



The Harvest Herald

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February 22-24, 2011

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OKG Bread Special March 1-3

Apricot Cinnamon Whole Wheat Swirl. Whole wheat dough (enriched with free-range eggs, milk, and butter), stretched thin and rolled up with a filling of apricot, cinnamon, and brown sugar. Mmmm...

Regular Harvest Box

Local! Carrots - Green Croft Gardens
Local! Watermelon Radish - Wild Flight Farm
Local! Red Onions - Similkameen River Farm
Local! Beets - Wild Flight Farm
Local! Ambrosia Apples - Harker's
Bosc Pears - WA
Leaf Lettuce - CA
Collard Greens - CA
Navel Oranges - CA
Red Pepper - MEX
Bananas - MEX

Family Harvest Box Extras

Local! Shallots - Green Croft Gardens
BC! Broccoli Sprouts
BC! D'Anjou Pears
Bacon Avocado - CA (*Ripen at room temp, use when fruit yields to pressure. Skin may look mottled/spotty, but the inside should be a creamy pale green!*)
Jewel Yams - CA
Zucchini - MEX



This Week's HomeGrown Heroes

Harker's Organics - Cawston
Honest Food Farm - Cawston
Intentional Peasants - Edgewood (NOT certified org.)
Kettle River Farm - Grand Forks
Quail's Farm - Vernon
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 25 - Wolfgang's Grain & Flour Mill** will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally, **AND** Robin & Jo Butler will have a table set up with information and a petition to support appropriate regulations for Natural Health Products and freedom of choice in health care. For more info, please visit www.charterofhealthfreedom.org and www.nhppa.org.

Community Events/Notices

Global Citizen Week 2011 - This Week! Global Citizen Kelowna is on this week! Some of the following events have already taken place, while others will be ones you may still want to take in! For more information, please visit www.globalcitizenkelowna.org.

- **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.
- **Fri, Feb 25th - Documentary "An Orphan's Dream"** with live performances by Andrew Smith, Norm Strauss, Kim McMechan, and Graham Ord. There will be a local artisan art sale as well. 6:30pm (show at 7pm) at the Emmanuel Church at 2600 Hebert Rd, Westbank. \$5 door cover.
- **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.

Designer Digs - Designer Digs will be a one-evening-only, self-guided tour of six beautiful homes in Kelowna designed by the most prominent designers in town. Attendees will get an insider peek of the Designer's lifestyle and will have the chance to meet and chat with each designer. Think big city design coming to life with the ability to ask questions of each designer and see some innovative ideas put into play. An after party will take place at the Manteo Resort, with a Silent Auction raising funds to support SMARTRISK, a national charity dedicated to youth injury prevention and risk management education, programming, and policy change. Fri, Mar 4th. Tix/info: www.designerdigs.org.

Kelowna Community Seed Swap Discover rare, unusual and Certified Organic local seed, great food, lots of garden ideas! Bring your own saved seed for the swap table, a chance to participate and perpetuate family treasures. Held in partnership with the Travelling World community Film Festival. 10am to 3pm, Sat, Mar 12th at Okanagan College Student Services Building, 1000 KLO Road.

2011 Travelling World Community Film Festival - March 10-13th! Featuring 32 documentary films from over 25 countries, covering environmental, social justice and human rights issues. These are films that are sure to educate, entertain and inspire! Supported by the UBC-O Student Union, UBC-O Cultural Studies Dep't and Okanagan College's Dep't of Communications, as well as a dedicated group of volunteers. Okanagan residents of all ages are invited to enjoy this year's films. Admission to all films is FREE, and donations are gratefully accepted for the Kelowna Women's Resource Centre and the Ki-low-na Friendship Centre. For film schedule and descriptions, visit <http://www.worldfilmfestkelowna.net>.

An exciting new addition to this year's film festival is the special **Family Programme**, with 10 films appropriate (and engaging!) for younger audiences to be shown during the Saturday and Sunday afternoon programs at Okanagan College!

Chocolate Beet Cake

(Adapted from <http://southernfood.about.com>)

2 C Flour
1 1/2 tsp Baking soda
1/2 tsp Salt
1 1/2 C Sugar
1/2 C Cocoa powder
3 large Eggs, beaten
1 C plus 2 Tbs Vegetable oil
2 tsp Vanilla
1 1/2 C grated cooked Beets
powdered Sugar, optional

Preheat oven to 350°F. Combine flour, soda, salt, sugar and cocoa in a bowl; set aside. In a mixing bowl, combine the eggs and oil. Beat in vanilla and continue beating until well blended.

Slowly beat in dry ingredients until well mixed; stir in beets. Pour into a greased and floured 9x13-inch baking pan. Bake at 350°F for 25 to 35 minutes, or until cake bounces back when touched lightly with finger.

Cool in pan on a rack. Frost cooled cake or dust with powdered sugar.

Healthy Apple Pear Cake

(Adapted from www.food.com)

2 C Flour
1/2 C Sugar
1 Tbs Baking powder
1/2 tsp Baking soda
1/2 tsp Salt
2 tsp Cinnamon
1/2 C Pecans, Chopped
1 C Milk
3 medium Apples, Peeled, Cored and Chopped
3 medium Pears, Peeled Cored and Chopped
1 Tbs Brown sugar
2 tsp powdered Sugar, for dusting

Pre-heat oven to 350°F. Grease 9 x 13 glass baking dish. Put first 6 ingredients in a large bowl and use a whisk to mix together. Add milk and mix. Stir in pecans, apples and pears. Pour into prepared 9 x 13 baking dish and spread out evenly.

Using your fingers sprinkle brown sugar on top. Bake at 350°F for 30 minutes. Test with toothpick to see if it is done. Let it cool for 15 minutes and then dust with powdered sugar.

Glorious Collard Greens

Collard greens are a powerful food that is packed full of cholesterol-lowering soluble fibre, vitamin C, and cancer-fighting properties. To keep your collard greens fresh, place them in a plastic bag and remove as much air from the bag as possible. Store in the refrigerator where they should keep fresh for about three to five days.

Awesome Collard Greens

(Recipe adapted from "Food.com" www.food.com)

1 lb Collard greens (or 1/2 collards, 1/2 kale)
1/2 C prepared Salsa or 1 chopped Tomatoes
1 1/2 C Water
Salt, to taste
1 Onions, chopped
2 - 4 cloves Garlic, chopped
1/2 C Cider vinegar
hot sauce, to taste

Wash greens in a colander. Chop into bite-sized pieces. Throw all ingredients into a large pot and cover. Bring to a boil, stirring occasionally, then reduce heat and simmer. Greens are done when they have shrunk down and are cooked through, usually about a half hour, but you can let it simmer much longer.

Serve with its liquid.

Sautéed Collard Greens with Almonds and Carrots

(Recipe adapted from "Vegan Yum Yum" at <http://veganyumyum.com>)

1/4 C sliced Almonds
1 Tbs Oil
1 bunch Collard Greens, washed and de-veined
Black Pepper to taste
1/4 C sliced Carrots
1 Tbs Lemon Juice
1/4 tsp Salt

Sauté carrots and almonds in olive oil over medium heat for 1-2 minutes. Add greens, lemon juice, and salt. Stir well and cover for another few minutes, until greens are tender, stirring often. Serve immediately with cracked pepper on top.

Greens with Yogurt and Cumin Seeds

(Recipe adapted from "About.com: Local Foods" at <http://localfoods.about.com>)

8 oz Greens (spinach, chard, kale, collard greens)
2 1/4 tsp Salt, divided
1/4 tsp freshly ground Black pepper
1/2 to 1 C Yogurt
1 tsp Cumin seeds
1/4 tsp Cayenne (optional)

Thoroughly clean greens in several batches of cold water. Bring a large pot of water to a boil. Add 2 tsp salt and greens. Cook until greens are tender to the bite, 1 minute for spinach and up to 5 minutes for kale or collards. Drain and immediately rinse greens in cold water. Using your hands, squeeze out as much water as possible from greens.

Coarsely chop greens and set aside. In a dry small frying pan (no oil) over medium-high heat, toast cumin seeds until fragrant, about 2 minutes. Let sit until cool. Grind in a clean spice or coffee grinder or a mortar and pestle.

In a medium bowl, combine remaining 1/4 tsp salt, cumin seeds, black pepper, cayenne, and yogurt. Stir in greens. Serve chilled or at room temperature with stews, or rice and beans. Makes about 2 cups.