



The Harvest Herald

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

February 26-28, 2013

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OKG Bread Special Mar 5-7

Buckwheat pita! OG's version of the Greek classic, made with 25% buckwheat flour, a touch of honey, and olive oil. A versatile flatbread for paninis or grilling!

Regular Harvest Box

LOCAL! Green Cabbage - Wild Flight Farm
LOCAL! Celeriac (large!) - Wild Flight Farm
LOCAL! Shallots - Notch Hill Organics
LOCAL! Gala Apples - Harker's Organics
D'Anjou Pears - WA (2 ea - mini order)
Green Leaf Lettuce - CA
Bunched Carrots - CA
Navel Oranges - CA
Hass Avocado - MEX
Bananas - MEX

Family Harvest Box Extras

Yellow Potatoes - MB
Celery - CA
Broccoli - CA
Tangelos - CA
Lemons - CA



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green City Acres - Kelowna
Harker's Organics - Cawston
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
West Enderby Farm - Enderby
Wild Flight Farm - Mara

Egg Supply - Quail's Farm's egg production is currently down. If you are placing your order later in the weekend and you do not see eggs on the order page at the time you are placing your order, this will mean that we have already sold out for the week.

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

- March 2nd - The Olive Oil Merchant will be offering demos and sales of their Italian new-crop olive oil releases, including many award-winning selections! The Olive Oil Merchant works directly with small, farm-based producers in Italy and handles shipping arrangements to ensure that quality is maintained at every stage. Enjoy a taste of Italy in our warehouse, and learn how you can select different oils for different purposes...just like wine pairing! ***NEW*** You can now order a selection of these oils right from our order page! (You'll find them listed under the Dressings/Dips/Oils heading on our order page!)
- ALSO MAR 2ND! Rolling with the Italian theme (!), we look forward to welcoming Giulio Piccioli, an Italian-born chef and Urban Harvest customer...as something of a wandering cookbook at our Mar 2nd Saturday market! He'll be the guy walking about the store, offering up culinary inspiration and creative tips for making best use of the different veggies in our store! Be sure to pick his brain a little...what better way to pass the time in the line-up?!

The Urban Harvest Saturday Sale is open every Saturday, year-round, from 9am to 1pm at 806 Crowley Ave (in Kelowna's north end). Please see www.urbanharvest.ca/sale for a map to our location and a full list of produce items available for sale at this week's Saturday Sale.

Community Events/Updates

Kelowna Waldorf School 3rd Annual Gala Dinner & Silent Auction! An exceptional evening at Summerhill Pyramid Winery, featuring local food and wine, and a seminar by Summerhill's biodynamic practitioner, Gabe Cipes, a Cipes Brut & hors d'oeuvres reception, a 3-course wine-paired dinner by Winery Chef Jesse Croy, and more! Fri, Mar 8th, 6pm, at Summerhill Winery (4870 Chute Lake Rd.). Reserve tickets online: www.summerhill.bc.ca/wines/eventtickets. \$90/person (incl all tax/gratuities). 100% of profits will benefit the Kelowna Waldorf School.

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. Film descriptions, 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.

Eyeglasses for Children! Each year, Dr. Spec's Optical (in Orchard Plaza) collects used eyeglasses to give to people in need in the developing world. This year, they are also going to craft new kids' eyeglasses for children in the Philippines. Dr. Spec's will donate the frames and with the help of their lab and suppliers, they will be able to create eyeglasses for a cost of \$25 per child. They are seeking donations of \$25, and donors will receive a tax receipt for their donation. Please contact Catharine Goheen at 250-878-7684 with questions.

Slow Food Convention Apr 25-28! The National Slow Food convention is coming to the Valley April 25-28, with tastings, workshops, presentations, all showcasing local food, chefs and farmers! Find out more at <http://slowfood.com>. To get connected locally, email krickypl@gmail.com, or call 778-363-2969. Volunteers are welcome!

Grain-free Chai Granola Bars

Healthful Pursuit Features allergen-free recipes created by a holistic nutritionist out of Montreal (www.healthfulpursuit.com)

Nuts, Seeds and Fruit:

- 2 1/4 C mixed Nuts/Seeds, roughly ground
- 1 C shelled Hemp seed/Hemp hearts
- 1/2 C dried Currants
- 1/4 C Flax seed, roughly ground
- 2 Tbs Chia seed, roughly ground

Binding Ingredients:

- 10 Medjool dates, pitted
- 1/2 C Almond butter
- 1 Banana, mashed
- 5 tsp homemade chai spice*

Preheat oven to 325°F and line a rectangle pan (10x6) with parchment paper draping over either side for easy lifting. Place medjool dates in a bowl and cover with hot water. Leave to soak for 30 minutes. Drain well and set aside. Roughly grind your nut and seed mixture. There can be large and small pieces throughout the mix, just make sure there are pieces no bigger than the size of your pinky nail. Combine mixed nuts and seeds with hemp seeds, currants, roughly ground flax seed and roughly ground chia seed in a large bowl. Set aside. Mash soaked dates with a potato masher or fork until smooth. Add banana and mash together. Then, stir in almond butter and chai spice. Combine binding ingredients with the nut and seed mixture either with your hands, stand mixer or hand mixer. Mix until fully incorporated. Press into prepared pan and bake in the oven for 35-40 minutes, until edges begin to get golden. Remove from the oven, lift from the pan and allow to cool for 5 minutes. Cut into desired size and place on a baking sheet. Return back to the oven and cook for an additional 15 minutes to crisp up. Remove from the oven, turn onto a cooling rack and allow to cool completely.

Homemade Chai Spice

***Raw Mama Does Detox** Provides recipes that are highly raw, highly alkaline and for those sensitive to gluten, grains, dairy, protein, as well as those looking for a sugar-free and acid-free diet

(<http://rawmamaadoesdetox.wordpress.com>)

- 2 tsp ground Cinnamon
- 2 tsp ground Cardamom
- 2 tsp ground Cloves
- 1 tsp ground Ginger
- 1 tsp ground Coriander
- 1/2 tsp Black Pepper
- 1/8 tsp Salt

Pour all ingredients into a small bowl. Stir until thoroughly mixed. Store the spice blend in a cool, dark place in a covered container.

Food Blog Hits – Part 2

Last week, we look at one of the more popular food blogs according to Urban Harvesters. This week, I've picked some recipes from other top mentions. Be sure to visit the websites for more delicious recipes and healthy ideas.

Mexican Cabbage

Happy Herbivore Features plant-based, low-fat, and easy-to-make recipes (<http://happyherbivore.com>)

- 1/2 whole Cabbage
- 2 whole Garlic cloves, minced
- 4 oz Green chilies, diced
- 1 tsp Cumin
- 1/4 tsp Black pepper
- 1 C Black beans, cooked
- 1 whole sweet Onion, diced
- 8 oz Tomato sauce
- 2 Tbs Tomato paste
- 1/2 tsp Oregano or Marjoram
- 1 C Corn, frozen
- 1/4 C baked Corn chips

Chop cabbage into thin strips, set aside. Line a medium saucepan with water and saute onions and garlic over high heat until translucent. Add cabbage, tomato sauce, chilies, paste and spices. Reduce heat to medium and cook until cabbage is tender, about 10 minutes. Turn off heat and stir in frozen corn until evenly distributed. Taste test, adjusting spices as needed. Salt to taste if desired. Mix in black beans before serving. Break corn tortilla chips into small pieces in your hand and sprinkle over top before serving. Serves 2.

Caramelized Shallots

Smitten Kitchen Based out of a tiny kitchen in New York, this blog features healthy and practical comfort food recipes (<http://smittenkitchen.com>)

- 6 Tbs (3/4 stick) unsalted Butter
- 2 lbs fresh Shallots, peeled, with roots intact
- 1/2 tsp Salt
- 2 Tbs chopped fresh flat-leaf Parsley
- 3 Tbs Sugar (or your favourite substitute)
- 3 Tbs good Red wine vinegar
- 1/4 tsp freshly ground Black pepper

Preheat the oven to 400°F. Melt the butter in a 12-inch ovenproof saute pan, add the shallots and sugar, and toss to coat. Cook over medium heat for 10 minutes, tossing occasionally, until the shallots start to brown. Add the vinegar, salt, and pepper and toss well. Place the saute pan in the oven (or place the shallots in a baking dish) and roast for 15 to 30 minutes, depending on the size of the shallots, until they are tender. Season, to taste, sprinkle with parsley, and serve hot.

Reverse Universe Soup

My New Roots Features simple and delicious edible inspirations that revolve around a plant-based way of eating (<http://mynewroots.org>)

- Knob Coconut oil or ghee
- 2 medium Onions
- 4 Bay leaves
- 1 Celeriac
- 1 C Water (if necessary)
- 1 hard Cheese rind, preferably from sheep or goat's milk (optional)
- a couple pinches Sea salt
- 6 cloves Garlic
- 3 Parsley root
- 4 C Vegetable broth
- 1/2 C uncooked Black lentils

Soak lentils if possible, for up to 8 hours. Wash and drain lentils. Place in a pot, cover with water and bring to a boil. Reduce to simmer until tender but not mushy about 10-20 minutes (time varies according to lentil size and time soaked). Drain and rinse under cool water to halt cooking. While the lentils are simmering, prepare and cook vegetables. Peel and chop onions, garlic, parsley root and celeriac. Heat a knob of coconut oil or ghee in a large stockpot. Add onions and a couple pinches of salt, bay leaves, stir to coat and let fry for five minutes or so, until onions have softened. Add garlic, cook a couple minutes, followed by the chopped root veggies. Add the cheese rind if using, pour broth over, cover with a lid and bring to a simmer. Cook until the vegetables smash easily with a spoon. Remove cheese rind and bay leaves from the pot. Transfer contents to a blender and puree until completely smooth. Add water to thin if necessary. Season to taste. Stir in cooked lentils. Serve hot with a drizzle of good quality olive or truffle oil. Serves 4.