



The Harvest Herald

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

December 4-6, 2012

Issue #624

OKG Bread Special Dec 11-13

Apricot & Cardamom Oatmeal Loaf! This lovely textured loaf is made with soaked steel-cut oats, chunks of sweet apricots, and a hint of cardamom spice. Excellent breakfast bread!

Regular Harvest Box

LOCAL! Corn Salad (aka "Mache") - Wild Flight Farm
LOCAL! Mixed Petite Onions (red/y) - Kettle/Notch
LOCAL! Garlic (mini order) - Sweet Haven
LOCAL! Green Cabbage - Wild Flight Farm
LOCAL! Leek (large) - Wild Flight Farm
LOCAL! Rainbow Carrots - Green Croft Gardens
LOCAL! Asian Pears (mini order) - Harker's
LOCAL! Pink Lady Apples (mini order) - Bite Me
LOCAL! Mixed Apples (Empire/Fuji) - Thunder/Bite
LOCAL! D'Anjou Pears - Claremont Ranch
Romaine Lettuce - AZ

Family Harvest Box Extras

LOCAL! Rutabaga - Wild Flight Farm
LOCAL! Bosc Pears (mini order) - Shirlee Mae
BC! Curly Parsley
Celery - CA
Satsuma Mandarins - 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
Harker's Organics - Cawston
Kettle River Farm - Grand Forks
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Shirlee Mae Schneider/Moses Brown - 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.*

Thinking Ahead...Holiday Schedule Update

Urban Harvest will be **CLOSED FROM DECEMBER 23 TO JANUARY 7!** Please note:

- Dec 18-20 will be our final week of deliveries for 2012; deliveries then resume Jan 8-10, 2013.
- Biweekly customers receiving a bin during the Dec 18-20 delivery week: please plan to order your first 2013 delivery for the week of Jan 15-17, to maintain a balanced delivery schedule.
- Our Saturday Sale will be OPEN on Dec 22nd, then CLOSED Dec 29 + Jan 5.
- 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 last order slip, or we would be happy to provide a total for you before Dec 23 or on Dec 27 (evening) or Dec 28 anytime. Many thanks!!

Green Holiday Ideas!

- **Little Creek Holiday Greenery!** Bring holiday cheer to your home! As in past years, Little Creek Gardens is offering a lovely mix of decorative greenery @ \$20/box (6 each, fir boughs, pine boughs, Oregon grape, rose hips + pine cones). Available on our order page under the Gift Cert's, Donations & Holiday Specials heading for one more week only! (Dec 11-13 orders)
- **UH Gift Certificates - A Green Gift Idea!** Urban Harvest Gift Certificates are available in \$10, \$33, and \$44 denominations on our order page (under the Gift Cert's, Donations & Holiday Specials heading), OR feel free to request a custom gift certificate in any amount! Wrap one around a Little Creek Dressing, a beautiful MOTEAS tea/tisane, or Backyard Beans coffee, et voila - a 'green' gift! (May be redeemed for home deliveries OR at our Saturday Sale.)
- **Gifts That Give!** We invite 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've delivered weekly boxes since Dec/07 to the Women's Shelter, and since Apr/10 to the Bridge's Parent Place! To maximize 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. To contribute, simply click to add a \$20 donation on our order page (under the "Gift Cert's, Donations & Holiday Specials heading), or contact us if you'd like to donate a different amount, or transfer star credits.

Saturday Sale Guest Vendors - Upcoming

- **Dec 8th - Raw Delights** - Healthylicious Raw Vegan Organic Natural Food - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more...
- **ALSO Dec 8th - Bernie's Blackberries** - FROZEN blackberries, grown in South East Kelowna. Please note: these are NOT organic, but are grown without the use of sprays. \$4 per litre bag.
- **ALSO Dec 8th (yes, we have 3 vendors for the 8th!) - Café Feminina** coffee (regular or gift-packed) and super-sweet, cuddly felted animals, both sold by the Canadian Federation of University Women as a fund-raiser for their scholarship fund (the coffee is purchased at above fair-trade prices from women's producer cooperatives).

Community Events/Notices

Holistic Market Dec 9th - Explore more than 30 holistic vendors, healthy lunch options, free draws and give-a-ways. Great holiday gift-giving ideas. Hand-crafted, unique, one-of-a-kind products, healthy living ideas and services, and much more to explore and learn. Sun, Dec 9th from 11am to 4pm, at the Okanagan Mission Community Hall (Lakeshore & Dehart). FREE admission. The Holistic Market is more than a Market.....it is an experience! Info: www.holisticmarket.ca or 778-478-2171.

Three Cheers to Cabbage

Cider-Braised Swiss Chard with Apples

(Adapted from www.bitesoutoflife.com)

- 1 small Onion, chopped (the recipe calls for 1 cup, but I only had a small one)
- 2 C Apples, peeled and diced
- 1 bunch Chard, rinsed and chopped (I left the stalks in, cutting them into small pieces — they add a nice crunch)
- 2 Tbs Cider vinegar
- 1 C Apple cider
- 2 Tbs Olive oil
- Salt and Pepper, to taste

Heat the oil up in a large skillet and add the onions. Cook on low heat until the onions are translucent. Increase the heat to medium. Add the apples, tossing them around to coat them completely in the oil.

Mix in the chard and stir a few times to make sure everything is well incorporated. Then add the cider and vinegar and cover, cooking until the leaves are tender, about 10-15 minutes. Remove the cover and increase the heat to high. Add salt and pepper to taste. Let the water boil off and evaporate, stirring constantly.

Pear, Onion, Chard Quiche

(Adapted from <http://recipes.sparkpeople.com>)

- 1 Tbs Olive oil
- 2 Onions
- 1 Shallot
- 4 C Swiss chard
- 4 C Lettuce mix
- 1/2 C Parmesan
- 1/4 C Blue cheese
- 1 Pear
- 2 Eggs
- 1/3 C Egg white
- 2 C Milk
- 1/2 C Garbanzo bean flour

Saute onions and shallot in oil until translucent. Then, add chard and lettuce and saute until greens are 1/4 of their original size. Spread sauteed mixture into a 9 x12 baking pan. Top with cheese and pears. Meanwhile, beat together eggs, milk and flour. Pour into pan and bake at 350°F for an hour or until egg mixture is set. Serves 12.

Cabbage is a great source of powerful antioxidants that are believed to protect against certain cancers and also help reduce LDL (bad cholesterol). It is also low in fat and calories and high in vitamin C (even more than oranges). Cabbage is also rich in vitamins B5, B6, and B1 and contains adequate amounts of minerals such as potassium, manganese, iron and magnesium. To top off the list, cabbage is a very good source of vitamin K.

Aside from all the health benefits, cabbage is also versatile. It can be eaten raw, steamed, boiled, or baked. Cabbage has a mild flavour that allows it to be added to many dishes without changing their flavour. Here are some cabbage recipes to try:

Sauteed Cabbage and Leeks with Apples

(Recipe adapted from "Simple Bites" at www.simplebites.net)

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| 2 Tbs Olive oil | 2 Tbs unsalted Butter |
| 1 whole Leek | 1/2 Green cabbage head |
| 1 large Apple | 2 tsp Apple cider vinegar |
| 1 1/2 tsp Salt | 1/2 tsp fresh ground Black pepper |

Prepare leeks by cleaning them, drying and chopping them into 1/2 inch rounds. Divide cabbage into two quarters, lay them on a flat, cut side and roughly chop them into chunks, avoiding the core. Separate the cabbage pieces slightly.

Heat a 5 quart French oven or a large cast iron skillet over medium heat. Add olive oil and butter and heat until butter is bubbling. Add leeks to melted butter and saute for two minutes. Add the cabbage all at once and immediately stir thoroughly to coat the cabbage with butter. Season with salt and pepper. Partially cover and cook on medium heat for about 7 minutes, stirring often, until cabbage has wilted significantly. During this time, quarter and core the apple and roughly dice. Add the apple to the cabbage as well as the apple cider vinegar. Saute on medium heat for another three minutes, stirring often. Taste for seasoning and adjust if necessary. Serve hot.

Pan Sauteed Cabbage with Onions

(Recipe adapted from "Kitchen Mirror" at www.kitchenmirror.com)

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| 3/4 of one med Yellow onion, finely chopped | 3/4 of a large head of Green cabbage |
| 1 large clove of Garlic, minced | 2 Tbs Olive oil |
| coarse Sea salt | freshly ground Black pepper |
| 1 1/2 Tbs Balsamic vinegar | |

Cut the head of cabbage in half, then slice the cabbage into strips about 1/4 to 3/8 inches wide. Separate cabbage into three equal portions and set aside. Finely chop onion and mince garlic. Heat a wide-bottomed saute pan or large pot over medium-high to high heat. When the pan is hot, add the olive oil. Add onions and cook for 1-2 minutes, or until they just begin to soften and become translucent. Add minced garlic and cook for one minute. Add the first third of the cabbage to the pan in an even layer. Sprinkle with salt and pepper to taste. Let the cabbage cook, without stirring, until the bottom is browned and slightly crispy without being burned.

When the first layer is browned on the bottom, use a wide spatula to flip it, making sure to scrape up all the brown bits on the bottom of the pan. After flipping it, add the next layer of cabbage, and repeat the process. When all of the cabbage has been cooked through and browned well, drizzle about 1 1/2 to 2 Tbs balsamic vinegar over the top and stir well for about 30 seconds. Remove from heat and serve immediately or cover and store in a slightly warmed oven. This can also be made ahead and reheated.