



# 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 13-15

Multigrain Hearth Bread! After roasting, soaking, and fermenting the most precious seeds - flax, millet and sunflower - they are added to a 100% whole wheat. Baking this incredible mixture of ingredients creates a dense, flavourful loaf, perfect for toast + sandwiches!

## Regular Harvest Box

LOCAL! Sugarloaf Squash (mini) - Kettle River Farm  
LOCAL! Green Cabbage (piece) - Roots & Greens Farm  
LOCAL! Purple Beets - Notch/Wild Flight  
LOCAL! Carrots - Notch Hill  
LOCAL! Green Kale - Wild Flight Farm  
LOCAL! Green Cabbage (piece) - Roots & Greens  
LOCAL! Celeriac (Celery Root) - Wild Flight Farm  
LOCAL! Braeburn Apples - Thunder Hill Farm  
LOCAL! Ambrosia Apples - Vialo Orchard  
LOCAL! D'Anjou Pears - Claremont Ranch  
Valencia Oranges - CA

## Family Harvest Box Extras

LOCAL! Carnival Squash (small) - Notch Hill/Roots  
LOCAL! Leeks - Wild Flight Farm  
LOCAL! Parsnips - Roots & Greens Farm  
LOCAL! Bronze Beauty Bosc Pears - Schneider-Brown  
Romaine Lettuce - CA



## This Week's HomeGrown Heroes

Claremont Ranch Organics - Lake Country  
Kettle River Farm - Grand Forks  
Harker's Organics - Cawston  
Notch Hill Organics - Sorrento  
Roots & Greens Farm - Grindrod  
Schneider-Brown Farm - Cawston  
Thunder Hill Farms - Lake Country  
Vialo Orchard - 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

We will be closed from Dec 25 to Jan 9 for our annual holiday break (and to complete year-end activities). Dec 20-22 will be our final week of deliveries in 2011. We will resume the week of Jan 10-12 in 2012. Biweekly customers who receive a bin during the Dec 20-22 delivery week should plan to order their first 2012 delivery for the week of Jan 17-19, to help maintain a balanced delivery schedule. Our Saturday Sale will be OPEN on Dec 24<sup>th</sup>, and then CLOSED for Dec 31 and Jan 7.

## Gift Certificates - A Green Gift Idea!

Urban Harvest Gift Certificates are available in \$10, \$33, and \$44 denominations on our order page, OR in any amount by special request, and they may be used at our Saturday Sale too! Wrap one around a Little Creek dressing, or a beautiful MOTEAS gift sampler, or a Backyard Beans coffee, and voila!

## 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 @ \$22/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.

## Gifts that Give!

Urban Harvest invites 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 have been able to deliver weekly boxes since December of 2007 to the Women's Shelter, and since April 2010 to the Bridge's Parent Place! To maximize your 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 of deliveries. If you'd like to contribute, simply click to add a \$20 donation on our order page, or contact us if you'd like to donate a different amount. You can also transfer star credits if you wish - just let us know!

## Saturday Sale Guest Vendors

- Sat, Dec 10<sup>th</sup> - **Raw Delights** (Kelowna) - Healthylicious Raw Vegan Organic Natural Food - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more...
- Sat, Dec 17<sup>th</sup> - **Real Raw Foods** (Naramata) - Raw, organic nuts, seeds, dried fruit, etc. - AND - **BC Spot Prawns!** Sustainably harvested (with the Ocean Wise stamp of approval), flash-frozen at sea, from the Powell River area. Prawn tails (1 lb pkgs).

\*\*For more details about our Saturday Sales - location, hours, produce available, etc, please visit our Warehouse Sales page at [www.urbanharvest.ca/sale](http://www.urbanharvest.ca/sale).

## Community Events/Notices

**HONK!** A musical story of The Ugly Duckling. Rotary Centre for the Arts' Mary Irwin Theatre (421 Cawston). Dec 2-11. For kids aged 3-93! Kids 12 & under \$10; Adults \$20. Family of four \$49. Wed Special: buy one, get second ticket half price. Groups 10+ 10% off. [SelectYourTickets.com](http://SelectYourTickets.com); Rotary Centre for the Arts Box Office 250-717-5304 or at the door. Info: [www.theatrekelowna.org](http://www.theatrekelowna.org).

**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](http://www.therawfoodpath.com) or email: [therawfoodpath@gmail.com](mailto:therawfoodpath@gmail.com).

## Orange Spice Molasses Cookies

(Adapted from [www.eatingwell.com](http://www.eatingwell.com))

### Rolling Sugar:

- 1/2 C granulated Sugar
- 1 Tbs freshly grated Orange zest

### Cookie Dough:

- 1 1/2 C Rolled oats
- 5 Tbs Butter, softened
- 1/3 C granulated Sugar
- 1/3 C packed dark Brown sugar
- 2 Tbs freshly grated Orange zest
- 1/2 C light or dark Molasses
- 7 Tbs unsweetened Applesauce
- 1 large Egg yolk
- 1 tsp Vanilla extract
- 1 tsp Baking soda
- 1 1/2 tsp ground Cinnamon
- 1 1/2 tsp ground Ginger
- 1/2 tsp ground Cloves
- 1/4 tsp ground Allspice
- 1/4 tsp freshly ground Pepper
- 1/4 tsp Salt
- 2 1/4 C Whole wheat flour

Preheat oven to 375°F. Coat a large baking sheet with cooking spray or line with parchment paper or a non-stick baking mat. To prepare the rolling sugar: Pulse 1/2 cup granulated sugar and 1 tablespoon orange zest in a food processor until well combined. Place in a shallow dish and set aside. To prepare cookie dough: Grind oats in a blender until they look like a fine powder, 1 to 2 minutes, scraping the sides as needed. Beat butter and 1/3 cup granulated sugar in a large bowl with an electric mixer on medium-high speed for 5 minutes. Add brown sugar and 2 tablespoons orange zest and beat another 2 minutes. Add molasses, applesauce, egg yolk, vanilla, baking soda, cinnamon, ginger, cloves, allspice, pepper and salt; beat on medium-high until incorporated, about 30 seconds, scraping down the bowl and beaters as needed. Turn the mixer to medium and slowly add the ground oats. Scrape down the bowl; with the mixer on medium, slowly add whole-wheat flour. (The dough will be moderately sticky.) Using a slightly rounded tablespoon of dough, roll into balls, then roll in the rolling sugar to coat. (If necessary, wet your fingers to help roll without sticking.) The zest will make the mixture slightly wet and it will clump; lightly brush off the excess so that just a thin coat is on the cookie. Place cookies about 1 inch apart on the prepared baking sheet. Bake the cookies in batches until the edges are set and the tops are cracked, but the centers are still soft and puffy, about 10 minutes. Let the cookies cool on the baking sheet for 8 minutes. Serve warm or cool on a wire rack. Makes 40 cookies.

## 'Tis the Season for Salads

The holiday season is upon us. With it comes potlucks and shared meals with friends and family. A great dish to bring to any meal is a festive salad. Here are a few eye-appealing, delicious and nutritious salads to share during the holiday season. Be sure to adjust the measurements accordingly to fit the number of guests.

### Apple and Celery Salad with Raisin Dressing

(Recipe adapted from "Taste.com.au" at [www.taste.com.au](http://www.taste.com.au))

- 2 golden delicious Apples, core removed, thinly sliced
- 3 Celery sticks, trimmed, thinly sliced on the diagonal
- 1/2 C Red wine vinegar
- 2 Tbs Raisins, finely chopped
- Salt and freshly ground Pepper
- 2 Tbs extra virgin Olive oil
- 1/3 C Blue cheese, crumbled

Place the red wine vinegar and raisins in a small saucepan and bring to the boil over a high heat. Remove from the heat and season with salt and pepper. Add the olive oil and set aside to cool slightly. In a large bowl combine the apple slices, celery and blue cheese, pour over the warm dressing and toss to combine. Serve immediately. Serves 4.

### Cranberry Christmas Salad

(Recipe adapted from "Taste of Home" at [www.tasteofhome.com](http://www.tasteofhome.com))

#### Cranberry Vinaigrette:

- 1/2 C fresh or frozen Cranberries, thawed
- 1/4 C White wine vinegar
- 2 Green onions, cut into 1-inch pieces
- 1 Tbs Sugar
- 1 1/2 tsp Dijon mustard
- 1/2 tsp Salt
- 1/4 tsp Pepper
- 1/4 tsp dried Sage, crushed
- 3/4 C Olive oil

#### Salad:

- 12 C mixed Greens
- 1 small sweet Red pepper, chopped
- 1 can (8 oz) sliced Water Chestnuts, drained, optional
- grated or shredded Parmesan cheese, optional

In a blender, combine the first eight ingredients. While processing, gradually add oil in a steady stream. Chill until ready to serve. In a large salad bowl, combine the greens, red pepper and water chestnuts if desired. Sprinkle with cheese if desired. Serve with cranberry vinaigrette. Serves 12.

### Merry Beet and Apple Salad

(Recipe adapted from "Huffington Post: Kitchen Daily" at [www.kitchendaily.com](http://www.kitchendaily.com))

- 1/2 C extra virgin Olive oil, plus more for drizzling
- 4 large Beets
- 5 Thyme sprigs
- Salt and freshly ground Pepper
- 1/4 C Apple cider vinegar
- 1 tsp Dijon mustard
- 3 Tbs prepared Horseradish
- 1/3 C salted Pistachios, chopped
- 1 Green apple, thinly sliced

Preheat the oven to 375°F. In a baking dish, lightly drizzle the beets and thyme with olive oil. Season with salt and pepper. Cover with foil and roast until the beets are tender, about 1 hour and 45 minutes. Let cool, then peel the beets and cut them into 3/4-inch dice.

In a large bowl, whisk the vinegar with the mustard. Whisk in the remaining 1/2 cup of oil until emulsified. Add the horseradish and season with salt and pepper; toss with the beets and pistachios. Transfer the beets to a platter, top with the apple and serve. Serves 8.

~ Article & Recipes Contributed by Angela Cleveland ~