



The Harvest Herald

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

February 15-17, 2011

Issue #553

OKG Bread Special Feb 22-24

Mountain Bread! A traditional whole wheat and rye sourdough with a crispy crust and moist interior. The perfect table bread for home or the chalet!

Regular Harvest Box

Local! Carrots - Roots & Greens Farm
Local! Celeriac Root - Wild Flight Farm
Local! Parsnips - Similkameen River Farm
Local! D'Anjou Pears - Harker's (ripen at room temp)
Local! Gala Apples - Harker's
BC! Alfalfa Sprouts
Romaine Lettuce - CA
Jewel Yams - CA
Green Kale - CA
Cara Cara Oranges (mini order) - CA
Bananas - MEX

Family Harvest Box Extras

Local! Heart of Gold Squash - Kettle River Farm
Local! Garlic - Sweet Haven Farm
Local! Rutabaga - Wild Flight Farm
Bosc Pears - WA
Cauliflower - CA
Spinach - A



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 19 - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, and much more! See www.realrawfood.com for info about their products
AND **Organically Clean** - locally made + organically formulated cleaning solutions, including shampoo/hair conditioner, hair gel, liquid body wash + household cleaners + laundry/dish soap.
- **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

Couples Prenatal Yoga Wed Feb 16th 7-9pm or Sat Feb 19th 10am-noon at Malachite House 1955 Bowes Street. Enjoy sweet partner yoga stretches. Beginners welcome! \$30/couple RSVP Lesley 250-801-8899 lesley@blossomyoga.ca

Sustainable Landscaping Workshop for Home Gardeners, Okanagan Xeriscape Association (OXA) sponsors Owen Dell, award-winning Landscape Architect + internationally recognized speaker from California. Owen will share ways of creating beautiful, innovative yards which require less water and maintenance, saving you time and money, and reducing your eco-impact. Sat, Feb 19th, 8am-4pm, at the Best Western, 4202 Hwy 97 N. Cost is \$75; OXA members receive 10% discount. Full details and registration forms are online at www.okanaganxeriscape.org or call Gwen at 250-762-6018.

Learn to Bake...Gluten-Free! Sat, Feb 19, 10-3 @ the home of Okanagan Gluten-Free Consulting (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.

How the Ginqwest Found Her Song Okanagan Symphony Orchestra and Platypus Theatre present a family concert for the young and young at heart, featuring classical music through the ages and a spellbinding storyline! Sat, Feb 19th at 1:30 + 3:30pm, and Sun, Feb 20th at 1:30pm, at the Kelowna Rotary Centre for the Arts. Tix @ Ticketmaster.ca; Family Four-Pack Special \$50.

Global Citizen Week 2011! Global Citizen Kelowna is gearing up for an exciting and educational week-long series of events to inspire Global citizenship. Some of this year's events include:

- **Sat, Feb 19th - Taste of Home** - multi-ethnic food and entertainment offered by local cultural groups. 5-8pm at the New Life Auditorium, 2041 Harvey Ave. Food tix \$1 each, no cover charge.
- **Tues, Feb 22nd - Speaker Series, featuring Michel Chikwanine**, former child soldier. 7pm at Trinity Baptist Church, 1905 Springfield Rd. Tix \$10 (\$5 students/seniors), thru Ticketweb.ca. A Global Village Market will showcase fair-trade/eco-friendly retailers + charitable organizations.
- **Sat, Feb 26th - Global Music Fest**, doors @ 7pm at the Laurel Packinghouse (1304 Ellis St. at Cawston). Tix \$12 advance (Leo's Videos at 2680 Pandosy St.) or \$15 at the door. Performers include Shane Koyczan, Ryan Donn, and Cameron Welch...along with short presentations by various local groups on the work they are doing internationally.

Kelowna Community Seed Swap! 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 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>

Sweet Whole Wheat Cookies

(Adapted from www.besthealthmag.ca)

- 1 C Whole-wheat Flour
- 1 tsp Baking powder
- 1/2 tsp Baking soda
- 1/4 C quick Oatmeal
- 1/4 C Bran
- 1/2 C dark Brown sugar
- 1/4 C Butter
- 5 Tbs Milk, or as needed

Sift the flour, baking powder and baking soda into a mixing bowl. Add the oatmeal, bran and sugar, and mix well to combine. Add the butter and rub it in with your fingertips until the mixture resembles breadcrumbs. Add 4 Tbs milk and stir in well so the mixture forms a soft dough. If the mixture is a little dry, add the remaining 1 Tbs milk. Turn the dough out onto a sheet of plastic wrap and shape it into a log about 25 cm long. Wrap the plastic around the dough and roll it gently back and forward to make a smooth shape. Twist the ends of the plastic together to seal. Chill the dough for about 30 minutes. Preheat the oven to 375°F. Unwrap the dough and, using a very sharp knife, cut it across into slices 1 cm thick. Use parchment paper to line a baking sheet and place the dough slices on it. Bake for about 12 mins or until lightly browned. Transfer to a wire rack and leave to cool completely. They can be kept in an airtight container for up to 5 days.

Oatmeal-Date-Chocolate Cookies

(Adapted from <http://find.myrecipes.com>)

- 6 Tbs Butter
- 3/4 C packed light Brown sugar
- 1/3 C Flour
- 1/3 C Whole-wheat flour
- 3/4 tsp Baking soda
- 1 1/2 C Regular oats
- 1/2 tsp Salt
- 1 lightly beaten Egg
- 1 tsp Vanilla extract
- 1 C chopped pitted Dates
- 3 oz coarsely chopped Bittersweet chocolate

Preheat oven to 350°F. Melt butter in a small saucepan over low heat. Remove from heat and add brown sugar. Stir until smooth. In a medium bowl, combine flours, baking soda, oats, and salt. Combine the butter mixture with the dry ingredients, and add egg, vanilla, and chopped dates. Fold in bittersweet chocolate. Mix well and spoon mixture by tablespoon out onto lightly greased baking sheets. Bake for 12 minutes, until tops are dry to the touch.

From Sweethearts to Healthy Hearts

Valentine's Day has past, and now it's time to shift the focus from our sweethearts to our hearts. February is Heart Month. Statistics say that every 7 minutes a Canadian dies of heart disease or stroke. There are factors that contribute to heart disease and stroke that we can control: high blood pressure, high blood cholesterol, diabetes, being overweight, excessive alcohol consumption, physical inactivity, smoking, and stress. Eating right is essential to heart health. Below are some heart-friendly recipes to enjoy:

Whole Wheat Spaghetti and Kale

(Recipe adapted from "Vegenista" at <http://vegenista.com>)

- 1 bunch Kale (1 pound), thick stems removed, leaves coarsely chopped
- coarse Sea Salt and freshly ground black Pepper
- 2 Tbs Olive oil
- 2 C Vegetable broth
- 1/2 C Nutritional yeast, plus more for serving
- 2 Garlic cloves
- 1 lb Whole-wheat spaghetti

Heat the oil in a large skillet over medium-low heat. Cook the garlic in the olive oil until golden, stirring frequently, about 2 minutes. Add half the kale to the skillet; cook, tossing the kale until it is just wilted, about 3 minutes. Add the remaining kale; season with salt and pepper. Cook, tossing until all of the kale has wilted, about 3 minutes. Add the veggie broth, and simmer until the kale is tender, about 15 minutes.

Meanwhile, cook the pasta in a large pot of boiling lightly salted water, according to the package directions. Reserve 1 cup of the pasta water, and drain pasta. Return pasta to the pot, add kale and nutritional yeast; toss to combine. Season with salt and pepper. Add the reserved pasta water, as needed (the starches from the pasta water help to create a "sauce" that nicely coats the pasta). Divide among plates; top with more nutritional yeast, as desired. Serves 6.

Celeriac and Parsnip Mash

(Recipe adapted from "Eating Well" at www.eatingwell.com)

- 1 medium Celeriac, (about 1 pound), peeled and cut into 1-inch cubes
- 3 medium Parsnips, (about 3/4 pound), peeled and cut into 1-inch slices, thick ends quartered
- 1 large russet Potato, (about 3/4 pound), peeled and quartered
- 1/4 C Vegetable broth
- 3 Tbs chopped fresh Chives, divided
- 1 1/2 tsp Dijon mustard
- freshly ground Pepper, to taste
- 2 Tbs extra-virgin Olive oil
- 2 Tbs low-fat or nonfat plain Yogurt
- 1/2 tsp Salt
- 1/2 C freshly grated Parmesan cheese

Place celeriac and parsnips in a large saucepan; cover with lightly salted water. Place potato in a medium saucepan; cover with lightly salted water. Bring both saucepans to a boil over medium-high heat. Reduce heat to low, cover, and simmer gently until the vegetables are very tender when pierced with a fork, about 20 minutes for the potato and 30 to 40 minutes for the celeriac and parsnips.

When the potato is tender, drain and transfer to a large bowl. Mash with a potato masher. Cover and keep warm. When the celeriac and parsnips are tender, drain and transfer to a food processor; process until smooth, stopping once or twice to scrape down the sides. Add the puree to the potato. Meanwhile, combine broth and oil in a saucepan and heat on the stovetop until steaming. Stir into the puree, along with 2 tablespoons chives, yogurt, mustard, salt and pepper. Stir in Parmesan. Garnish with the remaining 1 tablespoon chives. Serve hot.

~ Article & Recipes Contributed by Angela Cleveland ~