



# The Harvest Herald

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

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

February 7-9, 2012

Issue #601

## OKG Bread Special Feb 14-16

Chai & Raisin Milk - This light milk bread, which gets its wonderful aroma from chai spices, has a golden crust and is dotted with plump raisins. Ideal breakfast bread!

## Regular Harvest Box

LOCAL! Red Cabbage - Wild Flight Farm  
LOCAL! Spaghetti Squash - Wild Flight Farm  
LOCAL! Carrots - Roots & Greens Farm  
LOCAL! Red Onions - Similkameen River Organics  
LOCAL! Spartan Apples - Harker's  
Green Leaf Lettuce - CA  
Broccoli - CA  
Red Chard - CA  
Navel Oranges - CA  
Tangelos - CA  
Bananas - MEX

## Family Harvest Box Extras

LOCAL! Salsify (Oyster Root) - Notch Hill  
LOCAL! Gala Apples - Harker's  
BC! Red Nugget Potatoes  
BC! Crimini (brown button) Mushrooms - BC  
Kiwi - CA



## This Week's Homegrown Heroes

Claremont Ranch Organics - Lake Country  
Harker's Organics - Cawston  
Notch Hill Organics - Sorrento  
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.

## A Super Sweet Saturday Sale (Feb 11<sup>th</sup>)!

This Saturday, we will have 2 delicious guest vendors to help you get "sweetened" up for Valentine's Day!

- Sin Grano Ancient Grains (gluten-free) Bakery, featuring decadent Valentine's Day desserts for your gluten-free sweetheart. Choose from rich decorated brownies or fun + fancy cake-pops! Photos + ingredients will be posted to [www.singrano.com](http://www.singrano.com) by Feb 5th for you to check out!
- Raw Delights will be offering samples of Exotic Mexican Chocolate Almond Milk and raw brownies, and will have for sale Maca Chocolate Hearts, Marbled 'NoCheese' Chocolate Cake and other rich, inventive and HEALTHY treats to put you in the mood for Valentine's Day!

\*\*We are open to the public for warehouse sales each Saturday morning, from 9am to 1pm, at 806 Crowley Ave. For more details about our Saturday Sales - including a list of produce available - please visit our Warehouse Sales page at [www.urbanharvest.ca/sale](http://www.urbanharvest.ca/sale).

## Community Events/Notices

**Local Food Resilience Open Space Event** Kelowna in Transition (KIT) and the Central Okanagan Food Policy Council invite you to an Open Space Conversation on the topic Food Matters: Local Community Resilience, from 1:30-6pm on Sat, Feb 11 at the Unitarian Hall. \*\*Must RSVP by Feb 8<sup>th</sup>(extended). For more info or to register, email [kelownaintransition@gmail.com](mailto:kelownaintransition@gmail.com).

**Kelowna Community Kitchens Meet-Up!** Join fellow foodies on Sunday, Feb 19<sup>th</sup> from 5-7pm at the Unitarian Church (corner of Bertram and Cawston downtown) for a potluck dinner and a chance to connect with others who are interested in community kitchens (please bring a dish to share, plus your own plate/bowl/utensils/cup). What is a community kitchen? There can be many definitions, but it is basically a group of people who gather (usually monthly) to cook in large quantities together and then take the food home in meal-sized portions for the fridge/freezer. Community kitchens can be a great way to meet people, maximize your resources (both time and money!), share/learn cooking skills, and have fun! \*\*Please RSVP to Lisa at [order@urbanharvest.ca](mailto:order@urbanharvest.ca) or let us know you're coming on our brand-new Facebook page "Kelowna Community Kitchens".

**Homes for Bunnies?** The Responsible Animal Care Society (T.R.A.C.S.) is seeking homes for bunnies. They are looking for volunteers to look after 10-50 rabbits each on their property, in pens provided by T.R.A.C.S. Food will be provided as well. There is a pen of 50 rabbits that needs to be relocated in the next 2 months. Reply to [elisaak@shaw.ca](mailto:elisaak@shaw.ca) if you think you may be able to help.

**Parent Education Courses** The Bridge Family Services Society is offering a number of courses for parents through February/March. For dates, descriptions, and registration information, contact 250-763-0456 or email [info@thebridgeservices.ca](mailto:info@thebridgeservices.ca) (request the Winter 2012 Parent Education Courses flyer). You can also email me (Lisa) at [order@urbanharvest.ca](mailto:order@urbanharvest.ca) and I can forward a copy to you.

**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.

**Okanagan Breastfeeding Coalition Coming to Kelowna!** Help to make Kelowna more breastfeeding-friendly! Your input is also needed to start a Kelowna Breastfeeding Café. Meet Sunday, Mar 4<sup>th</sup> from 2-4pm at the Downtown Kelowna Library. RSVP [breastfeedingiscool@gmail.com](mailto:breastfeedingiscool@gmail.com).

## Salsify and Roast Garlic Soup

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

- 5 C Salsify, unpeeled
- 1 bulb Garlic
- 2 large Shallots or 4 small, finely chopped
- 2 L Veggie stock
- 1 Carrot, peeled and diced
- 1 medium Potato, peeled and diced
- 1/2 C Red lentils
- 2 Bay leaves
- a few sprigs of Thyme
- extra virgin Olive oil
- Olive oil for frying
- Salt and Pepper

Scrub the salsify. Peel, taking care not to strip too much of the skin. Chop into one inch sections and place in a bowl of water so that it doesn't discolour. Preheat oven to 400°F. Slice the top off a bulb of garlic, exposing the top of each clove and drizzle with extra virgin olive oil. Roast for about 30 minutes and allow to cool, then squeeze each clove out. Sauté the shallots in the olive oil until translucent. Add the carrots and potato for a couple of minutes. Add the stock, bay leaves, thyme, garlic cloves, lentils and salsify. Bring to the boil and simmer for about 20 minutes or until the salsify is tender. Remove the thyme sprigs and bay leaves and blend in a blender. Season to taste with salt and pepper.

## Rich and Creamy Salsify Gratin

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

- 10 C Salsify
- 2 Tbs Butter
- 2 Tbs Flour
- 4 C Milk
- Salt and freshly ground Pepper
- freshly grated Nutmeg
- 1/4 lb Monterey Jack cheese, shredded (1 C)
- 1/4 pound Gruyère cheese, shredded (1 C)

Fill a large bowl with water. Peel the salsify and trim the ends. Transfer the salsify to the water as you peel it. Slice the salsify 1/4 inch thick. Return the salsify to the water to keep it white. In a large soup pot, melt the butter. Add the flour and cook over moderate heat for 2 minutes, whisking constantly. Add the milk and bring to a boil, whisking constantly. Cook, whisking, for about 3 minutes, or until the milk is slightly thickened. Season with salt, pepper and nutmeg. Drain the salsify and pat it completely dry. Add the salsify to the pot and cook over moderate heat, stirring occasionally, until tender, 25 to 30 minutes. Preheat the oven to 400°F and position a rack in the upper third. Pour the salsify mixture into a 9-by-13-inch baking dish and sprinkle with the cheeses. Bake for about 20 minutes, until the cheese is melted and the gratin is bubbling. Preheat the broiler and broil the gratin for about 5 minutes, or just until the cheese is golden and crusty. Let the gratin stand for 10 minutes before serving.

## Medley Magic

The word medley is defined as "a diverse assortment or mixture" ([www.m-w.com](http://www.m-w.com)). But, when used as a cooking term, it describes a mixture of ingredients that work in harmony with each other. The key to creating a beautiful medley is to find those ingredients whose flavours complement each other. The options are endless, but here are some recipes to get you started:

### Spaghetti Squash Medley

(Recipe adapted from "The Vegan Version" at [www.theveganversion.com](http://www.theveganversion.com))

- 1 Spaghetti squash
- 3 cloves Garlic, minced
- 1 Red pepper, roasted and chopped
- 2 Tbs Olive oil
- 1 Tomato chopped (for garnish)
- 2 oz dried porcini Mushrooms, reconstituted and chopped
- 1/2 C Onion, finely chopped
- 1/4 C Broccoli florets, chopped
- 4 Tbs Basil
- Salt and pepper to taste

Halve the spaghetti squash lengthwise and remove the seeds. Bake rind side up about 30 to 40 minutes at 375°F. As the squash cools, place the olive oil in a sauté pan and turn heat to medium. Add the onions and garlic. Season with salt and pepper. When onions are tender and the mixture becomes fragrant add the broccoli. Sauté another couple of minutes and then add the roasted red pepper and porcini mushrooms. Turn heat to low. Remove the flesh of the squash using a fork. Add the squash to the vegetable mixture and stir to incorporate.

### Stir-fried Cabbage Medley

(Recipe adapted from "Cooks.com" at [www.cooks.com](http://www.cooks.com))

- 1 medium sized head Cabbage (about 2 lbs.)
- 1 Green pepper
- 1 tsp Salt
- 1/2 tsp Honey
- 1/2 tsp oriental Sesame oil
- 2 medium sized Carrots
- 2 Tbs Vegetable oil
- 1/4 tsp Garlic powder
- 1/4 C Broth or Water
- Soy sauce (optional)

Coarsely shred cabbage, cut carrots in match stick pieces, and cut pepper into 3/4 inch pieces. Set aside. Heat oil in wok or skillet over medium-high heat. Add salt and garlic; stir-fry 5-10 seconds. Add cabbage, carrots and pepper; stir-fry 10 seconds. Lower heat and stir in honey and broth. Cover; steam 2 to 5 minutes. Add sesame oil; toss well. Serve with soy sauce if desired.

### Sautéed Swiss Chard Medley

(Recipe adapted from "Spark Recipe" at <http://recipes.sparkpeople.com>)

- 1 head of Swiss chard
- 1 C sliced Carrots
- 2 cloves Garlic
- 2 C shredded Red cabbage
- 1 Tomato, diced
- 1 Tbs Olive oil

Chop vegetables and place into a bowl. Mince garlic cloves and place in smaller separate bowl. Heat a dutch oven to medium and pour a tablespoon of olive oil. After a few moments, put in garlic and let brown. Once browned, place vegetables in pot and sauté for 5-10 minutes, depending on your preferred texture. Serve and enjoy. Makes 5 1-cup servings.

### Onion Orange Medley

(Recipe adapted from "Taste of Home" at [www.tasteofhome.com](http://www.tasteofhome.com))

- 1 medium Red onion, thinly sliced and separated into rings
- 6 medium navel Oranges, peeled and sliced
- 2 Tbs White wine vinegar
- 1 Tbs Honey
- 1/8 tsp ground Cloves
- 6 Tbs Oil
- 2 Tbs Orange juice
- 1/2 tsp grated Orange peel
- dash Salt and Pepper

In a large bowl, combine the oranges and onion. In a small bowl, whisk the oil, vinegar, orange juice, honey, orange peel, cloves, salt and pepper until blended. Drizzle over salad; toss gently to coat. Cover and refrigerate until serving. Makes 10 servings.

~ Article & Recipes Contributed by Angela Cleveland ~