



# The Harvest Herald

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Place Orders On-line at: [www.urbanharvest.ca](http://www.urbanharvest.ca)

February 3-5, 2015

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## OKG Bread Special Feb 11-13

**Chocolate & Hazelnut Spelt Bread!** Bittersweet cocoa, roasted hazelnuts, and nutty whole-grain spelt flour create a wonderfully rich texture and flavor! Pair with chocolate hazelnut spread (or PowerPlant's choco-coconut spread!) for an extra decadent treat!

## Regular Harvest Box

LOCAL! Kabocha Squash - Wild Flight Farm  
LOCAL! Garlic - Wild Flight Farm  
LOCAL! Green Cabbage - Wild Flight Farm  
LOCAL! Rainbow Carrots - Green Croft Gardens  
LOCAL! Ambrosia Apples - Orchard Corners/Harker's  
LOCAL! Olympic (Arirang) Asian Pears - Nelsons FW BC!  
D'Anjou Pears  
Jewel Yams - CA  
Green Leaf Lettuce - CA  
Navel Oranges (mini order) - CA

## Family Harvest Box Extras

LOCAL! Petite Beets - West Enderby Farm  
LOCAL! Granny Smith Apples - Thunder Hill Farms  
BC! Red Onions - Similkameen  
Rainbow Chard - CA  
Bananas - MEX  
Hass Avocado - MEX (Fair Trade, Prager Coop)



**This Week's  
HomeGrown Heroes**  
*(certified organic, unless specified)*

Curly Willow Farm - Grindrod  
Green Croft Gardens - Grindrod  
Harker's Organics - Cawston  
Intentional Peasants - Edgewood (NOT cert org)  
Kettle River Farm - Grand Forks  
Nelson Fruit Works - Cawston  
Orchard Corners - Kelowna  
Thunder Hill Farms - Lake Country  
West Enderby Farm - Armstrong  
Wild Flight Farm - Mara  
Wise Earth Farm - Kelowna (NOT cert org)

## 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.

## Family Day = Holiday Delivery Schedule Next Week!

Please expect next week's deliveries *one day later in the week than usual*, due to the Family Day statutory holiday and its impact on freight schedules. We appreciate your understanding!

## Upcoming Saturday Sale Guests/Vendors

- **Feb 7 - Scott Moran** will be bringing a selection of wild-harvested dried nettles (for soup or tea), dried wild chamomile tea, wild herb loose leaf tea mix, wild catnip tea, dried morel mushrooms, and dried Shimeji mushrooms...possibly other little surprises too!
- **Feb 7- The Rudy Family Farm**
- **Feb 14 - "Basket Lady" Mary (from the Kelowna-Zambia Partnership Project)** will bring lovely baskets made by crafters in rural Zambia. They are both beautiful and functional, and when you purchase one, you are supporting people who are working for themselves and their families to create a better life. A perfect Valentine's Day purchase, sharing love in a global way!
- **Feb 14 - Raw Delights + Café Feminina**
- **Feb 21 - Swheatgass + Real Raw Food + The Rudy Family Farm**

Urban Harvest is open for public Saturday Sales, year-round, from 9am - 1pm at 806 Crowley Ave (north end, downtown Kelowna). See [www.urbanharvest.ca/sale](http://www.urbanharvest.ca/sale) for a map and updated produce list.

## Community Events

**Global Citizen Kelowna Presents "Taste of Home"** Sat, Feb 7<sup>th</sup> from 5:30-8:30 at the New Life Church (2041 Harvey Ave). Admission is free/by donation. Purchase tasting tickets for \$1 each, and taste your way around the world! Enjoy cultural entertainment while meeting friends old and new. Celebrate culture at this fun family event! Find out more at [www.globalcitizenkelowna.org](http://www.globalcitizenkelowna.org).

**Global Music Fest** - Canadian artists "Broken Walls" perform as part of Global Citizen Week in Kelowna. Broken Walls base many of their songs on the ancient sounds of First Nations People of North America, and often perform around their large Pow Wow drum, singing songs of and to the Creator. Their music beautifully unites traditional aboriginal sounds of rattles, Pow Wow drum, and Mohawk wind flute together with a blend of contemporary instruments, and their powerful songs offer a message of restoration for the family, meant to stir the heart. Tues, Feb 10<sup>th</sup>; doors open at 6:30pm, concert is at 7pm; Evangel Church (3261 Gordon Dr). Admission by donation!

**LOVE INN** This Valentine's Day, Open For Change (OFC) invites us all to help by raise awareness about homelessness in our community, while raising funds for Inn From the Cold, the Metro Community, and the Okanagan Boys & Girls Club (Youth Overnight Shelter). This FREE activity-filled day includes: a community lunch and dinner, guest speakers, musicians, and artists sharing personal stories of life on the streets, inspirational movies that address homelessness, a team-based "Pack a Sack Run" amazing race-style event (!), soup-making with the Soup Sisters project, draw prizes (donated by local businesses, tickets sold on site), and more! 1470 Water St at the Metro Community, on Sat, Feb 14<sup>th</sup> from 10am to 10pm. [www.openforchange.com/loveinn](http://www.openforchange.com/loveinn).

**4<sup>th</sup> Annual Women's Memorial Vigil** All are invited to join in this gathering to honour missing and murdered indigenous women from across Canada. 12pm, Sat, Feb 14<sup>th</sup> at the Kelowna Court House, 1355 Water St. Soup + bannock to follow @ Ki-Low-Na Friendship Ctr (on Leon Ave downtown).

**Beyond BARE: Raw Dog Food - What the Research Says!** Dr. Jason Rowan, Integrative Veterinarian, shares genetic research about dogs not actually being descended from wolves, and what this means for optimal, biologically appropriate raw dog food nutrition. Q&A period to follow presentation. Tues, Feb 10, 7-8pm at Pandosy Village Veterinary Hospital, 2720 Richter St.

## Sweet and Spicy roasted Kabocha Squash

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

1/2 small to medium sized Kabocha squash  
3 Tbs light brown, natural cane, or muscovado Sugar, or equivalent of your favourite sugar substitute  
1/2 tsp ground Cayenne pepper or hot chili powder, more or less to taste  
1/2 tsp ground Cumin  
1/4 tsp ground Cinnamon  
1/4 tsp ground Nutmeg  
1/4 tsp Salt  
1 Tbs Soy sauce  
Oil for drizzling - pumpkin seed oil is preferred, or use toasted sesame oil or walnut oil.

Preheat the oven to 400°F. Line a baking sheet or two with silicon baking liner or parchment paper. De-seed and carefully cut the squash into slices about 1/2 cm or 1/4 inch thick.

Combine all the dry ingredients. Toss the squash slices in this until coated thoroughly. Add the soy sauce and toss well again. Spread the slices in a single layer on the baking sheet. Drizzle over them with the oil, and optionally sprinkle more sugar on them. Bake in the preheated oven for 15 minutes, then turn over, drizzle with more oil and sprinkle more sugar, and bake for an additional 10-15 minutes. Serve hot or at room temperature.

## Spicy Yam Hummus

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

2 medium Yams  
3 Tbs Olive oil  
2 C cooked Chickpeas (or one can of chickpeas, rinsed and drained)  
3 Tbs Tahini  
3 cloves Garlic, peeled  
juice of 1 Lemon  
zest of 1/2 Lemon  
ground Salt, to taste  
1 1/2 tsp Cayenne pepper (start with less, season to taste)  
1/2 tsp smoked Paprika  
1/4 tsp Cumin

Preheat oven to 400°F. Bake the yams on the middle oven rack or in a baking dish for 45 minutes. They should yield to a gentle squeeze when they're done baking. While the yams are cooling, toss all of the other ingredients into a food processor.

Once the yams have cooled enough to handle, use a knife or your fingers to peel the skin off of them. Add the yams to the food processor. Blend well, and serve. You can garnish with a light sprinkle of cayenne pepper and sesame seeds.

## Kabocha – the Winter Pumpkin

Kabocha squash, also known as a Japanese pumpkin (the Japanese word for all squash is kabocha), has a deep green exterior with rich orange flesh. It has a sweeter taste than butternut squash and can be substituted for pumpkin in any recipe. The squash can be baked whole or split in half with the seeds removed. Best of all, even though the skin looks thick, it can be left on and eaten!

## Stuffed Kabocha Squash with Indian Spiced Quinoa

(Recipe adapted by "Fit Feat" at <http://fitfeat.com>)

1 Kabocha squash, cut in half, remove stem and seeds  
1/2 C Quinoa (measured dry)  
1 small Shallot, minced  
1 small finger of Ginger, peeled and minced  
1 tsp Garam masala  
3/4 C Vegetable broth  
3-5 fresh Basil leaves, chopped  
Coconut oil for greasing and cooking  
1 Yellow pepper, chopped and seeds removed  
1/2 tsp minced Garlic  
sprinkle of Sea salt  
3 dried Plums (prunes), finely chopped  
1/2 tsp Balsamic vinegar

Rinse the quinoa well, drain and set aside. Preheat oven to 375°F. Lightly grease a baking sheet with coconut oil. Place halved, deseeded kabocha squash face down on the baking sheet. Roast for 30-35 minutes or until flesh is fork tender. While kabocha is roasting, melt a teaspoon of coconut oil over medium heat. Add shallots, pepper, garlic, ginger, garam masala and a pinch of sea salt, stirring often until peppers soften, about 5 minutes. Add quinoa and stir well to coat with spice mixture. Add vegetable broth. Bring to a boil. Reduce heat to low, cover and simmer for 15-20 minutes or until quinoa begins to look fluffy and liquid has absorbed into the grains. Allow quinoa to sit uncovered for 3-5 minutes. Using a fork, mix in plums and basil leaves. Divide mixture in two and stuff into the kabocha cavities. Drizzle each very lightly with balsamic vinegar to finish. If you are serving the squash as the entree, serve the full half. If you are using it as a side dish you can cut into quarters or even slice through into half-circles. Once properly cooled, this can also go into the freezer so that you can have some on hand for another time. Serves 2 as a meal or 4 as a side dish.

## Kabocha Squash Risotto with Sage and Pine Nuts

(Recipe adapted from "Bon Appetit" at [www.bonappetit.com](http://www.bonappetit.com))

1 Kabocha squash, peeled (optional), seeded, cut into 1/2-inch cubes (about 6 generous cups)  
4 Tbs Olive oil, divided  
1 Tbs finely chopped fresh Sage  
2 Onions, chopped (about 3 cups)  
1 1/2 C Arborio rice or medium-grain rice  
3/4 C Pine nuts, toasted, divided  
4 oz crisply cooked coarsely crumbled thinly sliced Pancetta (optional)  
Sea salt  
1 Tbs Sherry wine vinegar  
3 1/2 C Vegetable broth  
1/4 C medium-dry Sherry or Marsala  
shaved Parmesan cheese (optional)

Heat 2 Tbs olive oil in heavy large nonstick skillet over high heat. Add squash; sprinkle with sea salt and sauté until beginning to brown, stirring often, about 5 minutes. Reduce heat to medium, add chopped sage, and cook until just tender, stirring often, about 8 minutes. Sprinkle Sherry wine vinegar over; toss to incorporate. Transfer squash to plate. Wipe skillet clean.

Heat remaining 2 Tbs olive oil in same skillet over high heat. Add chopped onions, sprinkle with sea salt, and sauté until onions are soft and beginning to brown, about 6 minutes. Reduce heat to low, cover, and cook until onions are soft and deep golden brown, stirring occasionally, about 20 minutes; set aside. Bring 3 1/2 C water and vegetable broth to simmer in large saucepan. Cover and keep warm over low heat.

Add arborio rice to onions in skillet. Stir until rice is slightly translucent, about 4 minutes. Add sherry; stir until absorbed. Add 1 cup warm broth mixture; stir until almost all liquid is absorbed, about 3 minutes. Continue adding broth mixture by cupfuls until rice is just tender but still firm to bite and risotto is creamy, stirring almost constantly and adding squash after 15 minutes, about 20 minutes total. Season with salt and pepper. Stir in 6 tablespoons toasted pine nuts. Transfer squash risotto to large wide serving bowl. Sprinkle remaining toasted pine nuts over risotto. Top risotto with shaved Parmesan and crumbled pancetta, if desired. Serves 6.