



The Harvest Herald

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February 21-23, 2012

Issue #603

OKG Bread Special Feb 28-Mar 1

Roasted Onion & Goat Cheese Flatbread. A thinly stretched sourdough flatbread, topped with a spread of goat cheese and roasted onions. Perfect served warm as an appetizer or side to a spinach salad.

Regular Harvest Box

LOCAL! Rutabaga - Wild Flight Farm
LOCAL! Carrots - Roots & Greens Farm
LOCAL! Fuji Apples - Harker's
LOCAL! Garlic - Sweet Haven Farm
LOCAL! Yellow Onions - Similkameen River Organics
BC! Red Nugget Potatoes
Romaine Lettuce - CA
Broccoli - CA
Navel Oranges - CA
Bananas - MEX
Hass Avocado - MEX

Family Harvest Box Extras

LOCAL! Granny Smith Apples - Harker's
LOCAL! Watermelon Radish - Wild Flight Farm
LOCAL! Spaghetti Squash - Wild Flight Farm
BC! D'Anjou Pears
Cauliflower - CA
Zucchini - MEX



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Harker's Organics - Cawston
Quail's Farm - Vernon
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.*

Paper-Free Newsletter Option

Just a reminder that an online version of this newsletter can be viewed at www.urbanharvest.ca/news (under Archived Newsletters). If you prefer to go paper-free and view the newsletter online, simply unclick the check box on the final order submission page when you are placing your next order.

Saturday Sale Update for Sat, Feb 25th

Sat, Feb 25th - **Wolfgang's Grain & Flour Mill** - organic whole grains + freshly-milled flours

**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

Global CHILDREN'S Villages 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. Come see the challenge that over 1 billion people experience every day, 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! FREE. WWW.GLOBALCITIZENKELOWNA.ORG

Amnesty International Film Night "Taxi to the Dark Side" profiles the torture and death in 2002 of an innocent Afghan taxi driver as an example of changes in U.S. policy toward suspects in the war on terror, following 9/11. Soldiers, their attorneys, a released detainee, news footage and photos tell a story of abuse at Bagram Air Base, Afghanistan; Abu Ghraib, Iraq; and Guantanamo Bay. Friday, February 24th at 7:30 p.m. at Okanagan College theatre, 1000 KLO Road, Admission is by donation. For more info- 250-769-4740.

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.

Kelowna Seed Swap is back! Certified Organic local seeds, swap table, garden items. Local honey, childrens activities, books, food and more. Great for the entire family. Saturday March 10th at Okanagan College Campus, 1000 KLO Road 10:00 to 3:00. Information 250 764-4810. While at the swap, check out the Travelling World Community Film Festival. www.worldfilmfestkelowna.net

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.

Broccoli with Garlic Butter and Cashews

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

- 1 1/2 lbs fresh Broccoli, cut into bite size pieces
- 1/3 C Butter
- 1 Tbs Brown sugar
- 3 Tbs Soy sauce
- 2 tsp White vinegar
- 1/4 tsp ground Black pepper
- 2 cloves Garlic, minced
- 1/3 C chopped salted Cashews

Place the broccoli into a large pot with about 1 inch of water in the bottom. Bring to a boil, and cook for 7 minutes, or until tender but still crisp. Drain, and arrange broccoli on a serving platter. While the broccoli is cooking, melt the butter in a small skillet over medium heat. Mix in the brown sugar, soy sauce, vinegar, pepper and garlic. Bring to a boil, then remove from the heat. Mix in the cashews, and pour the sauce over the broccoli. Serve immediately.

Caramelized Broccoli with Garlic

(Adapted from www.foodandwine.com)

- 3 Tbs extra-virgin Olive oil
- 2 heads of Broccoli (1 1/4 pounds total), stems peeled and heads halved lengthwise
- 1/2 C Water
- 3 Garlic cloves, thinly sliced
- pinch of crushed Red pepper
- Salt and freshly ground Black pepper
- 2 Tbs fresh Lemon juice

In a large, deep skillet, heat 2 tablespoons of the olive oil. Add the broccoli, cut side down, cover and cook over moderate heat until richly browned on the bottom, about 8 minutes. Add the water, cover and cook until the broccoli is just tender and the water has evaporated, about 7 minutes. Add the remaining 1 tablespoon of olive oil along with the garlic and the crushed red pepper and cook uncovered until the garlic is golden brown, about 3 minutes. Season the broccoli with salt and black pepper, drizzle with the lemon juice and serve.

Roasted Garlic Lemon Broccoli

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

- 2 heads Broccoli, separated into florets
- 2 tsp extra-virgin Olive oil
- 1 tsp Sea salt
- 1/2 tsp ground Black pepper
- 1 clove Garlic, minced
- 1/2 tsp Lemon juice

Preheat the oven to 400°F. In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet. Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy finish.

Rutabaga Rally

The rutabaga is believed to be a cross between a wild cabbage and a turnip. Sadly, the history of the rutabaga began in Southern Europe in the 17th century as food for animals. But, since it thrives in colder climates, its popularity grew in countries like Scandinavia, especially Sweden.

The rutabaga's journey in North America began in the 1800s. Although it is full of beta carotene and has a delicate sweetness with hints of cabbage and turnip, the rutabaga's popularity remains low in North America. But, there is still hope. In addition to being nutritious and delicious, it is easy to prepare. Here are some easy ways to transform your rutabaga into a delicious dish ([from www.veggparadise.com](http://www.veggparadise.com)):

-Raw: First, peel them with a vegetable peeler. Slice and enjoy as a snack. Chop, dice, or grate them and add to salads. Create a unique salad with diced rutabagas and other vegetables of your choice. Grate them and add to coleslaw. Grate and combine with carrot salad.

-Cooked: Rutabagas can be roasted, boiled, steamed, stir-fried, mashed, or stewed. Cook them with potatoes and mash together. Quarter them and roast along with potatoes. Enhance the flavour of stews with chopped or quartered rutabagas. Dice them and add to soups. Stir-fry with onions.

Rutabaga Soufflé

(Recipe adapted from "Food Network" at www.foodnetwork.ca)

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| 1 med Rutabaga, peeled and cut into ½-inch dice | 1/2 C chopped Onions |
| 4 med Carrots, peeled and cut into ½-inch dice | 1/2 C Butter |
| 1 1/2 C Vegetable stock | 1 Tbs Brown sugar |
| 1/4 tsp Nutmeg | 2 Eggs, slightly beaten |
| 2 Tbs Flour | 1 tsp Baking powder |
| 1/2 C chopped Pecans | |

Preheat oven to 350°F. In a large pot over medium heat bring rutabaga, carrots, onions, stock, 1/4 cup butter and brown sugar to a boil. Reduce heat and cook partially covered until vegetables are very tender (about 30 minutes). Remove vegetables, leaving liquid in the pot, and transfer to a food processor.

Place a pan over high heat and boil the remaining liquid, stirring constantly until the liquid is reduced to about 1 tablespoon (about 2 to 3 minutes). Add the reduced liquid to food processor and puree until very smooth. Transfer to mixing bowl and allow to cool. When mixture reaches room temperature stir in eggs, flour and baking powder. Season with salt and pepper and transfer the mixture to a casserole dish.

Melt remaining butter and toss with chopped pecans. Sprinkle pecans evenly around the edge of the casserole to make a border. Bake uncovered in preheated oven for about 30 minutes or until puffed, firm and golden brown.

Lemon Carrots and Rutabaga

(Recipe adapted from "All Recipes" at <http://allrecipes.com>)

- 4 medium Carrots, cut into 3 inch julienne strips
- 2 C Rutabaga, peeled and cut into 3 inch julienne strips
- 1/2 C Water
- 2 Tbs Butter
- 1 Tbs Brown sugar or Maple syrup
- 1 Tbs Lemon juice
- 1/2 tsp grated Lemon peel
- 1/4 tsp Dill weed

In a large saucepan, combine the carrots, rutabaga and water. Bring to a boil. Reduce heat to medium; cover and cook for 13-15 minutes. Meanwhile, in a small saucepan, combine the remaining ingredients; cook, uncovered, over medium heat for 2-3 minutes or until butter is melted. Drain vegetables; add butter mixture. Cook for 3-4 minutes or until vegetables are glazed, stirring occasionally