



The Harvest Herald

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February 19-21, 2013

Issue #652

OKG Bread Special Feb 26-28

Goat Cheese & Onion Flatbread! Thinly-stretched sourdough base topped with local goat cheese and roasted onions. Enjoy with a spicy winter soup or stew!

Regular Harvest Box

LOCAL! Beets - West Enderby Farm
LOCAL! Rutabaga - Wild Flight Farm
LOCAL! Spartan Apples - Harker's Organics
D'Anjou Pears - WA (2 ea - mini order)
Green Leaf Lettuce - CA
Broccoli - CA
Bunched Carrots - CA
Navel Oranges - CA
Hass Avocado - MEX
Bananas - MEX

Family Harvest Box Extras

LOCAL! Fuji Apples - Old Meadows Farm
LOCAL! Yellow Onions - BC Similkameen
LOCAL! Garlic - Sweet Haven Farm
LOCAL! Celeriac - Wild Flight Farm
BC! Russet Potatoes
Red Chard - CA



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green City Acres - Kelowna
Harker's Organics - Cawston
Old Meadows Farm - Kelowna
Quail's Farm - Vernon
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 23rd - Wolfgang's Grain & Flour Mill - organic whole grains and freshly milled flours.
- Feb 23rd - 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 2nd - The Olive Oil Merchant (Kelowna) - with fine Italian olive oils, balsamic vinegars, and other Italian specialty items! Come see what the right olive oil can do for your veggie creations!

Find out more about our weekly Saturday Sales at www.urbanharvest.ca/sale.

Community Events/Updates

Drought-Proof Your Garden! Fri, Feb 22nd, 5:30-6:30pm @ Okanagan College, Kelowna Campus, Rm E102 (Centre for Learning Bldg). By donation. An evening with **Jesse Lemieux** of Pacific Permaculture as he shares some of the very best strategies for making the most of the water in your garden, based on permaculture principles.

Calling All Sustainable Women! Join the Fresh Outlook Foundation for their second Women 4 SustainAbility gathering and connect with others, like you, who are passionate about community sustainability. The event takes place on Mon, Feb 25th and is hosted by The Bean Scene HQ (link to www.beanscene.ca) on Dickson Avenue in Kelowna. Networking from 6-7pm; program follows from 7-9pm. \$20 drop-in fee includes appies and dessert. You'll be responsible for buying your own drinks. Please pre-confirm your attendance with jo@freshoutlookfoundation.org.

@ 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 1st annual @ The Table Fundraiser will take place Tues, Jan 26th, 11:30-1:30 at the Laurel Packinghouse. Tix \$30 (4 for \$100), available @ The Bridge, 250-763-0456.

Energy On A Plate? Contribute to conversations about sustainable business at this year's first Breakfast of Champions Wed, Feb 27th from 7-9am at Kelowna's Best Western Plus (link to website). Sponsored by FortisBC's PowerSense, the event features a hot "green" breakfast prepared by ORA Kitchen & Bar. Also on the menu are stories about progressive business practices that save notable amounts of energy and money! The cost is \$10/person. **Pre-registration required** before February 22nd... (<http://bestwesternpluskelowna.eventbrite.com/#>).

World Community Film Festival Kelowna Mar 7-10! At UBC Mar 7/8 and Okanagan College Mar 9/10. Informative and inspiring films on global social, environmental, and political issues - this is Kelowna's 10th anniversary festival! Great food + baked goods avail at the college Mar 9/10 (local/organic focus)...and popcorn! Please bring your own cup. Kids short film program Sat/Sun aft too! **FREE Admission** - Donations are accepted for the Ki-low-na Friendship Centre and Inn from the Cold. More info, film descriptions and screening schedules @ www.worldfilmfestkelowna.net.

Seedy Saturday March 9th! Sat, Mar 9th 10am to 3pm, at the Okanagan College (Kelowna Campus) in the Student Centre Pit, set up in conjunction with the World Community Film Festival (see above) Local seeds (including Certified Organic, open-pollinated, heritage varieties), swap table, garden items, kids' activities, books + more! Ask questions, find special seeds, get inspired for this year's gardening endeavours! More info @ 250 764-4810.

Millet Tabouli with Cara Cara Oranges and Green Olives

(Adapted from <http://food52.com>)

- 1 C Millet
- 3 C Water
- 1 1/2 C minced Parsley
- 2 medium Tomatoes, diced (about 1 C)
- 2 Cara Cara, peeled with a sharp knife so there is no pith, then diced
- 1 C diced Cucumber
- 1 C diced pitted Green olives
- 1 large Shallot, peeled and minced
- 3/4 tsp ground Cinnamon
- 5 Tbs Olive oil, divided

Rinse millet in a fine mesh strainer. Add to medium pot on the stove with the water and bring to a boil. Cover and reduce heat to a simmer. Cook for 30 minutes until water is absorbed. Remove from heat and allow to rest for 10 minutes, covered, then uncover and allow to cool to room temperature. Fluff with a fork. Combine 1 C of the millet with the remainder of the ingredients and 4 Tbs of the olive oil. Mix well and place in the refrigerator for several hours for the flavors to meld. Allow tabouli to come to room temperature, then drizzle with the final Tbs of olive oil and serve. Serves 4.

Cara Cara Oranges with Fresh Salsa

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

- 2 small Beets (or 1 medium)
- 3 Tbs extra-virgin Olive oil, plus more for drizzling
- 2 tsp hot pickled Peppers, chopped
- 2 Tbs Capers in brine
- 1/4 C Green olives, pitted and sliced
- 2 Tbs Red onion, minced
- 1/4 C flat-leaf Parsley, roughly chopped
- 2 tsp Red-wine vinegar
- 2 Cara cara oranges, peeled with pith removed
- Salt and freshly ground black Pepper

For the Beets: Preheat oven to 350°F. Place the beets in a small baking pan. Season with salt and pepper and drizzle with olive oil. Add a little bit of water to the bottom of the pan to keep beets moist. Cover pan with foil and roast for approximately 1 1/2 hours depending on the size of the beets. Remove pan from oven and let the beets cool. Peel and slice thinly and then cut slices into quarters.

For the Salsa: In a small bowl, combine the roasted beets, pickled peppers, capers, olives, onion, and parsley with the vinegar and 3 tablespoons of the olive oil. Season with salt and pepper.

For the Oranges: Slice each orange into 4 or 5 rounds and arrange in a single layer on chilled plates. Season with salt and pepper and drizzle with olive oil. Spoon the salsa over the oranges and serve. Serves 2.

Food Blog Hits

In a recent survey, Urban Harvesters shared their favourite food blog sites. One of the most popular sites mentioned was "Oh She Glows." This blog features "crowd-pleasing vegan recipes free of meat, dairy, and other animal products." The author, a young woman named Angela, decided that, after overcoming an eating disorder, she wanted to focus her life on healthy eating choices and lifestyle. Her blog is full of wonderful recipes and lots of tips on how to become vegan or just enjoy vegan recipes. If you want to feel inspired, check out her blog at <http://ohsheglows.com> or try out these recipes:

Glazed Lentil Walnut Apple Loaf, Revisited

(Makes 1 large loaf or various mini loaves)

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| 1 C uncooked Green Lentils | 1 C Walnuts, finely chopped and toasted |
| 3 Tbs ground Flax + 1/2 C Water | 3 Garlic cloves, minced |
| 1 1/2 C diced sweet Onion | 1 C diced Celery |
| 1 C grated Carrot | 1/3 C peeled and grated sweet Apple |
| 1/3 C Raisins | 1/2 C Oat flour |
| 3/4 C Breadcrumbs | 2 tsp fresh Thyme (or 3/4 tsp dried) |
| Salt and Pepper, to taste | Red pepper flakes, to taste |

Balsamic Apple Glaze:

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| 1/4 C Ketchup | 1 Tbs pure Maple syrup |
| 2 Tbs Apple butter (or unsweetened applesauce) | 2 Tbs Balsamic vinegar |

Preheat oven to 325°F. Rinse and strain lentils. Place lentils into pot along with 3 Cups of water (or veg broth). Bring to a boil and season with salt. Reduce heat to medium/low and simmer, uncovered, for at least 40-45 mins. Stir frequently and add some water if needed. The goal is to over-cook the lentils slightly. Mash lentils slightly with a spoon when ready. Toast walnuts at 325°F for about 8-10 mins. Set aside. Increase oven temp to 350°F. Whisk ground flax with water in a small bowl and set aside. Heat a teaspoon of olive oil in a skillet over med heat. Saute the garlic and onion for about 5 mins. Season with salt. Add in the diced celery, shredded carrot and apple, and raisins. Saute for about 5 mins more. Remove from heat. In a large mixing bowl, mix all ingredients together. Adjust seasonings to taste. Line a loaf pan with parchment paper. Press mixture firmly into pan. Whisk glaze ingredients and then spread half on top of loaf. Reserve the rest for a dipping sauce. Bake at 350°F for 40-50 mins, uncovered. Edges will be lightly brown. Cool in pan for at least 10 mins before transferring to a cooling rack.

Bananas Foster Baked Oatmeal

(Serves 4)

for the baked oatmeal:

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| 3/4 C rolled Oats | 1/4 C Oat flour |
| 1 tsp Cinnamon | 1/2 tsp Baking powder |
| 1/2 C Walnut halves, chopped | 1 1/4 C Almond milk |
| Bananas Foster mixture from below | 1 small Banana, sliced (for garnish on top) |
| pinch of fine grain sea Salt and nutmeg | |

for the Bananas Foster:

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| 3 small firm ripe Bananas, chopped | 1 Tbs Coconut oil |
| 1 Tbs pure Maple syrup (or other sweetener) | 1-2 Tbs Kahlua (or rum) |
| sprinkle of Cinnamon | 1 tsp pure Vanilla extract |

Preheat oven to 350°F and lightly grease a 5-6 cup casserole dish. Stir all of the oatmeal ingredients in a large bowl until combined. Set aside while you prepare the Banana Foster. Add coconut oil, maple syrup, and Kahlua into a skillet. Increase heat to med and whisk until combined. When the mixture starts to simmer and bubble, add the bananas and stir well until coated in syrup. Sprinkle on cinnamon. Sauté for about 5 mins, reducing heat if necessary, until the bananas soften. Remove from heat and stir in vanilla. Stir the banana mixture into the oatmeal mixture and scoop it into your casserole dish. Bake uncovered for about 40-45 mins at 350°F or until the top is golden and with a thin firm layer on top and a soft middle. You will think it's undercooked at first, but the oatmeal will firm up as it cools. Straight from the oven it has the texture of stove-top oatmeal, but when cooled you can pretty much slice it into squares.