



# The Harvest Herald

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February 5-7, 2013

Issue #650

## OKG Bread Special Feb 12-14<sup>th</sup>

Cheese & Walnut Batard! This loaf features local cheese and roasted walnuts on a whole wheat sourdough base. Lovely shared with a glass of wine or special company.

## Regular Harvest Box

LOCAL! Watermelon Radish - Wild Flight Farm  
LOCAL! Corn Salad (aka "mache") - Wild Flight Farm  
LOCAL! Rainbow Carrots - Green Croft Gardens  
LOCAL! Festival Acorn Squash - Stepney Hills Farm  
LOCAL! Gala Apples - Harker's  
BC! Yellow Onions - Similkameen River Organics  
Rainbow Chard - CA  
Garnet Yams - CA  
Navel Oranges (2 ea - mini order) - CA  
Bananas - MEX  
Tommy Atkins Mango - ECU

## Family Harvest Box Extras

LOCAL! Beets - West Enderby Farm  
BC! Red Nugget Potatoes  
Bosc Pears - WA  
Tangelos - CA  
Orange Pepper - MEX



## This Week's HomeGrown Heroes

Blackbird Organics - Cawston  
Green City Acres - Kelowna  
Green Croft Gardens - Grindrod  
Harker's Organics - Cawston  
Quail's Farm - Vernon  
Stepney Hills Farm - Armstrong  
Sweet Haven Farm - Sorrento  
West Enderby Farm - Enderby  
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.

## Family Day Holiday Schedule

BC's new Family Day stat holiday is next Mon, Feb 11<sup>th</sup>, which means that we will be delivering on a holiday schedule for the week of Feb 11-15. If you will be receiving an Urban Harvest delivery next week, please expect your delivery *one day later in the week than usual*. Thank you!

## Upcoming Saturday Sale Vendors

- Feb 9th - Raw Delights - Healthylicious Raw Vegan Organic Natural Food - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more...
- Feb 9th - Café Feminina coffee and super-sweet, cuddly felted animals, both sold by the Canadian Federation of University Women as a fund-raiser for their scholarship fund (coffee is purchased at above fair-trade prices from women's producer cooperatives, with proceeds going to fund the CFUW's scholarship program).
- Feb 16th - Real Raw Foods - raw, organic nuts, seeds, dried fruit, seaweed products, healthy oils, and more! See [www.realrawfood.com](http://www.realrawfood.com) for more info.
- Feb 16th - Swheatgrass FROZEN Organic Wheatgrass Cubes! Wheatgrass is full of antioxidants, stimulates metabolism, and alkalizes the body. Locally grown, using certified organic seeds and soil, filtered water, and NO fertilizers or pesticides!
- Feb 23rd - Wolfgang's Grain & Flour Mill - organic whole grains and freshly milled flours.
- Feb 23rd - Bernie's Blackberries - FROZEN blackberries, grown in South East Kelowna. Please note: these are NOT organic, but are grown without the use of sprays. \$4 per litre bag. Info @ 250-717-1114.

Find out more about our weekly Saturday Sales at [www.urbanharvest.ca/sale](http://www.urbanharvest.ca/sale).

## Community Events/Updates

**Hold Me Tight Conversations for Connection** - Weekend Workshop for Couples, Feb 22-24, with Robin Menard MSW RCC RSW and Sol Menard RPCC. \$399/couple. Register at 250-863-7863, or see <http://www.apathofheart.com/healingthroughrelationships/groups-and-workshops/>

**@ The Table Fundraising Event & Silent Auction!** Imagine taking time out in the middle of your busy week to sit down with members of your family/community/colleagues around a long table...and share a meal of "comfort foods" created by 4 local chefs. The Bridge Youth & Family Services Society invites you to do just that...and to support their valuable work with youth and families in our community at the same time, with their 1<sup>st</sup> annual @ The Table Fundraiser! Tues, Jan 26<sup>th</sup>, 11:30-1:30 at the Laurel Packinghouse. Tix \$30 (4 for \$100), available @ The Bridge, 250-763-0456.

## New(ish?) Idea for Watermelon Radish!

At our annual season planning meeting this past Saturday, one of the growers brought very thinly sliced watermelon radishes to layer in sandwiches. Atop a slice of Okanagan Grocery's Village batard, with a slice of aged gouda from Gort's Gouda, this was a lovely thing indeed! (And now Christine tells me that she has been using them for years as another veggie layer in her sandwiches...maybe you've all been doing this too...in which case this is not a NEW idea at all! Heehee!)

## Baked Apples

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

- 4 large good baking Apples
- 1/4 C Brown sugar
- 1 tsp Cinnamon
- 1/4 C chopped Pecans
- 1/4 C Currants or chopped Raisins
- 1 Tbs Butter
- 3/4 C boiling Water

Preheat oven to 375°F. Wash apples. Remove cores to 1/2 inch of the bottom of the apples. It helps if you have an apple corer, but if not, you can use a paring knife to cut out first the stem area, and then the core. Use a spoon to dig out the seeds. Make the holes about 3/4-inch to an inch wide.

In a small bowl, combine the sugar, cinnamon, currants/raisins, and pecans. Place apples in a 8-inch-by-8-inch square baking pan. Stuff each apple with this mixture. Top with a dot of butter (1/4 of the Tbs). Add boiling water to the baking pan. Bake 30-40 minutes, until tender, but not mushy. Remove from the oven and baste the apples several times with the pan juices. Serve warm with vanilla ice cream on the side. Serves 4.

## Ginger Molasses Quinoa Cookies

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

- 1 1/2 C Flour
- 3/4 C Quinoa
- 2 tsp ground Ginger
- 1 tsp Baking soda
- 1/2 tsp Cinnamon
- 1/2 tsp Cloves
- 1/8 tsp Salt
- 3/4 C Butter, softened
- 3/4 C Sugar + some for dusting
- 1 Egg
- 1/4 C Molasses

Preheat the oven to 350°F. Grind the quinoa in a food processor until it becomes a fine powder. In a medium bowl, combine the quinoa powder, flour, ginger, baking soda, cinnamon, cloves and salt. In a large mixing bowl beat together the butter, sugar, molasses and egg until combined. Beat in the as much of the flour mixture as you can with the mixer. Stir in the rest of the flour.

Scoop up heaping tablespoons of the dough and roll into balls. Roll the balls in the extra sugar and place on a greased baking sheet. Bake for 11 to 13 minutes or until the bottoms are lightly browned. Cool on a cookie sheet for 2 minutes and then transfer to a wire rack to cool.

## Families in the Kitchen

On February 11th, BC residents get to celebrate our newest holiday - Family Day! This may mean different things to different families, but one thing is for sure, it's a chance to spend an extra day together. What better place to share some time than in the kitchen? Teaching kids (of any age) the benefits and joy of cooking is indispensable. Here are a few recipes that are easy and delicious and show how much fun it can be in the kitchen.

## Whole-Wheat Pizza Dough

(Recipe adapted from "Eating Well" at [www.eatingwell.com](http://www.eatingwell.com))

- 1 C whole-wheat Flour
- 1 package quick-rising Yeast, (2 1/4 tsp)
- 1/2 tsp Sugar
- 1 Tbs extra-virgin Olive oil
- 1 C all-purpose Flour
- 1 tsp Salt
- 3/4 C hot Water, (120-130°F)

Combine whole-wheat flours, yeast, salt and sugar in a food processor; pulse to mix. Combine hot water and oil in a measuring cup. With the motor running, gradually pour in enough of the hot liquid until the mixture forms a sticky ball. The dough should be quite soft. If it seems dry, add 1 to 2 Tbsp warm water; if too sticky, add 1 to 2 Tbsp flour. Process until the dough forms a ball, then process for 1 min to knead. Transfer the dough to a lightly floured surface. Coat a sheet of plastic wrap with cooking spray and place it, sprayed-side down, over the dough. Let the dough rest for 10 to 20 minutes before rolling. Place a pizza stone or inverted baking sheet on the lowest oven rack; preheat oven to 500°F or highest setting. Roll (into a 13-inch circle) and top the pizza as desired and bake until the bottom is crisp and golden, 10 to 14 minutes. Serve immediately.

## Wheat-Free Pizza Crust

(Recipe adapted from "Doctor Oz" at [www.doctoroz.com](http://www.doctoroz.com))

- 1 1/2 C shredded Mozzarella cheese
- 1/4 C Garbanzo bean (chickpea) flour
- 1 tsp Onion powder
- 1/2 tsp Sea salt
- 1/4 C extra-virgin Olive oil
- 1 1/2 C ground Almonds
- 1/4 ground golden Flaxseeds
- 1/2 tsp Garlic powder
- 2 Eggs
- 1/2 C Water

In a food processor, pulse the mozzarella until it becomes granular in size. In a large bowl, combine the mozzarella, almonds, garbanzo bean flour, flaxseeds, onion powder, garlic powder, and salt. Stir in the eggs, oil, and water and mix thoroughly. Spread a large sheet of parchment paper over a baking sheet. Place the dough on the parchment paper and lay a second sheet of parchment paper on top of the dough. Flatten with a rolling pin into a 14" round. Carefully remove the top layer of parchment paper. Use a spoon or your hands to form a crust edge. Bake for 20 minutes at 400°F. Top with favourite toppings and bake for 10 minutes, or until browned and the cheese melts.

## Moroccan-ish Vegetable Stir Fry

(Recipe adapted from "Food.com" at [www.food.com](http://www.food.com))

- 1 C Yams
- 1/3 C Mushrooms or sliced Carrots
- 1 1/2 Tbs Peanut butter
- 4 large Garlic cloves
- 3 Tbs Water
- Cumin, Cinnamon, Cayenne
- 1 C sliced Chard leaves
- 1/4 C Molasses
- 1 small chopped Onion
- 2 Tbs Balsamic vinegar
- 1 Bay leaves

Saute onions, garlic, and yams in a little bit of olive oil. Add balsamic vinegar, molasses, peanut butter, a little bit of water, and the bay leaf and cover, cook until yams are about 3/4 done. Add chard and mushrooms or carrots and cook, uncovered, until all veggies are cooked. Add cumin, cinnamon, and cayenne to taste and enjoy!

~ Article & Recipes Contributed by Angela Cleveland ~