



# The Harvest Herald

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

February 11-13, 2015

Issue #719

## OKG Bread Special Feb 17-19

**Hippie Spelt!** Roasted and soaked whole grains and seeds on a 100% spelt base. Hearty loaf, great for toast and sandwiches.

## Regular Harvest Box

LOCAL! Rutabaga - Wild Flight Farm  
LOCAL! Beets - West Enderby Farm  
LOCAL! Yellow Onions - Kettle River Farm  
LOCAL! Orange Carrots - Green Croft Gardens  
LOCAL! Sweet Orin Apples - Cawston  
LOCAL! Olympic (Arirang) Asian Pears - Nelsons FW  
D'Anjou Pears - WA  
Romaine Lettuce - CA  
Red Grapefruit - CA  
Navel Oranges - CA  
Hass Avocado - MEX (Fair Trade, Pragor Coop)

## Family Harvest Box Extras

LOCAL! Garlic - Wild Flight Farm  
LOCAL! Spaghetti Squash (piece) - Wild Flight Farm  
LOCAL! Nicola Apples - Harker's Organics  
Green Curly Kale - CA  
Bananas - MEX



**This Week's  
HomeGrown Heroes**  
*(certified organic, unless specified)*

Curly Willow Farm - Grindrod  
Green Croft Gardens - Grindrod  
Harker's Organics - Cawston  
Intentional Peasants - Edgewood (NOT cert org)  
Kettle River Farm - Grand Forks  
Nelson Fruit Works - Cawston  
Orchard Corners - Kelowna  
Thunder Hill Farms - Lake Country  
West Enderby Farm - Armstrong  
Wild Flight Farm - Mara  
Wise Earth Farm - Kelowna (NOT cert org)

## 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.*

## Upcoming Saturday Sale Guests/Vendors

- **Feb 14 - "Basket Lady" Mary** (from the Kelowna-Zambia Partnership Project) will bring lovely baskets made by crafters in rural Zambia. They are both beautiful and functional, and when you purchase one, you are supporting people who are working for themselves and their families to create a better life. A perfect Valentine's Day purchase, sharing love in a global way!
- **Feb 14 - Raw Delights + Café Feminina**
- **Feb 21 - Swheatgass + Real Raw Food + The Rudy Family Farm**

*Urban Harvest is open for public Saturday Sales, year-round, from 9am - 1pm at 806 Crowley Ave (north end, downtown Kelowna). See [www.urbanharvest.ca/sale](http://www.urbanharvest.ca/sale) for a map and updated produce list.*

## Community Events

**Kombucha Tea Party!** Live Culture - Kombucha Tea Party this Thurs, Feb 12, 7-8:30pm.

Hands-on D.I.Y. probiotics, kombucha, kefir, sprouts, and fermenting. Learn how to reactivate your gut (home of 70% of your immune system). Taste all, and take home a live Kombucha culture as a gift. Cost \$35. Lovin'Livin Centre, Suite 200-2903 Pandosy St (above the Marmalade Cat Café; door on West Ave). Visit [www.kitchengardening.ca](http://www.kitchengardening.ca), or text/call 250-317-3966 to sign up (limited seating).

**LOVE INN** This Valentine's Day, Open For Change (OFC) invites us all to help by raise awareness about homelessness in our community, while raising funds for Inn From the Cold, the Metro Community, and the Okanagan Boys & Girls Club (Youth Overnight Shelter). This FREE activity-filled day includes: a community lunch and dinner, guest speakers, musicians, and artists sharing personal stories of life on the streets, inspirational movies that address homelessness, a team-based "Pack a Sack Run" amazing race-style event (!), soup-making with the Soup Sisters project, draw prizes (donated by local businesses, tickets sold on site), and more! 1470 Water St at the Metro Community, on Sat, Feb 14<sup>th</sup> from 10am to 10pm. [www.openforchange.com/loveinn](http://www.openforchange.com/loveinn).

**4<sup>th</sup> Annual Women's Memorial Vigil** All are invited to join in this gathering to honour missing and murdered indigenous women from across Canada. 12pm, Sat, Feb 14<sup>th</sup> at the Kelowna Court House, 1355 Water St. Soup + bannock to follow @ Ki-Low-Na Friendship Ctr (on Leon Ave downtown).

**Chinese New Year Celebration!** Join the Rutland Boys & Girls Club for a night of celebration, family fun, and a delicious cultural meal! Wed, Feb 18<sup>th</sup> from 5:30-7:30pm at the 355 Hartman Rd B&G Club. \$5/person or \$15/family of 4 - purchase by Feb 17 to ensure spot. For more info or to purchase tickets, contact 250-765-3345.

**Symposium on Sustainability** The Kelowna Art Gallery invites us to explore the topic: "Business As Usual or a Future We Really Want?" Sat, Feb 21<sup>st</sup> from 10am to 3pm. Keynote Speaker: Greg Garrard, Associate Professor, Sustainability, UBCO. The symposium is FREE and includes a keynote speaker, break-out sessions, a panel discussion, poetry readings, a screenings of two TED talks, and an exhibition tour. A build-your-own sandwich buffet is available for \$8. This symposium is held in conjunction with the Kelowna Art Gallery's current exhibition of works by Emily Carr and Edward Burtynsky. RSVP required to attend. Call 250-762-2226 or email [brenda@kelownaartgallery.com](mailto:brenda@kelownaartgallery.com).

**World Community Film Festival Mar 12-15<sup>th</sup>** Western Canada's LARGEST documentary film festival, over 30 films in 4 days, and it's FREE! Sure to educate, entertain, and inspire! Film topics include environmental, social justice, and human rights issues. Films will be screened at UBC Okanagan, Ki-Low-Na Friendship Centre, and at Okanagan College (KLO Campus). Visit <http://www.worldfilmfestkelowna.net/> for more details!

## Raw Chocolate Pudding

(Adapted from <http://ohsheglows.com>)

For the pudding:

- 3 medium Bananas, peeled
- 1/2 medium Avocado, pitted
- 1/4 C smooth raw Almond butter
- 4-5 Tbs raw Cacao powder, or to taste
- 1 tsp pure Vanilla extract
- pinch of Sea salt

Optional toppings:

- 1/4 C Hazelnuts, toasted\* and chopped
- Raspberry chia seed jam (see below for recipe)
- Pomegranate arils

Add all pudding ingredients into a food processor and process until smooth, stopping to scrape down the sides of the bowl as needed. You can let the machine run for a couple minutes to get it smooth. Portion the pudding into a container and chill in the fridge for an hour or so. Or you can serve it right away with the recommended toppings. Best enjoyed within 12-24 hours or so. Serves 3.

Tips: 1) You want to avoid using overly ripe, brown bananas in this recipe or the banana flavour will overwhelm. Yellow with a few spots is best. 2) If you want an "instant" cold pudding, refrigerate the bananas and avocado prior to making this pudding.

\*For toasted hazelnuts, roast the nuts at 300°F for 10-14 minutes until the skins start to fall off the nuts. Place toasted nuts in an old tea towel and rub vigorously to remove the skins.

## Raspberry Chia Jam

(makes about 1 cup)

- 3 C frozen Raspberries
- 1/4 C pure Maple syrup, or to taste
- 2 Tbs Chia seeds
- 1 tsp pure Vanilla extract

For the chia seed jam: Add frozen raspberries and maple syrup into a medium pot and bring to a simmer. After 5 minutes or so, stir in the chia seeds. Continue to cook down the mixture for about 15 minutes, or until thickened. Remove from heat and stir in vanilla. Chill in the fridge for a couple hours to thicken it up even more.

## The Month of Love

February is the month of love. Valentine's Day can be a day filled with chocolates, candy and other sugary sweets. If you are looking for a change this year, try the recipes below. They offer a full meal that is healthy and delicious (and includes a wonderful chocolaty dessert with no refined sugar!).

### My Heart "Beets" For You Salad

(Recipe adapted from "Eat Drink Better" at <http://eatdrinkbetter.com>)

- 1 bunch of Arugula leaves, cleaned, and stems removed
- 1 bunch of Beets (4-5), leaves removed
- 2 large navel Oranges, peeled and sliced
- sliced Red onion
- 1/4 C chopped Walnuts

**Dressing** (mix all the ingredients in a glass container):

- 1/4 C White wine Vinegar
- 1/4 C Olive oil
- 1/4 tsp dried Mustard
- Salt and Pepper to taste

Salad Prep: Cook the beets with their peel on. Cover the beets with water, bring to a boil, and simmer for 30 minutes or until beets can easily be pierced through with a fork. After cooking, allow the beets to come to room temperature and remove their peels and then slice them. Place them in a small bowl and marinate them in half of the dressing recipe above. On individual salad plates place the arugula, a few slices of orange, a few beets, a few slices of red onion and some chopped walnuts. Sprinkle dressing over the individual salads.

### Quinoa Salad with Chickpeas, Feta and Apples

(Recipe adapted from "Dinner with Julie" at <http://dinnerwithjulie.com>)

- 1 19 oz (540 mL) can Chickpeas, rinsed and drained
- 1 C Quinoa, rinsed in a fine sieve
- 1/4 C golden or sultana Raisins
- a big handful of flat-leaf Parsley, chopped
- 1 tart-ish Apple, chopped
- 1/2 C crumbled Feta (or as much as you want)
- 1/2 C toasted Walnuts or Almonds

**Dressing:**

- 1/4 C Olive oil
- 2 Tbs Rice vinegar or Lemon juice
- 1 tsp Honey
- 1/4 tsp Curry paste or powder

Cook 1 cup quinoa according to package directions. Cool and place in a wide salad bowl and set aside to cool. (Tip: add the raisins as it cools - the raisins will plump up as they absorb any excess moisture.) Add the chickpeas, parsley, feta and apple and drizzle with dressing. (To make the dressing: shake all the ingredients up in a jar.) Toss, then sprinkle with toasted walnuts or almonds right before serving. Serves 4.

### Ginger-Sesame-Glazed Portobello Steaks

(Recipe adapted from "Vegetarian Times" at [www.vegetariantimes.com](http://www.vegetariantimes.com))

- 2 cloves Garlic, minced
- 1 Tbs Tahini
- 1 Tbs light Brown sugar (or equivalent of your favourite sugar substitute)
- 1/3 C toasted Sesame oil
- 4 large Portobello caps
- 1 Tbs minced fresh Ginger
- 1/2 C Tamari or low-sodium Soy sauce
- 3 Tbs White wine
- 1 Tbs Peanut oil

In small bowl, combine garlic, ginger and tahini. Stir in tamari, sesame oil, sugar or substitute and wine until well blended. Put mushroom caps in shallow bowl. Add tamari mixture, turning to coat mushrooms and let stand 15 to 30 minutes, turning once. In large skillet, heat peanut oil over medium-high heat. Add mushrooms (reserve marinade) and cook, turning once, until browned and slightly softened, about 5 minutes. Cut each mushroom on a slight angle into 1/4-inch-thick slices. In small saucepan, heat reserved marinade. To serve, spoon hot mashed potatoes on serving plates. Fan out mushroom slices over potatoes and lightly drizzle with marinade. Serves 4.

~ Article & Recipes Contributed by Angela Cleveland ~