2-inch sticks
5 Tbs extra-virgin Olive oil
2 lbs Kale, stemmed
8 large Scallions, cut into 1/2-inch lengths
Salt and freshly ground Pepper
4 Garlic cloves, thinly sliced

Preheat the oven to 400°F. Spread the parsnips on a large rimmed baking sheet and toss with 2 Tbs of olive oil. Season with salt and pepper and roast in the bottom third of the oven for about 25 minutes, or until lightly browned on the bottom and tender. Meanwhile, bring a large pot of water to a boil. Add salt and the kale and cook until just tender, about 5 minutes. Drain and then squeeze out the excess water. Coarsely chop the kale. Heat the remaining 3 Tbs of olive oil in a large skillet. Add the garlic and cook over moderate heat until golden, about 2 minutes. Add the scallions and cook over moderate heat, stirring, until softened, about 2 minutes. Add the kale, season with salt and pepper and cook, stirring, until heated through, about 3 minutes. To serve, add the parsnips to the kale and warm through over moderate heat.

Sautéed Rainbow Chard with Garlic and Lemon

(Recipe adapted from "Food and Wine" at www.foodandwine.com)

4 lbs Rainbow chard—thick stems discarded, inner ribs removed and cut into 2-inch lengths, leaves cut into 2-inch ribbons
1/2 C extra-virgin Olive oil
Salt and freshly ground Pepper
3 large Garlic cloves, thinly sliced
1/2 tsp finely grated Lemon zest

In a large pot, heat 1/4 cup plus 2 tablespoons of the olive oil. Stir in the garlic and cook over moderately high heat until lightly golden, about 1 minute. Add the chard leaves in large handfuls, allowing each batch to wilt slightly before adding more. Season the chard with salt and pepper and cook, stirring, until the leaves are softened and most of the liquid has evaporated, about 8 minutes. Transfer the chard to a bowl. Wipe out the pot. Add the remaining 2 tablespoons of olive oil to the pot. Add the chard ribs and cook over moderately high heat, stirring occasionally, until crisp-tender, about 5 minutes. Stir in the wilted chard leaves and season with salt and pepper. Transfer to a bowl, sprinkle with the lemon zest and serve right away.

Mashed Potato, Rutabaga, and Parsnip Casserole with Caramelized Onions

(Recipe adapted from "Yumly" at www.yumly.com)

7 C Vegetable broth
2 lbs Rutabagas (peeled and cubed)
8 cloves Garlic cloves
1 tsp dried Thyme
3 Onions (thinly sliced)
3 lbs Potatoes (peeled and cubed)
4 lbs Parsnips (peeled and cubed)
1 Bay leaf
4 C softened Butter
Salt and Black pepper

Combine broth, potatoes, rutabagas, parsnips, garlic, bay leaf, and thyme in a large pot. Bring to a boil. Reduce heat, and cover partially. Simmer until vegetables are very tender, about 30 minutes. Drain. Transfer vegetables to large bowl. Add 1/2 cup butter. Use an electric mixer, beat mixture until mashed but still chunky. Season with salt and pepper. Transfer mashed vegetables to a buttered 13 x 9 x 2 inch baking dish. Melt remaining 1/4 cup butter in a heavy large skillet over medium-high heat. Add sliced onions. Saute until beginning to brown, about 5 minutes. Reduce heat to medium-low. Saute until onions are tender and golden brown, about 15 minutes. Season with salt and pepper. Spread onions evenly over mashed vegetables. Casserole can be prepared up to 1 day ahead. Cover and refrigerate. Preheat oven to 375°F. Bake, uncovered, for 25 minutes, or until heated through and top begins to crisp. Serves 4.

~ Article & Recipes Contributed by Angela Cleveland ~