



The Harvest Herald

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

December 18-20, 2012

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OKG Bread Special Jan 8-10

To be announced! We are looking forward to more exciting weekly bread specials from Monika and her crew in the New Year!

Regular Harvest Box

LOCAL! Mini Winter Squash - Various (*acorn, carnival OR delicata from Curly Willows or Notch Hill*)
LOCAL! Green Curly Kale - Wild Flight Farm
LOCAL! Red Cabbage (piece) - Wild Flight Farm
LOCAL! Watermelon Radish - Wild Flight Farm
LOCAL! Red Onions - Kettle River Farm
LOCAL! Orange Carrots - Green Croft Gardens
LOCAL! D'Anjou Pears (mini order) - Claremont Ranch
LOCAL! Fuji Apples - Bite Me Organics
Satsuma Mandarins - CA
Romaine Lettuce - CA
Jewel Yams - CA (mini order)

Family Harvest Box Extras

LOCAL! Leek(s) - Wild Flight Farm
LOCAL! Claytonia (miner's lettuce) - Wild Flight
BC! Red Potatoes
Broccoli - CA
Bananas - MEX



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.*

See You in 2013!!

Please note! We will be **CLOSED FROM DECEMBER 23 TO JANUARY 7** for our annual holiday break, and to complete year-end activities.

- Deliveries will resume Jan 8-10, 2013, or Jan 15-17 for this week's biweekly customers.
- Biweekly customers (for Dec 18-20): your next delivery will be scheduled for the week of Jan 15-17, 2013. We ask that you do stay on this schedule, to ensure that our weeks stay balanced.
- Our Saturday Sale will be OPEN on Dec 22nd, then CLOSED until Jan 12th.
- 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 most recent order slip, or contact us for details (either before Dec 23 or after Dec 27). Many thanks!

As we head into the New Year (and our 14th year in business!), we are so thankful to all of you for being a part of Urban Harvest! We would also like to take this opportunity to thank the very dedicated farmers and other producers in our region and from further afield who work so hard to provide the fresh, organic produce and other items that fill your Harvest Boxes!

Wishing you good health and happiness during this holiday season and throughout 2013!

Pre-Holiday Saturday Sale!

We invite you all to join us at our pre-holiday final Saturday Sale of the year! This will be a great time to stock up for the holidays, as we'll be attempting to 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, In Your Face Foods Antoinette's Dip/Olive Tapenade/Salsa, as well as freshly-baked Okanagan Grocery Artisan breads and Sin Grano gluten-free breads. You will also find Avalon Sunset 100% beeswax candles, made right here in Kelowna, and MOTEAS fair-trade organic specialty teas - both of which make GREAT last-minute stocking stuffers and/or host/ess gifts!

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! Our goal is to have a non-stop singing line-up throughout the morning...so be sure to warm up those vocal chords!

Guest Vendor for Dec 22nd - Wolfgang's Grain & Flour Mill - offering organic, local when possible, whole grains and freshly milled flours.

Our Saturday Sale takes place on Saturday mornings from 9am to 1pm at 806 Crowley Ave. We will be closed for the holidays on Dec 29th and Jan 5th, re-opening on Sat, Jan 12th.

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>

Christmas Pudding

(Adapted from <http://www.thehealthychef.com>)

10-15 pitted Dates, depending on their size (225g in total)
zest from 1 Orange
250g organic dried Apricots, chopped
1 1/2 C Almond meal/ground almonds
1 tsp Vanilla bean paste or extract
1 tsp ground Cinnamon
1/4 tsp ground Nutmeg
1/4 tsp ground Ginger
80 g white Chocolate, melted for decoration - optional

Combine dates, orange zest, apricots, vanilla, ground almonds, cinnamon, nutmeg and ginger in a food processor. Process until mixture is combined and looks like fine crumbs. Spoon mixture into a large bowl and add 1 - 2 tablespoons orange juice then mix again. Your pudding mix should come together in the hands when lightly squeezed.

Divide puddings into 6 small puddings. The best way to do this is to line the base of your desired mould with glad wrap and press the pudding mixture into it firmly. Invert the pudding and remove the glad wrap. Repeat until all the puddings are formed.

Melt white chocolate in a small bowl that is set over a simmering pot of water. Spoon a little white chocolate over the tops of the puddings if using and garnish. You can use goji berries, fresh cherries or anything you fancy. Arrange onto a serving plate and set aside until needed. Store in the fridge for up to 2 weeks. Serve puddings with cold mango coconut custard or warm with proper vanilla bean custard.

Moist Christmas Cake

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

500 g mixed dried Fruit
1/2 C chopped dried Apricots
1 (400 g) can crushed Pineapple with juice
1/4 C fresh Orange juice
1 tsp mixed Spice
1 tsp Baking soda
2 large Eggs, separated
2 C wholemeal self-rising Flour

Line base and sides of 20cm squared cake tin with paper. Place mixed fruit, apricots, undrained pineapple, orange juice and spice in a saucepan. Bring slowly to boil, simmer uncovered 2-3 minutes, remove from heat. Cover and allow to cool.

Stir egg yolks (optional) and soda into fruit mixture. Whip egg whites stiffly in large bowl. Fold in fruit mixture, then fold in flour, making a firm mixture. Spread into cake tin, bake in moderate oven (320°F) for 1 1/2 hours. Cover the hot cake with foil and allow to cool in the pan. You can decorate the top with glace cherries and a few almonds.

Holiday Meals without the Meat

Finding holiday meals that don't focus around meat is not as hard as some may think. There are many easy ways to prepare an entire holiday meal meat-free. So, if you are already a vegetarian or trying to reduce your meat consumption, here are some great meat-free recipes for your holiday dinner.

Lentil and Bean "Meatloaf"

(Recipe adapted from "Chef in You" at <http://chefinyou.com>)

1 Celery, chopped (including the greens)	1 Carrot, grated
1 Onion, chopped	1 Red bell pepper, chopped
1 15-oz can Pinto beans	1 C Red lentils
1/4 C TVP (textured vegetable protein) or soy chunks)	
1 C freshly made Wholegrain and Flax bread crumbs	
1 C Cheddar cheese, grated	1 Tbs Ketchup
1 Tbs Tomato paste	1 Tbs Cumin-Coriander powder
1 tsp Chili powder (or as per taste)	Salt to taste
2-1/2 - 3 C Vegetable broth/water	

Clean the red lentils in cold water until the water runs clear. Place it in a pan along with the vegetable broth (start with 2-1/2 cups) and cook until tender. Add the soy chunks and let it cook for another 4-5 minutes until the soy chunks get soft. Make sure that this mixture is mushy and does not have excess liquid. In a skillet, in 1 tsp of olive oil, saute the onions along with salt. When soft, add the carrots, celery, red bell pepper and cook until the vegetables get soft, another 3-4 minutes. Now add the ketchup, tomato paste along with spices. Cook until the rawness of the tomato paste goes away. Process this mixture along with beans into a paste. Add this to the cooked lentils (its mushy and does not need to be processed). Now add the cheese and bread crumbs and mix well until blended. You can at this point taste this mixture to see if the seasoning is enough for your taste. Add more salt/pepper if you desire (or some cayenne pepper to increase the hotness of the dish). Transfer this to a greased loaf pan. Level the top. Bake in a preheated 350°F oven for 1 hour. You will see the surface of the loaf looking crusty and sort of dry (but it actually provides a nice crunch). Serves 4-6.

Braised Red Cabbage with Cider and Apples

(Recipe adapted from "BBC: Good Food" at www.bbcgoodfood.com)

1 large Red cabbage	2 Onions, chopped
4 Apples, peeled and cored and chopped	zest 1 Orange
2 tsp ground mixed Spice	1/3 C light soft Brown sugar
3 Tbs Cider vinegar	1 1/3 C dry Cider
25g Butter	

Peel off the outer leaves from the cabbage and discard. Quarter the cabbage, removing the tough stem, then thinly slice. Arrange a layer of the cabbage on the bottom of a large saucepan, followed by some of the onions, apples, zest, mixed spice, sugar and seasoning. Continue to create layers until you have used up the ingredients. Pour over the vinegar and cider and dot the butter on top. Bring to a boil then simmer with a lid on over low heat for 1 1/2 hrs, until tender. The cabbage will keep for 2 days, covered, in the fridge or freeze for up to 1 month. Reheat in a pan.

Winter Kale Salad

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

1 bunch Kale (stems removed cut or torn into small pieces)	
1/4 C toasted Pecans (chopped)	1 Green onion (chopped)
1 Pear (peeled and sliced)	Salt and Black pepper
2 Tbs Balsamic vinegar	3 Tbs extra-virgin Olive oil
Blue cheese crumbles (for garnish)	

Toss kale, pecans, green onion, and pear together in a medium bowl. Sprinkle with salt and pepper. Drizzle vinegar then oil over the top. Toss and serve with a sprinkling of cheese.

~ Article & Recipes Contributed by Angela Cleveland ~