



# 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 8-10, 2011

Issue #552

## OKG Bread Special Feb 15-17

19<sup>th</sup> Buttermilk Flax Loaf. This mild sourdough loaf, which is somewhat nutty in flavour, is crafted with flax seeds and Blackwell Dairy's finest buttermilk. It is beautifully moist and has a great shelf life. A customer favourite!

## Regular Harvest Box

Local! Carrots - Roots & Greens Farm  
Local! Golden Beets - Notch Hill  
Local! Watermelon Radish - Wild Flight Farm  
Local! Parsnips - Similkameen River Farm  
Local! D'Anjou Pears - Harker's (*ripen at room temp*)  
Local! Pink Lady Apples - Commandeur Family Farm  
BC! Alfalfa Sprouts  
Red Leaf Lettuce - CA  
Navel Oranges - CA  
Roma Tomatoes - MEX  
Bananas - MEX

## Family Harvest Box Extras

Local! Spaghetti Squash - Wild Flight Farm  
Local! Red Onions - Similkameen River Organics  
Local! Red Sunchokes - Notch Hill  
Broccoli - CA  
Spinach - CA  
Red Pepper - MEX



## This Week's HomeGrown Heroes

Commandeur Family Farm - Naramata  
Green Croft Gardens - Armstrong  
Harker's Organics - Cawston  
Honest Food Farm - Cawston  
Intentional Peasants - Edgewood (NOT certified org.)  
Kettle River Farm - Grand Forks  
Notch Hill Organics - Sorrento  
Quail's Farm - Vernon  
Roots & Greens Farm - Grindrod  
Similkameen River Organics - Cawston  
Sweet Haven Farm - Sorrento  
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 items of poor quality, please inform us **within 48 hours**, and we'll provide a credit toward your next order.*

## Saturday Sale Guest Vendors

- **Sat, Feb 12 - Raw Delights:** Healthylicious Raw Vegan Organic Natural Food Products - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more... + **Kelowna Women's Resource Centre** selling **Café Feminino** (organic, fair-trade coffee grown by women producers! Proceeds support community development + social justice projects.)
- **Sat, Feb 19 - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, and much more! See [www.realrawfood.com](http://www.realrawfood.com) for info about their products
- **Sat, Feb 25 - Wolfgang's Grain & Flour Mill** will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally,

## Community Events/Notices

**Sustainable Landscaping Workshop for Home Gardeners**, Sat, Feb 19<sup>th</sup>, 8am-4pm, at the Best Western, 4202 Hwy 97 N. The Okanagan Xeriscape Association (OXA) sponsors Owen Dell, award-winning Landscape Architect + internationally recognized speaker from California. For over 30 years Owen has been in the forefront of creating innovative, sustainable landscapes, helping people to create beautiful yards with reduced water use and less maintenance tasks, saving time and money and protecting the environment! Cost is \$75. Members of the OXA receive a 10% discount. Full details and registration forms are online at [www.okanaganxeriscape.org](http://www.okanaganxeriscape.org) or call Gwen at 250-762-6018.

**Learn to Bake...Gluten-Free!** Sat, Feb 19<sup>th</sup>, 10am to 3pm at the home of Okanagan Gluten-Free Consulting (a celiac-friendly kitchen in East Kelowna...address to be provided at registration). Hosts Angela Petrie of Okanagan Gluten Free Consulting and gluten free pastry cook Elana Westers will guide you through understanding gluten-free ingredients, techniques, and how to convert classic recipes to gluten-free. All participants will receive a 10% off voucher for Nature's Fare products, and a chance to win a hamper of gluten-free specialty foods provided by Nature's Fare! Cost is \$110 (incl. HST, materials, and gluten-free lunch). Contact (250) 470-2610 or [elana@sustainworks.ca](mailto:elana@sustainworks.ca).

**Global Citizen Week 2011!** Global Citizen Kelowna is gearing up for an exciting and educational week-long series of events to inspire Global citizenship. 2011 events include:

- **Sat, Feb 19<sup>th</sup> - Taste of Home** - multi-ethnic food and entertainment offered by local cultural groups. 5-8pm at the New Life Auditorium, 2041 Harvey Ave. Food tix \$1 each, no cover charge.
- **Tues, Feb 22<sup>nd</sup> - Speaker Series, featuring Michel Chikwanine**, former child soldier. 7pm at Trinity Baptist Church, 1905 Springfield Rd. Tix \$10 (\$5 students/seniors), thru Ticketweb.ca. A Global Village Market will showcase fair-trade/eco-friendly retailers + charitable organizations.
- **Fri, Feb 25<sup>th</sup> - Documentary "An Orphan's Dream"** with live performances by local musicians. Doors at 6:30, show starts at 7pm. \$5 cover. Emmanuel Church (2600 Herbert Rd., Westbank).
- **Sat, Feb 26<sup>th</sup> - Global Music Fest**, doors @ 7pm at the Laurel Packerhouse (1304 Ellis St. at Cawston). Tix \$12 advance (Leo's Videos at 2680 Pandosy St.) or \$15 at the door. Performers include Shane Koyczan, Ryan Donn, and Cameron Welch...along with short presentations by various local groups on the work they are doing internationally.

**Seedy Saturday!** Saturday, March 12<sup>th</sup>, from 10am to 3pm, at the KLO Campus of Okanagan College. The seed swap will include a focus on organic and local seeds, plants, and garden related materials. Come and bring your cherished saved seed and family treasures to trade at the trading table. There will be heritage and organic seeds, along with coffee, food, snacks, music, and speakers. The Kelowna Community Seed Swap will be joined again this year by the Travelling World Community Film Festival, which will be showing over 30 films during the weekend. <http://www.worldfilmfestkelowna.net>

**Café Docs Feb 10<sup>th</sup>!** Dr. Jenkins + Dr. Wiebe present Food Flight! Foods That Kill Vs. Foods That Heal! Thurs, Feb 10<sup>th</sup>, 7-8pm @ the Mary Irwin Theatre. (#2 of free 10-week module.)

## Beet Salad with Orange-Balsamic Dressing

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

- 8 medium Beets (about 2-1/2 lbs)
- 5-6 Golden beets
- 1/4 C Orange juice
- 1/4 C Olive oil
- 2 Tbs Balsamic vinegar
- 1 small Shallot, finely chopped
- 2 tsp Dijon-style mustard
- 1/4 tsp Sea salt
- 8 C mixed Salad greens
- freshly ground Black pepper

In a covered large saucepan, cook medium beets in boiling salted water for 35 to 45 minutes or until tender; drain. Cool and slip off skins. Using an apple corer, cut a hole through the center of each medium beet. If necessary, cut a thin slice off the bottom of each beet so it sits upright. Cover and chill for 1 to 24 hours. Meanwhile, in a covered saucepan, cook Golden beets in boiling salted water until tender; drain. Cool and slip off skins and quarter the beets. Cover and chill for 1 to 24 hours. For dressing, in a screw-top jar, combine orange juice, olive oil, balsamic vinegar, shallot, Dijon mustard, and salt. Cover and shake well. To serve, place a medium beet upright on each salad plate. Place 1 cup of the salad greens in the center and around each medium beet. Arrange four Golden beet quarters around each beet. Drizzle with dressing. Sprinkle with pepper. Serves 8.

## Honey-Glazed Roasted Carrots and Parsnips

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

- 2 lbs Carrots, peeled, halved lengthwise
- 2 lbs Parsnips, peeled, halved lengthwise
- 6 Tbs Olive oil
- 1 1/2 Tbs Butter
- 1 1/2 Tbs Honey
- 1 tsp Balsamic vinegar

Position 1 rack in center and 1 rack in bottom third of oven and preheat to 400°F. Divide carrots and parsnips between two prepared baking sheets. Sprinkle generously with salt and pepper, then drizzle 3 tablespoons oil over vegetables on each sheet; toss to coat. Roast vegetables 10 minutes; stir. Roast vegetables 10 minutes longer, stir, and reverse sheets. Continue roasting until vegetables are tender and slightly charred, about 15 minutes longer. Melt butter in heavy small saucepan over medium heat. Stir in honey and vinegar. Drizzle honey glaze over vegetables and serve.

## Rediscovering Chia Seeds

Chia seeds are not new to the culinary world (first appearing around 3500 BC), and their journey has been an interesting one. These tiny seeds were once so revered that they were used as currency. The Aztecs used them as medicine and as a super food. The seeds were referred to as "running food" and would be given to the messengers who could run all day on only a handful. More recently, these tiny seeds gained popularity through the novelty item known as the Chia Pet™. Today, their nutritional value has come back into focus.

According to Raw Food Health Watch (<http://rawfoodhealthwatch.com>), the chia seed has twice the protein of any other seed or grain and five times the calcium of milk. Chia seeds also contain Omega 3 and Omega 6 fatty acids and boron, a trace mineral that helps with the absorption of calcium.

But, these unassuming little seeds have another trick up their sleeve. To really experience the wonder of the chia seeds, try dropping a spoonful into a glass of water. Return after 30 minutes and you will discover that the water has turned into a thick gel. This gel is due to the soluble fiber of the chia seeds and is believed to slow the conversion of carbohydrates into sugar which stabilizes blood sugar levels and aids in hydration.

Chia seeds are small and have a light, nutty flavour. Unlike flax seeds, they don't have to be ground to be eaten. Simply sprinkle them in a protein drink or add them to your favourite cereal or on toast and pancakes. To add to baking, start with 2 Tbs of chia seeds for any recipe calling for at least 1 cup of water. They can also be thrown into soups, stews, casseroles, or sauces as well as on steamed vegetables, fresh fruit, or eggs. They can be added in sandwiches, salads, pastas, and rice. The possibilities are endless!

Chia seeds are available in most health food stores. To keep chia seeds fresh, store them in a dark, well-sealed container.

## Chia Fresca

(Recipe adapted from "Natural News" at [www.naturalnews.com](http://www.naturalnews.com))

- 2 tsp Chia seeds
- 10 oz Water
- juice of one Lemon or Lime
- Agave syrup or raw Honey to taste

This is still a popular drink in modern-day Mexico. Simply stir the ingredients together and enjoy.

## Chia Veggie Stirfry

(Recipe adapted from "Cha Cha Chia" at [www.chachachia.ca](http://www.chachachia.ca))

- 1/2 tsp Olive oil
- 2 Tbs Chia seed
- 1-2 Tbs Ginger root (minced)
- 3-4 Garlic cloves (finely chopped)
- 1/2 tsp toasted Sesame oil
- 3 Tbs Tamari
- 1-2 Tbs Rice wine vinegar (optional)
- 3/4 C Water
- 2-4 C Kale (coarsely chopped)
- 2 Carrots (thinly sliced)
- 1/2 Onion (sliced)
- 1/2 Bell pepper (thinly sliced)
- 3 oz Mushrooms
- 2 Tomatoes (chopped)
- 5 C cooked Brown rice (or brown basmati rice)

In a large wok or skillet, saute ginger and onion in oil over medium heat until softened (approximately 3 minutes). Add tamari, rice wine vinegar, and water. Stir fry for additional 3 minutes. Add vegetables, garlic, tomatoes, and chia seeds. Cover and cook for 10 minutes or until vegetables are tender, but still firm. Stir occasionally. Serve over rice.

~ Article & Recipes Contributed by Angela Cleveland ~