



# The Harvest Herald

(Ph/Info-line) 868-2704 (Email) [order@urbanharvest.ca](mailto:order@urbanharvest.ca)

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February 28 – March 1, 2012

Issue #604

## OKG Bread Special March 6-8

Pain Levain - a light, fluffy loaf! Traditional French sourdough with a touch of Ingram Apiaries finest honey. Very versatile - perfect for making toast and sandwiches.

## Regular Harvest Box

LOCAL! Red Cabbage - Wild Flight Farm  
LOCAL! Carrots - Roots & Greens Farm  
LOCAL! Salsify (Black Oyster Root) - Notch Hill  
LOCAL! Watermelon Radish - Wild Flight Farm  
LOCAL! Gala Apples - Harker's  
LOCAL! Spartan Apples - Harker's  
Rainbow Chard - CA  
Romaine Lettuce - CA  
Cauliflower - CA  
Navel Oranges - CA  
Bananas - MEX

## Family Harvest Box Extras

LOCAL! Red Onions - Similkameen River  
LOCAL! Shallots - Notch Hill Organics  
LOCAL! "Corn Salad" (salad green) - Wild Flight Farm  
BC! Concorde Pears  
Broccoli - MEX  
Red Grape Cherry Tomatoes - MEX



## This Week's HomeGrown Heroes

Blackbird Organics - Cawston  
Harker's Organics - Cawston  
Notch Hill Organics - Sorrento  
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.*

## Sin Grano Bakery Closed for Spring Break

If you regularly order the gluten-free creations of Sin Grano bakery, we encourage you to order extra for your freezer next week (week of March 6-8), as Sin Grano will be closed for the weeks of Mar 13-15 and Mar 20-22.

## Community Events/Notices

**Taste of Home this Saturday!** As part of Global Citizen's Week, there are events happening throughout the city this week. For a complete list of events, visit [www.globalcitizenkelowna.org](http://www.globalcitizenkelowna.org). The grand finale of Global Citizen Kelowna Week 2012, 'Taste of Home', showcases the best of the world's food, culture and music that our multicultural city has to offer—from Southern BBQ to Thai noodles to First Nations Bannock to Greek spanokopita, Ukrainian pyrogies, Chinese, Korean and more. New for 2012 will be ethnic cooking demos. 2041 Harvey Avenue (New Life Building), on Sat, March 3, from 5:30-8:30 pm. Admission is free but donations are appreciated. Servings of ethnic cuisine from over a dozen countries are available for a minimal cost. Fun and entertaining for the whole family!

**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 4<sup>th</sup> 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.

**World Community Film Festival** The World Community Film Festival takes place March 8-11<sup>th</sup> this year! Films will be screened at UBC Okanagan and at Okanagan College (KLO Campus). See <http://www.worldfilmfestkelowna.net> for schedule/film descriptions. This event is supported by Okanagan College's Department of Communications and UBC Okanagan's Cultural Studies Department, and spearheaded by a dedicated group of volunteers. The film program this year features an outstanding selection of 35 documentary films from around the world. The Travelling World Community Film Festival is known for the incredible breadth of topics covered as well as for the first class quality of the productions screened - these are films that are sure to educate, entertain and inspire on topics spanning environmental, social justice, and human rights issues. A special Family Program will be hosted on Saturday and Sunday afternoon at Okanagan College as well. **Admission to films is FREE: Donations are accepted for the Ki-low-na Friendship Centre and Inn from the Cold.**

**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 10<sup>th</sup> 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](http://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](http://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](http://www.theatrekelowna.org). More info at 250-862-8673.

**Community Kitchen Meet-Up** Would you like to join a group of 4-6 others that meets every month or so to spend a fun afternoon or evening together preparing a few meals for the freezer...or perhaps taking on something labour-intensive like perogies or samosas? Yes? Join the "Kelowna Community Kitchen" Facebook group to find or start a group, OR come to a face-to-face meet-up at the Urban Harvest Warehouse (806 Crowley Ave) on Sat, Mar 17<sup>th</sup> from 2-3:30pm. Bring something green to share for St. Paddy's Day if you like! Please RSVP to [order@urbanharvest.ca](mailto:order@urbanharvest.ca) OR join the Facebook event "Community Kitchen Meet-Up #2" by March 15<sup>th</sup>.

## Roasted Cauliflower Salad

(Adapted from [www.cookingnook.com](http://www.cookingnook.com))

- 6 C Cauliflower, cut into florets
- 3 Tbs Olive oil
- 1/4 tsp dried Thyme
- 1 tsp Salt
- 1 Tbs White wine vinegar
- 1 Tbs Lemon juice
- 1/2 tsp Dijon mustard
- 1 tsp Honey
- fresh Chives, chopped (optional)

Preheat oven to 400°F. In a large bowl, toss cauliflower with 1 tablespoon of oil, thyme and half of the salt. Spread the mixture on large a baking sheet. Bake at 400°F for 25 to 30 minutes or until cauliflower is lightly browned. In a small bowl, whisk together vinegar, lemon juice, mustard, honey, the rest of the salt and the oil. Pour the dressing over cauliflower and toss gently. Sprinkle with chives and serve at room temperature. Serves 6.

## Baked Cabbage Wedges

(Adapted from [www.kitchenparade.com](http://www.kitchenparade.com))

- wedge of Green Cabbage
- Carrot, peeled and cut into chunks
- Onion, in large chunks separated into layers
- Olive oil (not much, about 1 Tbsp for 4 wedges)
- Salt and pepper to taste
- Cayenne pepper to taste, optional
- Broth (about 1/4 cup for either 4 or 8 wedges)

Preheat oven to 325°F. Place cabbage wedges cut-side down in a baking dish in a single layer. Add the carrots and onions. Drizzle with olive oil. Season with salt, pepper and cayenne. Add the broth, cover with foil. Bake for one hour, then turn the cabbage wedges over. If needed, add a splash or two of liquid. Bake for another hour. Remove the foil. Increase the oven temperature to 400°F and let finish cooking for about 15 minutes until the cabbage begins to darken. Remove from oven, let cool, cover and refrigerate until ready to serve. To rewarm, set oven to 350°F and heat through, about 20 mins.

## Roasted Watermelon Radishes

(Adapted from [www.myrecipes.com](http://www.myrecipes.com))

- 1 lb Watermelon Radish
- 3 Tbs Olive oil, divided
- 1 tsp coarse Sea salt

Preheat oven to 375°F. Cut radishes into wedges. Mix with 2 Tbs oil and put in a 2-qt. baking dish. Roast radishes, stirring occasionally, until fork tender, about 1 hour. Drizzle with remaining 1 Tbs oil and sprinkle with sea salt.

## Discovering Salsify

Salsify is not an attractive vegetable. It is long, straggly, and browns easily once peeled. It also goes by the name white salsify, goatsbeard, vegetable oyster, or oyster plant – probably due to its slight oyster flavour. But despite its ugly name and appearance, it is a member of the sunflower family. While it is thought to have originated in the Mediterranean, salsify is now cultivated in Central and Southern Europe, the United States, and in Asia. Its root is most often used, but the leaves, which appear as green grass-like shoots, can be used in salads. To store salsify, wrap its roots in plastic and store in the refrigerator for up to one week. When you are ready to use it, cut off its root end and peel off the outer skin. Immediately place the salsify in a water and lemon juice solution to prevent it from browning. Salsify is one of those versatile vegetables that can be baked, boiled, steamed, creamed or mashed. Some people associate the cooked texture of the salsify with that of an artichoke heart. Here are some delicious recipes to try with your salsify:

### Wintery Pan-Roasted Black Salsify and Gourmet Mushroom Salad

(Recipe adapted from "Abel and Cole" at [www.abelandcole.co.uk/recipes](http://www.abelandcole.co.uk/recipes))

- 1 3/4 Mushrooms, torn or cut into bite-sized pieces
- 1 C Romaine lettuce, washed and chopped into bite-sized pieces
- 2 Tbs Butter
- 8 oz Salsify, peeled and cut into 1cm pieces
- 1/3 C Pinenuts, toasted
- Sea salt
- 1 Tbs Olive oil
- 2 Garlic cloves, peeled and finely chopped
- 1 Tbs Balsamic vinegar
- freshly ground Black pepper

Heat the butter and olive oil in a pan, add the salsify and cook over a moderate heat for 4-5 minutes until golden all over. Toss the garlic in the pan with the salsify and cook for a further minute or so. Add the mushrooms and 1/3 C water, cover with a lid, reduce heat and cook for a further 10 minutes, until water is fully absorbed. Mix warm salsify and mushrooms with lettuce and pinenuts. Dress with a splash of balsamic vinegar. Serve with warm, crusty bread. You can also pair this with long grain rice to make it a more substantial dish. Serves 2.

### Parmesan Gnocchi with Mushrooms, Salsify and Lemon Thyme

(Recipe adapted from "Pine Ridge Vineyards" at [www.pineridgevineyards.com](http://www.pineridgevineyards.com))

- 12 oz Water
- 9 oz Flour
- 7 oz Parmesan cheese, grated
- 4 Tbs Shallots, minced
- 3 C Crimini mushrooms
- 1/2 tsp dried Thyme
- 1 Tbs Parsley leaves
- 2 C Chard, chopped
- 4 oz Butter
- 6 eggs
- 2 Tbs Butter, divided
- 8 oz Salsify, peeled and diced
- splash of Lemon juice
- Salt and Pepper to taste
- 2 Tbs Parmesan cheese, grated

For Gnocchi: Simmer water and butter until melted. Add flour and cook, stirring until dough pulls off walls of pot. Add dough to mixer fitted with a dough hook. Mix batter on low speed, and add eggs one at a time. Add cheese to melt. Fill a pot with boiling water. Put dough in a pastry bag fitted with 1/2-inch diameter tip and pipe the dough into boiling water while cutting at 1-inch intervals to form dumplings. Remove dumplings when they float to the top and dry on clean parchment paper. Gnocchi are now ready to cook or freeze. Heat a 1 Tbs of butter over medium heat and sauté shallots, salsify, and mushrooms until all are tender. Add, lemon juice, thyme, salt and pepper and cook for 3 more minutes then remove from heat. In a pan, heat 1 Tbs of butter until foamy and lightly browned. Toss in a single layer of gnocchi and let them brown for 1-2 minutes. (CHEF'S NOTE: Do not shake the pan while gnocchi are browning, but do shake the pan to turn gnocchi once they are brown.) Add chopped chard, shallot mixture, and parsley and continue to cook until chard is tender. Add salt and pepper (to taste), and Parmesan. Toss, plate and serve warm.

~ Article & Recipes Contributed by Angela Cleveland ~