



The Harvest Herald

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

December 16-18, 2014

Issue #743

OKG Bread Special Jan 3-5

Nunweiler's Loaf! This mild sourdough includes a blend of our miller's grains including Kamut, Red Fife, spelt, and dark rye. Great sandwich bread!

Regular Harvest Box

LOCAL! Purple Top Turnip - Wild Flight Farm
LOCAL! Spaghetti Squash - Curly Willow Farm
LOCAL! Carrots - West Enderby Farm
LOCAL! Yellow Onions - Kettle River Farm
LOCAL! Corn Salad ("mache" salad greens) - Wild Fl
LOCAL! Pink Lady Apples - Harker's Organics
LOCAL! d'Anjou Pears - Claremont Ranch Organics
BC! Red Potatoes (small roasters) - Fraserland
Satsuma Mandarins - CA
Savoury Mix Herbs - CA

Family Harvest Box Extras

LOCAL! Green Cabbage (piece) - Wild Flight Farm
LOCAL! Beets - Roots & Greens Farm
LOCAL! Garlic - Wild Flight Farm
LOCAL! Olympic Arirang Asian Pears (2) - Nelson FW
LOCAL! Granny Smith Apples - Thunder Hill Farms
LOCAL! Bronze Beauty Bosc Pears - Schneider-Brown



**This Week's
HomeGrown Heroes**
(certified organic, unless specified)

Claremont Ranch Organics - Lake Country
Curly Willow Farm - Grindrod
Green Croft Gardens - Grindrod
Harker's Organics - Cawston
Kettle River Farm - Grand Forks
Nelson Fruit Works - Cawston
Schneider-Brown Farm - Cawston
Thunder Hill Farms - Lake Country
West Enderby Farm - Armstrong
Wild Flight Farm - Mara
Wise Earth Farm - Kelowna (NOT cert org)

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.*

See You in 2015!!

We would like to thank you for your support throughout 2014, and wish you a warm and wonderful holiday season! May your bellies and hearts be filled with good things!

- This is our final week of deliveries for 2014! Deliveries resume Jan 6-8, 2015. Biweekly customers receiving a delivery this week: your next delivery will be Jan 13-15, 2015.
- Our Saturday Sale is OPEN this Sat, Dec 20th (see below!), then CLOSED Dec 27th + Jan 3rd. We will re-open for Saturday Sales on Sat, Jan 10th.
- **Please be sure that all 2014 invoices are paid in full by December 23rd. Thank you!**

Need to reach us over the holidays? Lisa will be checking calls/emails throughout the holidays (with the exception of Dec 24-28 and Jan 1), and will be happy to help with anything you may need.

Seasonal/Holiday Items (Still Available Sat, Dec 20th)

- **Little Creek Holiday Gift Packs** one each of Little Creek's 4 delectable dressings: Original, Caesar, Cherry Balsamic, and Spicy Strawberry. Awesome for host/ess gifts, teachers, colleagues, gift exchanges, and more!
- **Denman Island Chocolate Santas & Trees** Dark, fair-trade, premium organic chocolate!
- **Backyard Beans Holiday Blend Coffee** - Settle into the holidays with this rich, deep roast!

Pre-Holiday Saturday Sale!

Join us for our pre-holiday final Saturday Sale of the year! Stock up for the holidays, and help us clear out our entire remaining inventory of fresh produce, Jerseyland, Carmelis, and Gort's Gouda dairy products, Silver King Tofu, Quail's Farm free range eggs, Blackbird Organics certified organic eggs, Backyard Beans coffee, as well as freshly-baked Okanagan Grocery Artisan breads!

And for the very brave (or silly!): Serenade the line-up with your favourite Christmas carol or winter song, and we'll donate \$10 to the Kelowna Women's Shelter on your behalf, AND enter your name in a draw to win a complimentary Regular Harvest Box delivery in January!

3 Guest Vendors joining us for our final Saturday Sale of 2014!

- **Real Raw Food** (raw organic nuts, seeds, dried fruit, etc), www.realrawfood.com
- **Swheatgrass** (frozen organic wheatgrass pucks), www.swheatgrass.ca
- **Rudy Family Farm** (natural, pasture-raised chicken, pork, lamb, from a small farm in Armstrong), www.therudyfamilyfarm.com

We are open for Saturday Sales, year-round (EXCEPT DEC 27 AND JAN 3!), from 9am - 1pm at 806 Crowley Ave (north end, downtown Kelowna). See www.urbanharvest.ca/sale for map + produce list.

Community Events/Updates

Okanagan Little Ones will be sharing 50% of all proceeds of their organic products for the family (from baby bottom cream to hair products) to the KGH Pediatric Unit, from now until Dec 25th, 2014. Says owner Sarah, "The Holidays are about giving. A recent health scare with our son has reminded me not to take life for granted and to make a difference." See www.okanaganlittleones.ca to find out more. (Some of you may have had a chance to connect with Okanagan Little Ones at our November 29th Saturday Sale.)

Ginger-Glazed Turnips, Carrots, and Chestnuts

(Adapted from www.epicurious.com)

- 2 lbs Turnips, peeled, cut into 1x1" strips (about 6 C)
- 1/2 lbs Carrots, peeled, thinly sliced on a diagonal (2 C)
- 12 Tbs unsalted Butter, cut into 1" pieces, divided
- 1/2 C (packed) light Brown sugar (or equivalent of your favourite sugar substitute)
- 1 2" piece Ginger, peeled, very thinly sliced
- Salt, freshly ground Pepper
- 1 C shelled roasted Chestnuts from a jar*
- 2 Tbs minced assorted Herbs (such as flat-leaf parsley, tarragon, and chives)

Cut a 12" round of parchment paper; snip a hole about the size of a quarter in the center of round. Combine turnips, carrots, 8 Tbs butter, brown sugar, and ginger in a 12" skillet. Season with salt and pepper. Rest parchment round on top of vegetables (do not cover with lid). Simmer over medium-high heat until vegetables are crisp-tender, about 5 minutes. Discard parchment; add remaining 4 tablespoons butter and chestnuts. Simmer, swirling pan often, until a glaze forms, 8-10 minutes. Season with salt and pepper. Transfer to a large bowl. Garnish with herbs.

*Option: you can roast your favourite nuts and substitute them for the chestnuts

Beet and Onion Salad

(Recipe adapted from "Food.com" at www.food.com)

- 2 lbs small Beets
- 2 large Onions (thinly sliced)
- 2 Garlic cloves (minced)
- Salt and Pepper (to taste)
- 1/2 C Olive oil
- 1/2 C Red wine vinegar

Trim stems from beets leaving 1/4 inch stem attached. Place beets in pan with enough water to cover. Boil, cover, reduce heat and simmer until tender, about 25 minutes. Drain and cool. Peel and slice in 1/4 inch slices. Arrange beets on a platter. Top with onions and sprinkle with garlic. Sprinkle with salt and pepper. Mix vinegar and oil and pour over beets. Refrigerate until well chilled.

Rawsomely Delicious Egg Nog

(Adapted from <http://healthyblenderrecipes.com>)

- 1 1/2 C Almond milk OR 1/2 C raw Almonds + 1 1/2 C filtered water
- 2 frozen ripe Bananas
- 1 pitted Date, soaked for about an hour
- 1/4 tsp natural pure Vanilla extract
- 1/4 tsp ground Nutmeg
- 1/4 tsp ground Cinnamon
- pinch ground Cloves
- pinch of Sea salt

Place all ingredients in your Vitamix or blender and puree until smooth and creamy. Add more water to achieve desired consistency. Sprinkle with cinnamon and serve immediately. Serves 4 - 6.

Holiday Meals with a Twist

Our big holiday meals are just around the corner. What better way to celebrate than to create wonderful dishes to share with your friends and family? There are many traditions that surround this season. Turkey with stuffing, mashed potatoes, and veggies seem to be a common theme among Canadian homes this time of year. Here are a few recipes that embrace these traditional dishes, but with a nutritious and fresh take on them.

Fresh Herb Stuffing

(Recipe adapted from "VegWeb" at <http://vegweb.com>)

- generous swirl extra virgin Olive oil
- 1 bunch Celery, sliced, leaves and all
- 3-6 cloves Garlic, minced
- 1 bunch fresh Parsley, chopped
- 1 Tbs fresh Rosemary, minced
- 10-12 C assorted Bread cubes (of your choice)
- 2 stalks fresh Thyme, strip the leaves and rub between hands before adding
- 1/3 C Butter
- 2 Onions, chopped
- 2 Carrots, minced
- 12 large leaves fresh Sage, minced
- Salt and Pepper, to taste
- 2 C Broth

Preheat oven to 375°F. In your largest skillet, start the oil and butter heating over extra low heat. Add the celery, onions, garlic and carrots and turn the heat up to medium low. Cook, stirring occasionally, while you get the herbs ready. Add the parsley, sage, rosemary and thyme, sprinkle it with some sea salt, and grind a bit of fresh pepper over it. Sauté until the onions and celery are soft and translucent.

While the veggies are cooking, cut the bread into cubes and throw into your largest bowl. Pour the veggies onto the bread; use a rubber scraper to get all the herbs out of the skillet. Stir well with a large spoon. Add your broth and toss well. It should be moist but not wet. Put into a large casserole or two, cover, and put in oven. Bake for 45 minutes covered, then 15 minutes uncovered, so it gets browned and crusty.

Herbed Spaghetti Squash

(Recipe adapted from "Food Network" at www.foodnetwork.com)

- 1 small Spaghetti squash, about 2 1/4 lbs
- 1/2 tsp Salt
- 2 1/2 Tbs finely chopped mixed soft herbs, such as Basil, Chives, Parsley, Rosemary, and Sage
- 2 1/2 Tbs Butter
- 1/8 tsp freshly ground Black pepper

Preheat the oven to 375°F. Using a sharp knife, cut the squash in half lengthwise and place, cut side down, in a baking dish. Add enough water to come 1/2-inch up the sides of the baking dish and cover. Bake for 45 minutes, until the squash is easily pierced with a paring knife. Turn squash over and cover again and continue to cook another 15 minutes, until the squash is very tender. Remove from the oven, uncover, and allow to cool slightly.

Using a spoon, remove the seeds and discard. Using a fork, gently pull the strands of squash away from the peel and place the squash strands into a mixing bowl. Heat a skillet. Add the butter, spaghetti squash, herbs, salt and pepper and toss thoroughly but gently to heat and combine. Serve immediately or cover and keep warm until ready to serve. Serves 4.

Mashed Turnip and Apple

(Recipe adapted from "A Veggie Venture" at <http://kitchen-parade-veggieventure.blogspot.ca>)

- Water to cover, enough to cover turnips and apples, not salted
- 1 lb purple-topped Turnip, trimmed, peeled and chopped into equal-size pieces
- 2 Apples, peeled and quartered
- 1 Tbs Butter
- Salt and Pepper to taste
- 1/2 C dry White wine
- 1 Tbs Cream
- Fresh grated nutmeg

Preheat oven to 300°F. Bring the water to a boil while prepping the turnips. Add the turnips, cover and let simmer for 15 minutes. Add the apples and cook for another 15 - 20 minutes, until turnips are fully cooked (a knife should slip in and out with no trouble). Drain and return to hot pot. Mash until smooth (a little texture is good, these mash very easily with a hand masher). Add the wine, butter and cream. Season to taste. Serves 4.

~ Article & Recipes Contributed by Angela Cleveland ~