



The Harvest Herald

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

December 20-22, 2011

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OKG Bread Special Jan 10-12

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

(Still lots of local goodies...yay!!)

LOCAL! Yellow Onions - Kettle River Farm
LOCAL! Gold Beets - Notch Hill/Wild Flight Farm
LOCAL! Delicata Squash - Wild Flight Farm
LOCAL! Yellow/Orange Carrots - Notch Hill
LOCAL! Red Cabbage - Wild Flight Farm
LOCAL! Fuji Apples - Bite Me/Harker's/Thunder Hill
LOCAL! D'Anjou Pears - Claremont Ranch Organics
LOCAL! Bronze Beauty Bosc Pears - Schneider
BC! Poultry Mix Herbs
Romaine Lettuce - CA
Satsuma Mandarins - CA

Family Harvest Box Extras

LOCAL! Parsnips - Notch Hill
LOCAL! Watermelon Radish - Wild Flight Farm
Jewel Yams - CA
Rainbow Chard - CA
Bananas - MEX



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
Schneider-Brown Farm - Cawston
Thunder Hill 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 2012!

Please note! We will be **CLOSED FROM DEC 25 - JAN 9** for our annual holiday break, as well as year-end activities. Deliveries will resume January 10-12, 2012, or Jan 17-19 for this week's biweekly customers. Our Saturday Sale will be open on the 24th, and then closed until Jan 14th.

We would like to thank you all sincerely for your support in 2011, and offer our warmest wishes to each of you for a holiday season that holds joy, peace, and the promise of more of these in 2012...and, of course, ample quantities of good food that nourishes and delights the senses!

Win a Free Month of Deliveries This Saturday!

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 in exchange for one entry (per item) to our draw to win a month of free veggies (4 free Regular Harvest Box deliveries in January)! The draw will take place at noon on the 24th!

Pre-Holiday Saturday Sale - Dec 24th

Stop by for some Christmas cheer (hot drinks + treats!) & super discounts! Bring a Food Bank donation if you can, and enter our draw (see above)! ****And for the very brave (or silly!):** serenade the line-up with your holiday favourite (REALLY sing...no humming allowed!), and we'll donate \$10 to the Food Bank on your behalf, AND enter your name in our draw! Here's your chance to sing for your supper...and someone else's! Our Saturday Sale takes place from 9am to 1pm at 806 Crowley Ave.

Gift Certificates - A Green Gift Idea!

Yes, Urban Harvest Gift Certificates can still be requested by phone or email. We have ready-made certificates available in \$10, \$33, and \$44 denominations, OR blank gift certificates that can be made out in any amount you like! Wrap one around a Little Creek dressing, a MOTEAS gift sampler, an Avalon Sunset pure beeswax candle, or a Backyard Beans coffee, et voila! Instant gift! For last-minute shoppers, we will indeed have them available for sale at our Dec 24th Saturday Sale! Email gift certificates will be available until noon on Fri, Dec 23rd only.

Community Events/Notices

Share the Gift of Sight - Donate Your Used Eyeglasses Catharine Goheen, owner of Dr. Specs Optical (in Orchard Plaza, near Future Shop), wants your used eyeglasses! She is collecting used sunglasses, reading glasses, and prescription glasses (until Dec 31st) to take to a children's hospital in Cuba. Dr. Specs Optical has now taken Okanagan eyeglasses to 26 different developing countries, and Goheen has seen first-hand how grateful the recipients are.

Cookbook Raises Funds for Gardens at Kelowna Transition Houses A mini cookbook has been produced out of the cooking classes taught by local GreenTable member chefs to residents of the Willowbridge and Ozanam Transitional Houses. It's small, but mighty! In addition to delicious recipes, info is provided about local food initiatives, and there are coupons from project sponsors (including Urban Harvest!). Available at our Saturday Sale for a minimum \$10 donation. Funds raised will support the building of garden space at Ozanam and Willowbridge transitional houses.

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.

Apple Pear Pie with a Maple Walnut Crunch

(Adapted from www.whatscookinggoodlooking.com)

Pie crust:

- 1 C Pecans
- 1 C Cashews
- 1/2 C Dates (soaked for 20 minutes)
- 1/2 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/4 tsp Salt
- 2 Tbs Grapeseed oil
- 1/2 tsp Almond extract

Filling:

- 4 Apples, peeled, cored and chopped
- 4 Pears, peeled, cored, and chopped
- 1 Lemon, zest and juice
- 3 Tbs Agave
- 4 Tbs Flour or 4 tsp Arrowroot

Topping:

- 1 C finely chopped Walnuts
- 1 C Rolled oats
- 1/2 C Maple syrup
- pinch of Salt

Start by making your pie crust. Place the pecans and walnuts in a food processor and chop until you get a fine meal. Place the nuts in a large mixing bowl and set aside.

Place your soaked dates, cinnamon, nutmeg and salt into the food processor until it forms a thick paste. Remove from the food processor and place in the same bowl with the nuts.

Add the grapeseed oil and the almond extract to the ingredients in the mixing bowl and mash and mix until everything is combined. Place the mixture into a pie plate or pie tin and press and form it into a thin layer of crust. Place the pie crust in the refrigerator to chill while you're making your filling.

Preheat the oven to 375°F. Make the filling. Zest the lemon and squeeze 1/2 of the lemon into a large mixing bowl. Peel, core and chop your pears and apples and place them in the bowl and toss to coat them with the lemon juice. Add the agave and the cornstarch and toss again until everything is combined. Using a slotted spoon, spoon the mixture into the chilled pie crust.

Make the topping. In a bowl, mix together the finely chopped walnuts, the oats, and the maple syrup and thinly layer the mixture on top of the apple pear filling.

Place the pie in the oven and bake for 30-35 minutes, or until the edges of the crust start to brown. Serve warm or cold with the optional topping.

Festive Holiday Sides

The holiday season is finally here. It's time for family, friends, and snow. Along with all the fun come elaborate holiday meals. A common side dish to these dinners is stuffing. Here are a few different recipes for stuffing that incorporate the wonderful veggies that are in our box this week.

Sourdough Bread Stuffing with Fresh Herbs

(Recipe adapted from "Fresh Herbs" at www.freshherbs.com)

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| 10 C cubed Sourdough bread (1/2 inch) | 3 Tbs Butter |
| 2 C finely chopped Onion | 1 C finely chopped Celery |
| 3 Tbs chopped fresh Thyme | 3 Tbs chopped fresh Sage |
| 3 Tbs chopped fresh Italian Parsley | 1/2 tsp Black pepper |
| 2 C Vegetable broth | 1 C Water |
| 1 large Egg, lightly beaten | cooking spray |

Preheat oven to 350°F. Arrange bread in single layers on 2 cookie sheets. Bake for 20 minutes or until golden, rotating pans after 10 minutes. Turn oven off; leave pans in oven for 30 minutes or until bread is crisp. Melt butter in a large skillet over medium heat. Add onion and celery and cook for 10 minutes or until tender, stirring occasionally. Transfer to a large bowl. Add fresh herbs, pepper and bread to the vegetable mixture and toss until well combined. In a separate bowl, combine broth, 1 cup water and egg, stirring well. Drizzle broth mixture over bread mixture, toss. Spoon mixture into a 13x9 baking dish coated with cooking spray. Cover with foil. Bake at 350°F for 20 minutes. Uncover and cook 20 minutes or until browned. Serves 12.

Wild Rice Stuffing

(Recipe adapted from "World's Healthiest Foods" at www.whfoods.com)

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| 1/2 C Wild rice | 1 C long grain Brown rice |
| 1 medium Onion, chopped | 3/4 C diced Celery |
| 2 C sliced Crimini mushrooms | 1 medium Green apple, diced |
| 4 medium cloves Garlic, minced | 1/2 C chopped Walnuts |
| 6 dried Apricots, coarsely chopped | 1/2 C Raisins |
| 1/2 C chopped fresh Parsley | 1/2 Tbs Fennel seeds |
| 1/2 C + 1 Tbs Vegetable broth | Salt and Black pepper to taste |
| 2 Tbs chopped fresh Sage (or 2 tsp dried) | 3 Tbs chopped fresh Thyme (or 1 Tbs dried) |

Bring 3-1/2 C of lightly salted water to a boil. Rinse and drain the wild rice. When water boils add both wild and brown rice, cover, turn heat to low and cook for about 45 minutes, until tender. Do not overcook. You will most likely have to strain out excess water when rice is cooked properly. Set aside in a large enough bowl to mix everything together. Heat 1 Tbs vegetable broth in a large stainless steel skillet. Sauté onion in broth over medium heat for 5 minutes. Add mushrooms and celery and continue to sauté for another 2-3 minutes. Mix all the stuffing ingredients together and season with salt and pepper. Bake at 375°F for 20 minutes. Serves 8.

Cardamom and Orange Stuffing

(Recipe adapted from "Sprout and Pea" at www.sproutandpea.com)

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| 1/3 of a loaf of sprouted grain Ezekiel bread or bread of your choice | 1 Tbs extra virgin Olive oil |
| 2 large Shallots finely chopped | 1 C dried Cranberries |
| 1 C crushed Pecans | Zest of 1 Orange |
| 1 Tbs Cardamom | 2 pinches of Salt |
| 1 tbs fresh chopped Ginger | 2 Tbs of Honey |
| 1 1/2 C Vegetable broth | |

Cut bread into small cubes and toast in the oven at 375°F for about 5 or 6 minutes- you want them toasted but not hard and crisp. While breadcrumbs are baking, heat shallots in a pan with olive oil for a few minutes, just until translucent and remove from heat. Add breadcrumbs and mix together with shallots. Slowly add the vegetable broth, mixing together 1/2 a cup at a time, making sure not to drench the breadcrumbs, but moisten them. Mix in cardamom and add and mix together remaining ingredients. Bake in the oven for 15 minutes at 375°F. Remove from oven and drizzle and mix in a little more honey if desired.

~ Article & Recipes Contributed by Angela Cleveland ~