



The Harvest Herald

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

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OKG Bread Special Feb 21-23

German Bauernbrot - a dense, hearty rye sourdough loaf, inspired by Annelie Wagenstaller, a miller master from Germany. Best served at "Brotzeit" with charcuterie, pickles, and mustard.

Regular Harvest Box

LOCAL! Green Cabbage - Wild Flight Farm
LOCAL! Beets - Wild Flight Farm
LOCAL! Carrots - Roots & Greens Farm
LOCAL! Watermelon Radish (small) - Wild Flight Farm
LOCAL! Celeriac (Celery Root) - Wild Flight Farm
LOCAL! Ambrosia Apples - Harker's
LOCAL! Garlic - Sweet Haven Farm
Red Leaf Lettuce- CA
Broccoli - CA
Navel Oranges - CA
Bananas - MEX

Family Harvest Box Extras

LOCAL! Pink Lady Apples - Harker's
BC! Alfalfa Sprouts
Tangelos - CA
Cauliflower - CA
Jewel Yams - CA
Hass Avocado - MEX



This Week's HomeGrown Heroes

Harker's Organics - Cawston
Notch Hill Organics - Sorrento
Roots & Greens Farm - Grindrod
Similkameen River Organics - Cawston
Sweet Haven Farm - Tappen
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.*

Saturday Sale Update for Sat, Feb 18th

- Sat, Feb 18th - **Real Raw Foods** (Naramata) - Raw, organic nuts, seeds, dried fruit, etc.
- Sat, Feb 25th - **Wolfgang's Grain & Flour Mill** (Armstrong) - organic whole grains + freshly-milled flours (local when possible)

**We are open to the public for warehouse sales each Saturday morning, from 9am to 1pm, at 806 Crowley Ave. For more details about our Saturday Sales - including a list of produce available - please visit our Warehouse Sales page at www.urbanharvest.ca/sale.

Community Events/Notices

Kelowna Community Kitchens Meet-Up! Join fellow foodies on Sunday, Feb 19th from 5-7pm at the Unitarian Church (corner of Bertram and Cawston downtown) for a potluck dinner and a chance to connect with others who are interested in community kitchens (please bring a dish to share, plus your own plate/bowl/utensils/cup). What is a community kitchen? There can be many definitions, but it is basically a group of people who gather (usually monthly) to cook in large quantities together and then take the food home in meal-sized portions for the fridge/freezer. Community kitchens can be a great way to meet people, maximize your resources (both time and money!), share/learn cooking skills, and have fun! **Please RSVP to Lisa at order@urbanharvest.ca or let us know you're coming on our brand-new Facebook page "Kelowna Community Kitchens".

Global CHILDREN'S Villages ~ An event for the whole family! HAVE YOU EVER TRAVELLED AROUND THE WORLD? We invite you to travel around the world in one afternoon. Come fill a passport with stamps by visiting the Global Village and experience life in another country through interactive games and cultural activities. HAVE YOU EVER WALKED THROUGH A SLUM? Come see the challenge that over 1 billion people experience every day. Walk through a slum and learn how you can make a difference! Sat, Feb 25th from 12-5pm at the New Life Auditorium, 2041 Harvey Ave! Drop in anytime! Admission FREE. WWW.GLOBALCITIZENKELOWNA.ORG

The Okanagan Health Forum Presents "Forks Over Knives" with a panel discussion to follow after the film with expert panelists Rip Esselstyn (former pro triathlete + author of Engine 2 Diet), Brenda Davis, RD (author & international speaker), and Roger Crittenden, MD, Family Practice Physician. Sun, March 4th 5:30-9:30pm at the Creekside Theatre in Lake Country, BC (10241 Bottom Wood Lake Rd). Tix \$5 at Choices or Nature's Fare. Food samples, door prizes, display tables.

Okanagan Breastfeeding Coalition Coming to Kelowna! Help to make Kelowna more breastfeeding-friendly! Your input is also needed to start a Kelowna Breastfeeding Café. Meet Sunday, Mar 4th from 2-4pm at the Downtown Kelowna Library. RSVP breastfeedingiscool@gmail.com.

Homes for Bunnies? The Responsible Animal Care Society (T.R.A.C.S.) is seeking homes for bunnies. They are looking for volunteers to look after 10-50 rabbits each on their property, in pens provided by T.R.A.C.S. Food will be provided as well. There is a pen of 50 rabbits that needs to be relocated in the next 2 months. Reply to elisaak@shaw.ca if you think you may be able to help.

Theatre Kelowna presents "Perfect Wedding" ~ A rollicking comedy & touching love story! Black Box Theatre March 8-18. shows Thurs-Sat. 7:30pm; Sat/Sun 2pm. Tickets can be purchased at www.SelectyourTickets.com; 250-762-5050; Prospera Place Box Office & at the door. Advance \$20 Adult; \$18 Student/Senior; 10% discount groups 10+ (plus service charges). ALL DOOR TICKETS \$25. Info: www.theatrekelowna.org. More info at 250-862-8673.

Cracking the Sugar-Code

Some substitutes for refined sugar must be adjusted for a recipe, especially in baking. Here are some tips to help you with your favourite baking recipes:

-Agave nectar: Also known as agave syrup, agave nectar comes from the blue agave plants of Southern Mexico (the same plants that tequila comes from). The taste is comparable to honey. Cut down liquid ingredients by 1/3 and reduce cooking temperature by 25°.

-Date sugar: A natural sweetener produced by powdering or grinding the chopped and dried dates. Note: it does not melt, so it cannot be used in a recipe that requires melted sugar. Substitute between equal amounts to 2/3 of date sugar for refined sugar.

-Sucanat™: A sweeter that is made from dehydrated cane juice (SUGar CAne NATural). It is less sweet than sugar and has a molasses flavour. Replace equal amounts with sugar.

-Turbinado: Also known as cane sugar, it comes from the first pressing of the sugar cane. Its large, light brown crystals have a slight molasses flavour. Replace equal amounts with sugar.

-Stevia: A natural sweetener that comes from the stevia plant. It is up to 300 times as sweet as sugar and is available in powder or liquid. Replace 1 cup sugar for 1 tsp liquid stevia, or 1/3 to 1/2 tsp stevia extract powder, or 18-24 packets.

-Xylitol: A natural sugar-alcohol found in many fruits and vegetables. It is a natural insulin stabilizer so it doesn't cause blood sugar spikes. Replace equal amounts of refined sugar with xylitol.

-Honey: Use 1/2 - 3/4 cup of honey for each one cup of sugar in the recipe. Reduce the liquid by 1/4 cup for each cup of sugar replaced. Reduce cooking temp by 25° (honey will make your baked goods brown more easily). If the recipe doesn't already include baking soda, add 1/4 tsp for each cup of sugar replaced.

-Maple syrup: To use maple syrup in place of a cup of sugar in baking, use 3/4 cup, but decrease the total amount of liquid in the recipe by about 3 tablespoons for each cup of syrup you use.

Keeping the Sweet, but not the Sugar

Valentine's Day is a chance to celebrate our loved ones. As customs go, we often present each other with some type of sweet confection. However, with the health concerns associated with refined sugar, there must be a better and equally delicious alternative to celebrating the ones we love.

The sugar debate can be a complicated one. Refined sugar can cause diabetes, tooth decay, obesity, hypoglycemia, osteoporosis, arthritis, weakened immune system and much more. While many artificial alternatives bring along their own health concerns, there are some natural options available to us. Some common examples include fruit juice, maple syrup, honey and agave nectar. Also among the list of suitable refined-sugar substitutes are date sugar, sucanat™, turbinado, stevia, molasses, and xylitol.

Finding a replacement for sugar is a good step, but slowly cutting back on the sweetness of your baked goods is even better. Our taste buds become accustomed to the level of sweetness that we offer, so we can actually change our sweet tooth's satisfaction level. Changing the type and amount of sugar in our favourite recipes will take time and a bit of trial and error. In the meantime, here are some tested and approved recipes just in time for Valentine's Day.

Brownie Sandwiches with Honey Cream Cheese Frosting

(Recipe adapted from "iVillage" at www.ivillage.com)

2/3 C Dutch processed, cocoa powder	4 C Flour
2 tsp Baking powder	1 C Oil
2 Eggs	2 Bananas, ripened and mashed well
1/2 C unsalted Butter, softened	1/4 C Honey
2 2/3 C unsweetened frozen Apple juice concentrate, thawed	
2/3 C Carob chips, or other naturally sweetened chips	
8 oz Cream cheese, regular or reduced-fat, softened,	

Preheat oven to 350°F. Grease 2 13x9-inch pans. If only one pan is being used, you will bake half of the batter, let cool, and use the same pan again for the remaining batter. In a bowl, combine the flour, cocoa powder and baking powder. In a separate bowl, combine oil, eggs and bananas. Mix well on medium speed for one minute. Add half of the dry mixture into the wet mixture and mix on low speed to combine. Add half of the apple juice concentrate and mix again. Add the remaining dry and wet ingredients separately and mix just until combined. Add carob chips if desired, and mix to combine. Bake at 350°F for approximately 20 minutes or until a toothpick comes out clean. Let cool and remove from pan onto large cutting board. Make frosting by combining the butter, cream cheese and honey. Mix for several minutes in a stand-up mixer or with a handheld mixer until creamy and fully incorporated. Once both brownie layers are cool, cover the first layer with frosting and place the second layer on top. In order to achieve a clean cut for the triangles, freeze the brownie for a couple of hours and remove to slice.

Applesauce Oatmeal Raisin Cookies

(Recipe adapted from "iVillage" at www.ivillage.com)

1 C Flour	1 C quick Oats
1 tsp Cinnamon	1 C Raisins
1 tsp Baking soda	1 C unsweetened Applesauce
1/2 tsp Salt	2 Eggs, room temperature
1/2 tsp ground Ginger	1/2 C Vegetable oil
1/2 C chopped Walnuts (or nuts of your choice)	1 tsp Vanilla extract

Preheat oven to 375°F. Mix all dry ingredients together in a large bowl and whisk to remove any clumps. In a bowl, combine the wet ingredients and mix on low for one minute until thoroughly combined. Add dry ingredients in two intervals, mixing on low until just combined. Drop the dough in tablespoon-sized balls onto a parchment-lined sheet tray and bake for approximately 8-10 minutes, or until light brown around the edges. Allow to cool and store in airtight container for up to 3 days.

~ Article & Recipes Contributed by Angela Cleveland ~