



The Harvest Herald

(Ph/Info-line) 868-2704 (Email) order@urbanharvest.ca

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

February 1-3, 2011

Issue #551

OKG Bread Special Feb 8-10

12th Raisin, Fennel Seed and Lemon Cornbread! A variation on a creation by famous Tartine Bakery. This is a moist cornbread with sweet raisins, the distinct flavour of fennel seed, and a hint of Meyer lemon.

Regular Harvest Box

Local! Carrots - Roots & Greens Farm
Local! Beets - Roots & Greens Farm
Local! Red Cabbage (piece) - Wild Flight Farm
Local! Garlic - Sweet Haven Farm
Local! Yellow Onions - Similkameen River
Local! Corn Salad (aka "Mache", salad greens) - Wild Fl
Local! Jonagold and Granny Smith Apples - Harker's
Spinach - CA
Navel Oranges (mini order) - CA
Romaine Lettuce - AZ
Bananas - MEX

Family Harvest Box Extras

Local! Heart of Gold Squash - Kettle River Farm
Local! Watermelon Radish - Wild Flight Farm
Local! D'Anjou Pears - Harker's
BC! Alfalfa Sprouts
Broccoli - CA
Ruby Grapefruit - CA



This Week's HomeGrown Heroes

Harker's Organics - Cawston
Honest Food Farm - Cawston
Intentional Peasants - Edgewood (NOT certified org.)
Kettle River Farm - Grand Forks
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Similkameen River Organics - Cawston
Sweet Haven Farm - Sorrento
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.*

Saturday Sale Guest Vendors

- **Sat, Feb 5** - Dawn's Agape Treats...from healthy chocolate to yummy granola, all made with whole foods, and without refined sugar. Watch for Valentine treat specials too!
- **Sat, Feb 12** - Raw Delights: Healthylicious Raw Vegan Organic Natural Food Products - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more... + Kelowna Women's Resource Centre selling Café Feminino (organic, fair-trade coffee grown by women producers! Proceeds support community development + social justice projects.)
- **Sat, Feb 19** - Real Raw Foods - raw, organic nuts, seeds, dried fruit, and much more! See www.realrawfood.com for info about their products
- **Sat, Feb 25** - Wolfgang's Grain & Flour Mill will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally,

Community Events/Notices

Ecotone All Ages festival runs from 4 p.m. to 2 a.m. on Saturday Feb. 5 at the Rotary Centre for the Arts, 421 Cawston Ave. A minimum donation of \$10 at the door is suggested, or whatever you are willing to pay to support the event. All proceeds will go through the Okanagan Greens Society to contributing artists. Over 100 emerging and established local artists will feature installation art, sculpture, graffiti art, eco-activism, crafts, musical performances, poetry reading, fire spinning, and story-telling. The event will also feature local and organic fare, including delicious morsels prepared by Chef Grant de Montreuil, as well as organic wine from Summerhill, organic beer from Crannog Ales, and organic honey mead from Meadow Vista. For more info, visit www.kelownaconduit.com.

Annual SIFE Charity Gala! 7pm, Fri, Feb 4th @ Ok College Centre for Learning Bldg. Hors d'Oeuvres by Cabana Bar & Grille followed by Silent Auction & Dancing. Entertainment by: Cheeky Monkeys & Jeff Piattelli. Tix \$75 (6 for \$400); contact brandi.callaghan@gmail.com or 250-808-4740, or purchase at CupCasinos, 170-2000 Spall Rd.) Proceeds to Kelowna Food Bank, Kelowna Women's Resource Centre & SIFE Okanagan. Food donations accepted during the event.

Baby Massage Classes Help your baby relax and sleep better, promote good circulation and digestion, help relieve the discomfort of gas and colic. Baby massage is fun, effective and easy to learn! Join Certified Infant Massage Instructor Lesley Crowe at Maternity Care Westside: Thursday February 3rd, 10th, 17th from 11:30am-12:30pm. Series of 3 classes \$36. Drop-in \$15. Welcoming pre-crawling babies 6 weeks old and up. RSVP Lesley 250-801-8899 lesley@blossomyoga.ca

Learn to Bake...Gluten-Free! Sat, Feb 19th, 10am to 3pm at the home of Okanagan Gluten-Free Consulting (a celiac-friendly kitchen in East Kelowna...address to be provided at registration). Hosts Angela Petrie of Okanagan Gluten Free Consulting and gluten free pastry cook Elana Westers will guide you through understanding gluten-free ingredients, techniques, and how to convert classic recipes to gluten-free. All participants will receive a 10% off voucher for Nature's Fare products, and a chance to win a hamper of gluten-free specialty foods provided by Nature's Fare! Cost is \$110 (incl. HST, materials, and gluten-free lunch). Contact (250) 470-2610 or elana@sustainworks.ca.

Seedy Saturday! Saturday, March 12th, from 10am to 3pm, at the KLO Campus of Okanagan College. The seed swap will include a focus on organic and local seeds, plants, and garden related materials. Come and bring your cherished saved seed and family treasures to trade at the trading table. There will be heritage and organic seeds, along with coffee, food, snacks, music, and speakers. The Kelowna Community Seed Swap will be joined again this year by the Travelling World Community Film Festival, which will be showing over 30 films during the weekend. <http://www.worldfilmfestkelowna.net>

Café Docs Feb 10th! Dr. Jenkins + Dr. Wiebe present Food Flight! Foods That Kill Vs. Foods That Heal! Thurs, Feb 10th, 7-8pm @ the Mary Irwin Theatre. (#2 of free 10-week module.)

Roasted Carrot and Garlic Soup

(Recipe adapted from "Big Oven" at www.bigoven.com)

- 3 Garlic cloves
- 1 Tbs Olive oil
- Salt and pepper
- 1 Onion
- 3 1/2 C Vegetable broth
- 1 tsp Lemon juice

Cut carrots into 1/2-inch-thick slices. Place on baking sheet with garlic and toss with olive oil and salt and pepper to taste. Roast at 500°F for 10 minutes. Cut onion into six wedges. Add to carrots and garlic and stir to coat with oil. Roast until vegetables are very tender and slightly charred, about 10 minutes. Put carrots, garlic and onion in blender with vegetable broth and puree until smooth, adding more broth if needed, 1 to 2 minutes. Pour into saucepan and heat over medium heat, 1 to 2 minutes. Stir in lemon juice. Serves 4.

Squash with Miso Glaze

(recipe adapted from www.shareorganics.bc.ca)

Cut in half a remove seeds from:

1 Heart of Gold Squash

Roast squash at 375 on top shelf of oven for 1/2 hour.

Meanwhile cream together:

- 1 Tbsp butter
- 1 Tbsp Miso paste
- 1/2 tsp hot chili paste like Harrissa (to taste)

Spread the glaze over the inside of the partially cooked squash. Return to oven and continue cooking until soft, about 20 minutes.

Garlic Lover's Spinach

(recipe adapted from www.shareorganics.bc.ca)

Wash and dry well:

1/4 LB spinach (1/2 bunch, approx)

Heat a skillet with:

1 TBS toasted sesame oil

When oil is hot, add:

- 4 or 5 garlic cloves minced or crushed (reduce garlic for milder version)
- Spinach

Stir-fry until spinach is limp (a few minutes)
Serve immediately with a dash of tamari.

(Note: When in a hurry, Roots & Greens Farm's dried garlic powder is a wonderful thing!)

Break Out the Soup Pot!

This is the dreary part of January that makes us wish for spring. Winter images usually include bright white snow, cold temperatures, and clear blue skies. These dull dirty days are hard to take. But, with these mildly cold temperatures and lack of fluffy white snow, at least we have an excuse to make warm homemade soups. One of the most important ingredients in a good soup is the vegetable stock. Below is a basic vegetable stock recipe and some delicious soup recipes for you to try.

Basic Vegetable Stock

(Recipe adapted from "Group Recipes" at www.grouprecipes.com)

- 2 Tbs Oil,
- 1/2 C Leeks, finely chopped
- 4 Celery stalks, finely chopped
- 9 1/2 C Water
- 2 springs fresh Thyme
- 1/2 C Onions, finely chopped
- 1/2 C Carrot, finely chopped
- 1/3 C Tomatoes, finely chopped
- 2 dried Bay leaves
- 6 springs fresh Parsley

Heat oil in a large pan over low heat. Add the onions and leeks, cook, stirring frequently, for about 5 minutes or until the onions are softened. Put in the rest of the vegetables, cover, and cook over very low heat, stirring occasionally, for 10 minutes. Add the water and seasonings and bring to a boil, then reduce the heat. Simmer for 20 minutes. Strain the liquid into a clean container, separating the vegetables and seasonings. Let it cool, then cover and store in the refrigerator or freezer. Will keep for about 3 days in fridge and about 3 months in the freezer, just thaw it to use it.

Curried Spinach Soup

(Recipe adapted from "All Recipes" at <http://allrecipes.com>)

- 1 large Potato, peeled and cubed
- 1/2 C chopped Green onions
- 1/3 C Flour
- 4 C Vegetable broth
- 1 (8 oz) carton Sour cream
- 6 Tbs Olive oil
- 12 C Spinach, rinsed, stemmed, and dried
- 2 tsp Curry powder
- 1 Tbs Lemon juice

Place the potato in a saucepan with enough water to cover. Bring to a boil, and cook until tender. Drain, and set aside. Heat 2 tablespoons of olive oil in a large saucepan or soup pot. Add the green onions, and cook until tender. Stir in the cooked potatoes, then gradually mix in the spinach, stirring after each addition until spinach is limp. Transfer the mixture to a food processor or blender, and puree until smooth. Heat the remaining olive oil in the same pan, and whisk in the flour and curry powder. Gradually whisk in broth so that no lumps form. Return the spinach mixture to the pan, stirring to blend, along with the lemon juice. Bring to a boil over medium heat, stirring constantly until thickened. Place sour cream in a medium bowl. Ladle about 1 cup of the hot soup into the sour cream, and mix until well blended. Stir this back into the pot of soup. Heat through, but do not boil.

Spicy Cabbage Soup

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

- 1 medium Onion, quartered and sliced thin
- 1-2 tsp minced fresh Chili pepper
- 1 Tbs dry Mustard
- 2 Tbs fresh Lemon juice
- 1 15 oz can diced Tomatoes
- Salt and black Pepper to taste
- 3 medium cloves Garlic, chopped
- 2 tsp ground Coriander
- 5 C + 1 Tbs Vegetable broth
- 2 cups 1/2-inch cubed red potatoes
- 3 C thinly sliced Green cabbage

Heat 1 Tbs broth in a medium soup pot. Saute sliced onion over medium heat for about 5 minutes. Stir in garlic and minced chili pepper. Continue to saute for another minute. Stir in dried coriander and mustard. Add broth and the rest of ingredients except the cabbage, salt, and pepper. Simmer for about 20 minutes, uncovered, or until potatoes are tender. Add cabbage, and cook 5 min longer. Season with salt + pepper to taste. Serves 4.

~ Article & Recipes Contributed by Angela Cleveland ~