



# The Harvest Herald

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Place Orders On-line at: [www.urbanharvest.ca](http://www.urbanharvest.ca)

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## OKG Bread Special Dec 14-16

Pannetone! Our version of the Italian classic. Brandied fruit, roasted nuts, loads of butter, and a hint of citrus. The favourite holiday breakfast!

## Regular Harvest Box

Local! Carrots - Roots & Greens Farm  
Local! Kabocha Squash - Schneider-Brown (see note)  
Local! Rutabaga (piece) - Wild Flight Farm  
Local! Corn Salad (aka "mache") - Wild Flight Farm  
Local! Gold Onions - Kettle River Farm  
Local! Fuji Apples - Thunder Hill Farms  
Local! Golden Beets - Notch Hill Organics  
Local! Parsnips - Similkameen River Organics  
Local! Bronze Beauty Bosc Pears - Schneider-Brown  
Local! D'Anjou Pears - McCoubrey Farms  
Lettuce - CA

## Family Harvest Box Extras

Local! Kohlrabi - Roots & Greens Farm  
Local! Green Curly Kale - Green Croft Gardens  
Local! Celeriac (aka Celery Root) - Wild Flight Farm  
Local! Garlic - Notch Hill Organics  
Satsuma Mandarins - CA  
Bananas - MEX



## This Week's HomeGrown Heroes

Green Croft Gardens - Grindrod  
Harker's Fruit Ranch - Cawston  
Kettle River Farm - Grand Forks  
Little Creek Gardens - West Kelowna  
McCoubrey Farms - Winfield/Lake Country  
Notch Hill Organics - Sorrento  
Quail's Farm - Vernon  
Roots & Greens Farm - Grindrod  
Schneider-Brown Farm - Cawston  
Similkameen River Organics - Cawston  
Thunder Hill Farms - 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 items of poor quality, please inform us **within 48 hours**, and we'll provide a credit toward your next order.*

## Advance Notice of Holiday Schedule

Please note that we will be closed for deliveries and Saturday Sales from Dec 19<sup>th</sup> to January 2<sup>nd</sup>. Deliveries will resume the week of Jan 2<sup>nd</sup>, and our first 2011 Saturday Sale will be held on Sat, Jan 8<sup>th</sup>. Biweekly customers, please note that your next delivery will be scheduled for the week of Jan 2<sup>nd</sup>, as we have just one week left in 2010. Thank you to all for your understanding!

## Squash Substitution

This week's Kabocha squash order from Schneider-Brown is supplemented by a Red Kuri squash order from Harker's Organics, as we were going to be short on the Kabocha. The texture and taste is very similar, however, the Red Kuri has a brilliant orange colour as opposed to the dark green Kabocha.

## 3 Green Holiday Ideas...and Holiday Greenery!

- **Urban Harvest Gift Certificates** - available in \$10, \$33, and \$44 denominations on our order page, or customized gift cert's available by request. Wrap one around a Little Creek dressing...or a beautiful box of MoTEAS...or a Backyard Beans coffee...or attach one to a fair-trade Zambian basket (avail at our Dec 4<sup>th</sup> Sat Sale), and you've got a perfect green gift idea!
- **Holiday Tri-Packs** - one each of Little Creek Gardens' Original, Strawberry Jalapeno, and Cherry Balsamic salad dressings in a convenient gift pack. A perfect host/hostess gift @ \$15.95!
- **Gifts That Give** - Consider giving a card stating that you have made a donation on the recipient's behalf. It's easy to do (many charitable organizations are now able to accept donations online), and is truly green, spreading joy, not waste! Choose an organization that does work in an area you know would be of interest/concern to the receiver. Ten Thousand Villages offers a Living Gift program, where you can support families in poverty in other parts of the world, (see [www.tenthousandvillages.ca](http://www.tenthousandvillages.ca) and shop for Living Gifts).
- **Little Creek Holiday Greenery** - a lovely mix of decorative greenery @ \$22/box (6 each, fir boughs, pine boughs, Oregon grape, rose hips + pine cones). Bring holiday cheer to your home!

## Saturday Sale Updates/Guest Vendors

- **Sat, Dec 11<sup>th</sup> - Raw Delights: Healthylicious Raw Vegan Organic Natural Food Products** - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more!  
**AND Kelowna Women's Resource Centre** selling Café Feminino (organic, fair-trade coffee grown by women producers, with proceeds supporting community development + social justice projects).
- **Sat, Dec 18<sup>th</sup> (3 guest vendors!)** - **Real Raw Foods** - raw, organic nuts, seeds, dried fruit, and much more! See [www.realrawfood.com](http://www.realrawfood.com) for info about their products.  
**AND Wolfgang's Grain & Flour Mill** will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally. (one week earlier in the month than usual, as we'll be closed on the 4<sup>th</sup> Saturday when they normally come).  
**AND Dawn's Agape Treats...** from healthy chocolate to yummy granola, all made with whole foods, and without refined sugar. Wonderful holiday treat specials too!

## Community Events/Notices

**The Raw Food Path** is offering a class for the Holidays on December 16th, 6-8pm on how to make raw cookies, natural sweet confections and chocolate. Cost is \$25. For info, please visit [www.rawfoodpath.com](http://www.rawfoodpath.com) or contact Guylaine at [therawfoodpat@gmail.com](mailto:therawfoodpat@gmail.com) or phone: 250-469-2265.

Although it is commonly called the Japanese pumpkin, the kabocha squash is knobby and squat with a dull green skin with light stripes. Its flesh, however, has a vibrant yellow-orange colour with a taste that is similar to a pumpkin mixed with potato.

Kabocha is great in soups, side dishes, or used in any recipe that calls for pumpkin, squash, or potatoes.

### Sweet Roasted Balsamic Squash

(Adapted from

[www.dailyadventuresincooking.com](http://www.dailyadventuresincooking.com))

1 Tbs Brown sugar, packed  
2 Tbs Balsamic vinegar  
1 Tbs Olive oil  
a pinch Salt  
1 Kabocha

Preheat oven to 350°F. Cut squash into quarters and remove seeds. Use a fork to break up brown sugar and combine with balsamic and salt. Mix in oil. Put squash flesh side up into a baking tray and pour over the flesh. Rub the sugar in to get it to evenly coat. Cover and bake for an hour.

### Creamy Pumpkin-Flavored Risotto

(Adapted from

<http://foodcomas.wordpress.com>)

14 oz Kabocha squash (about 3 cups)  
2 Tbs Olive oil  
3 Tbs unsalted Butter at room temperature  
1 white or yellow Onion, finely chopped  
3/4 C minus 1 Tbs Arborio rice  
2 C Chicken broth  
Salt and freshly ground Pepper, to taste  
2 Tbs finely chopped Parsley  
1/2 C freshly grated Parmesan

Bring a pot of water to a boil over high heat. Cut the unpeeled squash into thick slices. Add the squash slices to the boiling water. Cook until a knife pierces the flesh easily. Drain, peel and cut into small pieces. There should be about 3 cups.

Meanwhile, warm the olive oil and 1 tablespoon of the butter in a heavy pot over medium heat. Add the onion and sauté for 7 to 10 minutes, or until it is limp and translucent. Add the rice, the diced squash and the broth to the pot. Bring to a boil over high heat, cover, reduce heat to low and cook for 15 to 18 minutes, or until the rice absorbed the broth.

Season with salt and pepper. Stir in the parsley, the remaining 3 Tbs of butter and the cheese. Serve immediately and enjoy!

## Storing for Optimal Freshness

When our boxes arrive at our doorstep each week, they are packed with fresh fruits and vegetables. But by the end of the week, we want our produce (what's left of it) to be as fresh as it was that first day. Proper storage is the key. Below is a list of tips on how to keep this week's fruits and veggies (from [www.cpma.ca](http://www.cpma.ca)):

**Pears** - store at room temperature until ripe (the flesh around the stem will be soft).

**Winter Apples** - store in the fridge for up to 2 months.

**Beet** - store in the fridge for 3-4 weeks, remove tops before storage.

**Greens (Lettuce, Mache)** - store in the fridge up to 1 week.

**Onions** - store for up to 3-4 weeks in a mesh bag in a dry, cool, dark, well ventilated area.

**Carrots** - store for 3-4 weeks in fridge, covered. Remove tops before storing.

**Parsnips** - store for 3-4 weeks in fridge.

**Rutabaga** - store for 1-2 weeks at room temperature or 3-4 weeks uncovered in the fridge.

**Squash** - 1 week, whole, uncovered in a dry, cool, dark, well ventilated location.

Family box:

**Bananas** - store at room storage until ripe or 1-2 days in the fridge (the skin will turn dark, but they will be ripe inside).

**Mandarin oranges** - store at room temperature for 1 week or store loosely in an open or perforated plastic bag; or store in the fridge for up to 1 month.

**Garlic** - store at room temperature for a few weeks to several months in a dry, cool, dark, well ventilated location.

**Kohlrabi** - remove leaf stems and store in the fridge for several weeks.

**Celeriac** - store unwrapped for several weeks. Even when cut in half, they will still keep for a week or more, though you may need to shave off a layer to refresh the surface.

**Kale** - store for 2 to 4 days in the fridge.

### Rutabaga and Pear Puree

(Recipe adapted from "Donogh" at [www.donogh.com](http://www.donogh.com))

1 small Rutabaga or turnip, peeled and cubed  
1 ripe Pear, peeled, cored and cut in chunks  
1 Tbs Butter  
1/4 C plain Yogurt  
pinch of Nutmeg  
Salt and Pepper

In a steamer over boiling water, steam rutabaga until nearly tender, about 15 minutes. Add pear and continue to cook for another 5 to 10 minutes, until rutabaga is tender. Remove from heat and drain well. Puree rutabaga and pear in food processor until smooth. Add yogurt, butter, and seasonings to taste. Heat at medium heat until heated through.

### Rutabaga and Potato Gratin with Oregano

(Recipe adapted from "SOS Cuisine" at [www.soscuisine.com](http://www.soscuisine.com))

4 Rutabagas, or Turnips, sliced into 1 cm pieces  
2 Potatoes, sliced into 1 cm pieces  
1 Tbs Olive oil  
4 pieces of Mozzarella, diced  
Salt to taste  
2 Leeks, cut into 0.5 cm pieces  
1 Tbs Butter, unsalted  
2 tsp dried Oregano  
ground Pepper to taste

Preheat the oven to 350°F. Prepare the vegetables. Peel the potatoes and rutabagas (or turnips), then cut them into 1 cm-thick slices. Wash the leeks well, remove and discard about 1/4 of the dark-green part, then cut them into 0.5 cm-thick pieces. Dice the mozzarella into coarse pieces then set them aside. Heat the butter and oil in a large pan over medium heat, then add the leeks and sauté 3-4 minutes, with frequent stirring, until they become translucent. Add the other vegetables, then cook 10 minutes, with occasional stirring, until they become lightly golden-coloured. Season with salt and pepper, then transfer the vegetables to an oven-proof dish. Add the mozzarella pieces on top and sprinkle with the oregano. Bake in the middle of the oven 20-25 minute until the vegetables are tender and the cheese has formed a nice golden crust.

~ Article & Recipes Contributed by Angela Cleveland ~