



# The Harvest Herald

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

January 10-12, 2012

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## OKG Bread Special Jan 10-12

Buttermilk Flax Loaf! This mild sourdough, 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

(Still lots of local goodies...yay!!)

LOCAL! Parsnips - Notch Hill Organics  
LOCAL! Beets - Wild Flight Farm  
LOCAL! Green Cabbage (2lb piece) - Wild Flight Farm  
LOCAL! Butternut Squash - Curly Willow Farm  
LOCAL! D'Anjou Pears - Claremont Ranch Organics  
LOCAL! Fuji Apples - Bite Me Organics  
Green Leaf Lettuce - CA  
Collard Greens - CA  
Navel Oranges - CA (mini order)  
Hass Avocado - MEX  
Bananas - MEX

## Family Harvest Box Extras

LOCAL! Red Onions - Kettle River/Notch Hill  
LOCAL! Bronze Beauty Bosc Pears - Schneider/Brown  
LOCAL! Yellow/Orange Carrots - Notch Hill  
LOCAL! Watermelon Radish - Wild Flight Farm  
Red Chard - CA  
Satsuma Mandarins - CA



## This Week's HomeGrown Heroes

Bite Me Organics - Kelowna  
Claremont Ranch Organics - Lake Country  
Curly Willow Farm - Enderby  
Kettle River Farm - Grand Forks  
Notch Hill Organics - Sorrento  
Schneider-Brown Farm - Cawston  
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.

## Happy New Year!

Welcome to those of you who are new to Urban Harvest, and Welcome Back to the rest of you!! We hope you had a wonderful holiday season, as did we, and we look forward to bringing fresh, healthy, and organically grown produce (and more!) to your door in 2012!

## And the Winner Is...

Congratulations to Nicole Kleemaier, winner of our Food Bank draw for a Free Month of Veggies! Nicole will be receiving 4 free Harvest Box deliveries, after winning our draw on Sat, Dec 24th. In the weeks leading up to Christmas, customers were invited to bring in Food Bank donations to our Saturday Sale, and earn an entry into our draw. At our December 24th Saturday Sale, we also invited customers to serenade our line-up with a Christmas carol or two, and earn an entry into our draw, which Nicole gamely did! In return, we promised to donate \$10 to the Food Bank on behalf of each participating customer, and we were pleasantly surprised that there were 15 people who took up the challenge, raising \$150 for the Food Bank in addition to the food donations...not to mention smiles and laughter! Thank you to all who participated!

## Saturday Sale News

- Sat, Jan 14<sup>th</sup> - **Raw Delights** (Kelowna) - Healthylicious Raw Vegan Organic Natural Food - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more...
- Sat, Jan 21<sup>st</sup> - **Real Raw Foods** (Naramata) - Raw, organic nuts, seeds, dried fruit, etc.
- Sat, Jan 28<sup>th</sup> - **Wolfgang's Grain & Flour Mill** (Armstrong) - organic whole grains + freshly-milled flours (local when possible)

\*\*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

**Yoga for Kids & Circus Yoga Classes with Anita MacFarlane** CircusYoga ages 3-5 Wed 3:15-4; CircusYoga ages 7-13 Wed 4-5; Kids Super Power Hour ages 5-7 Fri 4-5, all at the Bumbershoot Theatre Co, [www.bumbershoottheatre.com](http://www.bumbershoottheatre.com) (\$108 for ages 3-5 for 8 weeks; \$135 for older children for 10 weeks, all beginning in the first week of Jan, or spring sessions beginning the week of Mar 26<sup>th</sup>). Children's yoga classes with Anita take place at the HotBox Yoga Studio ([www.thehotboxyoga.com](http://www.thehotboxyoga.com)), \$10/class throughout the month of January, for kids aged 5-12yrs. More details at Facebook page for CircusYoga Kelowna.

**Cookbook Raises Funds for Gardens at Kelowna Transition Houses** A mini cookbook has been produced out of the cooking classes taught by local GreenTable member chefs to residents of the Willowbridge and Ozanam Transitional Houses. It's small, but mighty! In addition to delicious recipes, info is provided about local food initiatives, and there are coupons from project sponsors (including Urban Harvest!). Available at our Saturday Sale for a minimum \$10 donation. Funds raised will support the building of garden space at Ozanam and Willowbridge transitional houses.

**Share Your Community Event!** If you'd like us to share information about a community event (for free!), please send a blurb of 50-75 words to Lisa at [order@urbanharvest.ca](mailto:order@urbanharvest.ca) by the Saturday leading up to the week you'd like it to be included (space permitting). Thanks!

## Dairy-Free Apple Cinnamon Cake

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

- 4 large Apples, peeled, cored, and sliced
- 2 C Whole Wheat Flour
- 1 tsp Baking powder
- 1 tsp Cinnamon
- 3/4 C Sugar
- 2 Eggs
- 1 C Oil
- 1/2 C Applesauce
- 1/4 C Soy milk
- 1 tsp Vanilla

Preheat oven to 350°F. Spread apples evenly in bottom of a greased 9" x 13" baking pan. In a med-sized bowl, mix the flour, baking powder, and cinnamon. In a large bowl, beat sugar and eggs. Slowly add oil, applesauce, milk, and vanilla while mixing until smooth. Pour dry ingredients in and mix well. Pour the batter evenly over the apples and bake for 40 mins or until a toothpick inserted comes out clean. Cool before serving.

## Banana Apple Cranberry Muffins

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

- 3 ripe Bananas
- 1 Apple
- 1 C dried Cranberries
- 1 Egg
- 1 tsp Cinnamon
- 1 tsp Salt
- 1 1/2 C Wheat flour
- 1/2 C Sugar
- 1/2 C Walnuts
- Oil (for the pan)

Preheat the oven to 325°F. Peel all three bananas and mash them in a bowl with a fork. Now peel and dice the apple and add that to the bowl with the mashed up bananas. Add the egg, cranberries, cinnamon, and salt, and mix well with a fork. Add the flour and sugar, and stir it all up until it's all moist. Now use the oil to grease two mini muffin pans. Spoon batter and fill up each hole all the way. Top with a sprinkle of walnuts. Bake the muffins for about 20 minutes. You'll have enough batter to fill another mini muffin tin, and maybe an additional half, making a total of 42 mini muffins.

## Beet and Strawberry Smoothie

(Adapted from [www.besthealthmag.ca](http://www.besthealthmag.ca))

- 4 Beets, cooked and peeled
- 2 C unsweetened Coconut water
- 2 C frozen Strawberries
- 1 Lime, juiced

Blend all ingredients together until mixture is smooth. Serves 2.

## Resolution Revolt

It's a new year and resolutions are all around us. For 2012, according to the Huffington Post, Canadians want to "floss more, eat fewer french fries and then eventually save the world." They also want to stay in touch with friends and family, fall in love, quit smoking, get better grades or a promotion at work, and drink less alcohol. Unfortunately, according to the same study, 52% of resolution makers can't make it more than a month with their resolution.

At this time of year, eating healthier (including eating fewer french fries) is often thought about, if not set in resolution-stone. We, as Urban Harvest customers, have an advantage with a box of fresh, organic veggies and fruit available to us each week. This can make it easier to avoid the "resolution pit fall" and make a positive and permanent change (or adjustment) to our eating habits. The next step is to tap into our creativity to come up with delicious and nutritious recipes that we (and our families) will all enjoy! Here are few to get help us get started:

### Smokey Collard Greens with Shiitake "Bacon"

(Recipe adapted from "Fit Sugar" at [www.fitsugar.com](http://www.fitsugar.com))

- 2 lbs (about 4 bunches) Collard greens, stemmed and cut into 2" squares
- 2 Tbs Garlic infused Olive oil
- 2 Garlic cloves, minced
- 1/4 tsp Sea salt
- 4 Chipotle peppers, seeded (cut single slit down side to open) or sub 1/4 tsp dried
- 3/4 lb Onions (about 2 med), minced
- 3 C Vegetable stock
- \*1/2 C Shiitake "bacon," finely chopped (recipe below)

In large skillet, sweat onions in olive oil until translucent, about 5 minutes. Add garlic, saute for about a minute. Add collard greens and saute until wilted, 1-2 minutes. Add vegetable stock, chipotle peppers (or powder) and salt. Stir to infuse with chipotle flavor, about 1 minute. Cover and simmer on medium heat for 7-10 minutes or until greens are tender. Toss occasionally. Remove chipotle peppers (unless you are using chipotle powder). Continue simmering uncovered until liquid has evaporated. Add shiitake bacon and toss to incorporate; serve immediately.

### \*Shiitake "Bacon"

- 3/4 pounds Shiitake mushrooms, cut into thin strips
- 1 Tbs Olive oil
- 1/2 tsp Sea salt

Preheat oven to 350°F. Pour olive oil and salt over mushrooms and stir to incorporate. Spread in single layer on a baking sheet lined with parchment paper. Bake 25-30 minutes until dehydrated, but still pliable.

### Potato, Parsnip and Cabbage Soup

(Recipe adapted from "Aim for the Moon" at <http://aimrrr.wordpress.com>)

- 3 large cloves Garlic, mashed into paste (approx 2 Tbs yield)
- 3 C Potatoes, chopped into 1" pieces
- 2 Tbs Vegetable bouillon
- Sea salt
- 2 Tbs Balsamic vinegar
- 1 head Green cabbage, chopped
- 2 Parsnips, chopped into 1" pieces
- Freshly ground Pepper
- 1 tsp Grapeseed oil
- 1 C Applesauce

Put potatoes, parsnips, bouillon in large soup pot. Add water to just cover the other ingredients. Add sea salt and pepper to taste. Boil on med-high heat until vegetables soften. Transfer potatoes and parsnips to blender and puree in batches with small amount of broth. Return puree back to soup pot, and stir into remaining broth. Add garlic, balsamic, applesauce and oil. Allow soup to simmer about an hour to deepen flavors. Approximately 10 minutes before serving, add cabbage. Serve with lightly buttered whole grain bread.

~ Article & Recipes Contributed by Angela Cleveland ~