



# The Harvest Herald

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February 13-15, 2013

Issue #651

## OKG Bread Special Feb 19-21

Raisin Cornbread! Moist buttermilk cornbread dotted with loads of raisins. Butter, toast, and enjoy!

## Regular Harvest Box

LOCAL! Green Cabbage - Wild Flight Farm  
LOCAL! Celeriac (Celery Root) - Wild Flight Farm  
LOCAL! Garlic - Sweet Haven Farm  
LOCAL! Delicata Squash - Green Croft Gardens  
LOCAL! Braeburn Apples - Harker's Organics  
BC! Red Onions - Similkameen River Organics  
D'Anjou Pears - WA (2 ea - mini order)  
Rainbow Chard - CA  
Bunched Carrots - CA  
Navel Oranges - CA  
Bananas - MEX

## Family Harvest Box Extras

LOCAL! Fuji Apples - Old Meadows Farm  
Bosc Pears - WA (2 ea - mini order)  
Red Leaf Lettuce - CA  
Lemons - CA  
Red Grape Cherry Tomatoes - MEX  
Red Pepper(s) - MEX



## This Week's HomeGrown Heroes

Blackbird Organics - Cawston  
Green City Acres - Kelowna  
Green Croft Gardens - Grindrod  
Harker's Organics - Cawston  
Old Meadows Farm - Kelowna  
Quail's Farm - Vernon  
Stepney Hills Farm - Armstrong  
Sweet Haven Farm - Sorrento  
West Enderby Farm - Enderby  
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.*

## Upcoming Saturday Sale Vendors

- Feb 16<sup>th</sup> - Real Raw Foods - raw, organic nuts, seeds, dried fruit, seaweed products, healthy oils, and more! See [www.realrawfood.com](http://www.realrawfood.com) for more info.
- Feb 16<sup>th</sup> - Swheatgrass FROZEN Organic Wheatgrass Cubes! Wheatgrass is full of antioxidants, stimulates metabolism, and alkalizes the body. Locally grown, using certified organic seeds and soil, filtered water, and NO fertilizers or pesticides!
- Feb 23<sup>rd</sup> - Wolfgang's Grain & Flour Mill - organic whole grains and freshly milled flours.
- Feb 23<sup>rd</sup> - Bernie's Blackberries - FROZEN blackberries, grown in South East Kelowna. NOT organic, but grown without the use of sprays. \$4 per 1-litre bag. Info @ 250-717-1114.
- March 2<sup>nd</sup> - The Olive Oil Merchant (Kelowna) - with fine Italian olive oils, balsamic vinegars, and other Italian specialty items.

Find out more about our weekly Saturday Sales at [www.urbanharvest.ca/sale](http://www.urbanharvest.ca/sale).

## Community Events/Updates

"Haiti - where did the money go?" Documentary film will be screened at 7pm, Saturday, Feb 16<sup>th</sup> at Okanagan College, Kelowna campus. Discussion to follow with members of Haiti Solidarity BC. Suggested donation \$5. presented by <http://worldfilmfestkelowna.net> as a prelude to its March 7-10 documentary film festival <http://www.facebook.com/events/341578782623718/>.

**At The Heart of Partnering!** Yoga means union and what better way to connect with your partner, friends and family than while spending an afternoon deepening your connection through playful partner yoga and Thai massage. All levels welcome; no yoga experience (or partner!) necessary. Sunday, Feb 17<sup>th</sup>, 1-4pm at 4409 Lakeshore Dr (Scout Hall behind Okanagan Mission Hall). \$25/person. (\$30 at the door, space permitting). Call or email Anita to RSVP: 250.863.7320 [anita@anitamcfarlane.com](mailto:anita@anitamcfarlane.com)

**Total Health Fair** 30+ exhibitors, healthy food, plus health-related presentations by Dr. Darrell Derksen and Dr. Travis Pillipow. (Speaker presentations to be recorded and aired by Shaw Cable). Free admission! 11am-4pm, Sun, Feb 17<sup>th</sup> @ Parkinson Recreation Centre. Info @ 778-478-2171

**Detox Yoga Retreat** [bo.ttega](http://bo.ttega.com) is hosting a Detox Yoga Weekend Retreat for women led by naturopath Dr. Brett Phillips & Yoga instructor Katie Nugent including Exercise, Yoga, Nutrition, Well-being & Detox classes Feb. 22 - 24. Info at <http://bo.ttega.com/events/detox-yoga-retreat/>

**@ The Table Fundraising Event & Silent Auction!** The Bridge Youth & Family Services Society invites you to share a "comfort meal" created by 4 local chefs...and to support their valuable work with youth and families in our community at the same time! The 1<sup>st</sup> annual @ The Table Fundraiser will take place Tues, Jan 26<sup>th</sup>, 11:30-1:30 at the Laurel Packinghouse. Tix \$30 (4 for \$100), available @ The Bridge, 250-763-0456.

**Kundalini Classes!** Drop-in Kundalini yoga classes with Sahej Kaur, Tues 6:30-8pm at Mission Dance on Pandosy or Thurs 9:15-10:30am at her home studio. [keke.66smith@gmail.com](mailto:keke.66smith@gmail.com) 250-864-9767

## Healthy Homes Cleaning Tip for the Week!

Cut a fresh lemon in half and put it in the bottom of your kettle and boil with a cup of water. Let sit for 15 min. This will delime your kettle. When done, you can put the lemon water solution in a mug on your counter as a simple air freshener! Ta da!! Clean and fresh! For more healthy homes cleaning info, check out Karen's 'Healthy Homes Cleaning' page on Facebook, or email [karenstpierre@gmail.com](mailto:karenstpierre@gmail.com).

## Green Cabbage and Apple Saute

(Recipe adapted from [www.food.com](http://www.food.com))

- 3 lbs head Green cabbage, halved, cored and coarsely shredded (12 cups)
- 1 C Riesling Wine
- 2 Tbs fresh Lemon juice
- 1 ½ Tbs Sugar
- ½ C extra virgin Olive oil
- 1 large Onions, thinly sliced
- 2 Apples, peeled halved, cored and sliced
- 1/8-inch thick Salt and freshly ground Black pepper

In a large bowl, toss the cabbage with the wine, lemon juice and sugar. Let marinate for 1 hour, tossing often. In a large deep skillet, heat the olive oil. Add the onion and cook over moderate heat until golden, about 8 minutes. Add the cabbage and its marinade and cook over moderately high heat, tossing, until wilted, about 5 minutes. Cover and cook over moderately low heat, stirring occasionally, until almost tender, about 20 minutes. Add the apples and toss well. Cover and cook, stirring occasionally, until the apples are just tender, about 10 minutes. Season with salt and pepper.

## Celeriac Apple Potato Soup

(Recipe adapted from [www.tinyurbankitchen.com](http://www.tinyurbankitchen.com))

- 1 Celeriac root (peeled and chopped)
- 2 medium sized Potatoes (peeled and chopped)
- 1 large Apple (peeled and chopped)
- 1/2 Onion, diced (leftover from my chicken pho the other day)
- 4 C Broth
- 1 Tbs Butter
- 1 Tbs Oil
- 1/2 tsp dried Thyme

Saute onions in butter and oil under medium heat for a few minutes until browned and translucent. Add the celeriac and potatoes. Saute for about 8-10 minutes until they are cooked. Add broth and apples. Bring to a boil and then simmer for 30 minutes. Blend with an immersion blender or, if using a blender, blend in batches. Season to taste, garnish and serve!

## Apple, Cinnamon and Rainbow Chard

(Recipe adapted from [www.cutnclean.com](http://www.cutnclean.com))

- 1 bunch Rainbow Chard
- ¼ C Walnuts, toasted
- 1 Tbs virgin Olive oil
- 1 Onion, sliced into half-moons
- 1 Apple, peeled, cored and sliced thinly
- ¼ tsp Cinnamon
- Pinch of freshly grated Nutmeg and Allspice
- Salt and Pepper
- 3 Tbs water

Toast walnuts on a cookie sheet in a 350°F oven for 7 minutes. Remove from oven and set aside. Turn oven off. In a large skillet, heat oil over medium heat. Add onion to skillet and saute for about 3 minutes, until tender and golden, adjusting the heat so it does not burn. Add chard, apple slices, cinnamon, nutmeg, allspice and a pinch of salt and pepper along with 2-3 Tbs of water. Fold the chard gently into the mix and cook over medium heat for about 10 minutes. Stir occasionally. Garnish with toasted walnuts. Serve hot.

## Valentine's Day Treats of Love!

Valentine's Day is a special day dedicated to the people that you love. While chocolates are one of the most popular gifts, there are other options that are just as delicious but much healthier. Here are some snack and treats for your special Valentine! The first 3 are from [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com).

### No-Bake Thumbprint Cookies

- ¾ C pitted Dates
- 1 ½ C smooth Almond butter
- Zest and juice of 1 Orange
- ¼ tsp Salt
- ¾ C Fruit preserves, such as cherry or apricot
- 3 C rolled Oats
- ½ C shredded unsweetened Coconut
- ½ tsp ground Cinnamon

Put dates into a medium bowl, cover with hot water and set aside to let soak for 10 to 15 minutes. Reserve ½ cup of the soaking liquid, and then drain dates well. In a food processor, pulse oats until coarsely ground; transfer to a large bowl and set aside. Transfer dates and reserved ½ cup soaking liquid to food processor and purée until smooth. Add date mixture, almond butter, coconut, orange zest and juice, cinnamon and salt to bowl with oats and knead together to make a dough. Roll dough into 24 balls, transferring them to a parchment paper-lined sheet tray as done. Make an indentation in the middle of each cookie by pressing down with your thumb. Spoon a bit of fruit preserves into each indentation and chill for at least 1 hour before serving. Makes 2 dozen.

### Raw Fudge

- 2 C raw Walnuts
- 10 Tbs unsweetened Cocoa powder
- ½ tsp Sea salt
- 2 C packed pitted and roughly chopped Dates
- 1 Tbs pure Vanilla extract

Soak walnuts in cold water for 4 to 6 hours. Drain and place in the bowl of a food processor. Pulse until chopped. Add dates and pulse to chop, stopping frequently to scrape down sides. Add cocoa powder, vanilla and salt. Process until mixture is almost smooth, scraping sides as needed to keep mixture moving; the mixture will form a ball similar to dough with tiny bits of walnuts remaining. Transfer to an 8-inch square baking dish and press down evenly with wet fingers. Freeze for 4 to 6 hours until well chilled. Cut into squares. Store in freezer until ready to serve.

### Almond Brown Rice Pudding

- ½ C pitted Dates
- 4 C unsweetened vanilla Almond milk
- 1 tsp pure Vanilla extract
- ¼ tsp ground Cinnamon
- 1 C uncooked Brown rice
- ½ C Raisins
- ½ tsp pure Almond extract
- ½ C toasted, chopped slivered Almonds

Place dates in a bowl and pour ½ cup boiling water over them. Let soak 15 minutes, then transfer dates and water to a blender and puree until smooth to make a date syrup. Meanwhile, bring rice and almond milk to a boil in a medium saucepan. Reduce heat to medium-low and simmer until rice is cooked and has absorbed most of the almond milk, stirring occasionally, about 45 minutes. Stir date syrup, raisins, vanilla extract, almond extract, cinnamon and almonds into rice and serve warm.

### Chili Pecans

(Recipe adapted from "Eating Well" at [www.eatingwell.com](http://www.eatingwell.com))

- 1 ½ Tbs Chili powder
- 1 tsp ground Coriander
- 1 tsp Brown sugar
- 2 C Pecan halves
- ½ tsp Salt
- 1 ½ tsp ground Cumin
- 1 tsp Paprika
- ½ tsp Garlic powder
- 1 ½ Tbs Worcestershire sauce

Preheat oven to 275°F. Line a large baking sheet with parchment paper. Combine chili powder, cumin, coriander, paprika, brown sugar and garlic powder in a small bowl. Toss pecans and Worcestershire sauce in a large bowl. Sprinkle the spice mixture over the pecans, tossing to coat. Spread the spiced nuts on the prepared baking sheet. Bake the pecans, tossing every 8 to 10 minutes, until lightly browned and very fragrant, about 35 minutes. Transfer to a bowl; sprinkle with salt and toss well. Let cool. Refrigerate chili pecans in an airtight container for up to 1 month. Makes 2 C.