



# The Harvest Herald

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

January 11-13, 2011

Issue #548

## OKG Bread Special Jan 18-20

To be announced...

## Regular Harvest Box

Local! Carrots - Roots & Greens Farm  
Local! Golden Beets - Notch Hill Organics  
Local! Spaghetti Squash - Wild Flight Farm  
Local! Garlic - Sweet Haven Farm  
Local! Gold Onions - Similkameen River Organics  
Local! Sunchokes (Jerusalem Artichokes) - Notch Hill  
Local! Granny Smith & Fuji Apples - Thunder Hills  
Local! Empire Apples - Harker's  
Romaine Lettuce - CA  
Satsuma Mandarins - CA  
Bananas - MEX

## Family Harvest Box Extras

Local! D'Anjou Pears - McCoubrey Farms  
Local! Parsnips - Wild Flight Farm  
Local! Red Cabbage - Wild Flight Farm  
BC! Broccoli Sprouts  
Broccoli - CA  
Roma Tomatoes - MEX



## This Week's HomeGrown Heroes

Harker's Fruit Ranch - Cawston  
McCoubrey Farms - Winfield/Lake Country  
Notch Hill Organics - Sorrento  
Quail's Farm - Vernon  
Roots & Greens Farm - Grindrod  
Similkameen River Organics - Cawston  
Sweet Haven Farm - Sorrento  
Thunder Hill Farms - Lake Country  
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.*

## New Items!

We have a few new items on our order list for you to try! **MOTEAS** has just introduced **3 new teas/tisanes**, including: Okanagan White Orchard Blend, Berry Blast, and Chocolate Mint Rooibos! I am sipping a cup of Chocolate Mint Rooibos with a bit of honey and almond milk as I type, and it's TASTY!! These are specialty teas, fair-trade and 100% certified organic in biodegradable tea sachets @ \$9.95/20 sachets. We also now have **Harvest Moon Apple Cider** in a smaller size (950ml @ \$3.50). Fresh Fields Whole Foods has also re-introduced their super nutrition-packed **PowerPlant Bars** (vegan, raw, organic, with a long list of healthy whole food ingredients!), in either veggie or fruit. And finally, we now have a local source of **Certified Organic Eggs** available from Honest Food Farm in Cawston @ \$5.95/dz (the higher cost of certified organic feed is reflected in the price, as compared to our non-organic free-range eggs from Quail's Farm in Vernon @ \$4/dz).

## National Good Food Hero Comic Contest!

(by Food Secure Canada)

Here's a fun comic strip contest open to students in K-12! We at Urban Harvest would love to receive copies to put up at our warehouse if any of your dear children happen to enter the contest! Please share! Here is what the Food Secure Canada website says about the contest:

*Do you love good food? Do you know how our food system is affecting your body, the environment, and the people that work in it? We want to see your good food ideas and solutions in a comic! Students from across Canada are invited to create their own comic and enter it in the Canada's Good Food Hero Comic Contest. Winners will receive awesome prizes, and the top 10 entries from each age group will be featured in the Good Food Hero Comic Book, to be printed and distributed across the country in a 32-page colour booklet!*

Deadline for entries to Food Secure Canada: March 1, 2011. For details, please visit <http://foodsecurecanada.org/good-food-hero-comic-contest>

## Saturday Sale Guest Vendors

- Sat, Jan 15<sup>th</sup> - no guest vendors booked to date...just us!
- Sat, Jan 22<sup>nd</sup> - **Wolfgang's Grain & Flour Mill** will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally, **AND 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 (note: Real Raw Foods usually comes on the 3<sup>rd</sup> Saturday, but in this case, they will be here on the 22<sup>nd</sup>, which is the 4<sup>th</sup> Saturday, due to their winter break)

## Community Events/Notices

**The Raw Food Path** is offering a Live Food + Nutrition Course, 5-week series, including breakfast, lunch, dinner, dehydration, and dessert classes, starting Jan 22<sup>nd</sup>. For more info or to register for either course, please visit [www.rawfoodpath.com](http://www.rawfoodpath.com) or contact Guylaine at [therawfoodpat@gmail.com](mailto:therawfoodpat@gmail.com) or 250-469-2265.

**Vegan Potluck** Jan 29, 6pm @ the EECO Centre - 2363A Springfield Rd (in Mission Creek Park).

For each group of 2, please bring a vegan dish (no animal products of any kind), enough for 6-8 servings, with a serving utensil, ingredient list, and your own eating dishes and cutlery. Put on your chef's hat, as there will be prizes for the best main course and the best dessert! \$2 entry fee general admission (to help cover rental cost of space), or \$7 if you do not bring a dish to share. Questions? Not sure what to bring? Contact Lauren at 250-766-2589 ext 100, or at [lauren@beelineweb.com](mailto:lauren@beelineweb.com).

## Spaghetti Squash and Carrot Bread

(Recipe adapted from "eHow" at [www.ehow.com](http://www.ehow.com))

3 Eggs  
1 C Oil  
1+ ½ C Sugar  
1 tsp Vanilla extract  
1 + ½ C baked and shredded Spaghetti squash\*  
½ C shredded Carrots  
2 C Flour  
2 tsp Baking soda  
1 tsp Baking powder  
1 tsp Salt  
1 tsp ground Cinnamon  
1 tsp ground Cloves  
1 C chopped Walnuts

\*Bake spaghetti squash for 30 minutes in 350°F oven. Cool and pull a fork lengthwise through the flesh to separate it into long strands. It is then ready to use.

Preheat oven to 350°F. Butter 9 x 5 loaf pan. Beat eggs, oil, sugar and vanilla until light and thick. Fold spaghetti squash and shredded carrots into oil mixture. Sift dry ingredients together. Stir into Spaghetti squash and carrot mixture until just blended. Fold in walnuts. Pour batter into the buttered loaf pan. Bake on middle rack of the oven for 1 hour and 15 minutes, or until done. Cool slightly, remove from pans and cool on rack.

## Garlic-Beet Yogurt Dip (Beet Tzatziki)

(Recipe adapted from "Salon" at [www.salon.com](http://www.salon.com))

1 lb Beets  
3 Garlic cloves  
½ tsp Salt, adjust to taste  
2 tsp freshly squeezed Lemon juice  
2 C thick Greek-style Yogurt  
Black pepper to taste  
1 Tbs finely chopped Dill or Mint, or a combination

Roast, cool, and peel beets. Grate the peeled beets with the large holes of a box grater. Set aside. Mash the garlic with the salt in a mortar and pestle. Add the lemon juice, and let stand for 10 minutes. Stir garlic-lemon mixture into the yogurt. Add black pepper to taste, and adjust salt. Stir in the beets and the dill and/or mint.

## Re-claiming the Kitchen!

Eating well is an essential element to a healthy lifestyle. But, it takes more than just good recipes and fresh ingredients to make a healthy meal. The key is organization. With a cluttered kitchen, missing ingredients, and only 20 minutes to prepare an entire meal, even the best recipes can't come to fruition.

Here are some simple steps to reduce the chaos and reclaim the art of healthy cooking:

### Step #1:

Keep the kitchen clean - starting to prepare a meal in a messy kitchen is distracting and nearly impossible. You can also keep the kitchen clean while you cook by filling the sink with warm soapy water and washing the dishes as you go.

### Step #2:

Keep your staples stocked up - items like olive oil, garlic, diced tomatoes, flour, milk and so on (everyone's list of staples will differ slightly) are often called for in recipes. Keep a list on your fridge; when you run out of a staple, write it down and pick it up the next time you are at the grocery store.

### Step #3:

Keep track of your spices - if your spice labels aren't laid out for easy viewing, keep an up-to-date list at hand to help keep track of your essential spices; they can often make or break a recipe.

### Step #4:

Keep your favourite recipes organized - whether they are found in several cookbooks, recipe cards, or on the computer, keep them close at hand.

### Step #5:

Save your easy recipes for busy nights and your more complicated ones for the quieter nights.

Here are two sunchoke recipes, ranging from simple to more complex. Try them both or pick the one that fits your night!

## Garlic Roasted Sunchoke

(Recipe adapted from [www.bitchincamero.com](http://www.bitchincamero.com))

1 lb Sunchoke  
½ tsp coarse Salt  
2 tsp Thyme (dried)  
3 cloves Garlic, smashed  
3 Tbs Olive oil

Preheat your oven to 375°F. Scrub your sunchoke until they look clean, then peel them with a small knife or vegetable peeler as best you can. Place the sunchoke into an oven-safe casserole dish. Cover with the remaining ingredients and give everything a quick stir to make sure the sunchoke are coated. Bake for about 30 minutes, stirring occasionally (time will depend on the size of your sunchoke). They should be fork-tender (like a potato) when they're ready. Mash them up a bit with a fork or potato masher and serve. Serves 4-6.

## Quinoa Sunchoke Pilaf

(Recipe adapted from <http://homecooking.about.com>)

½ C Quinoa  
½ C chopped Onion  
¾ C Chickpeas, cooked or canned, (drained + rinsed)  
½ C Peas, fresh or frozen  
2 Tbs Oil  
1 ½ C Vegetable broth  
1 C peeled, chopped Sunchoke  
½ tsp Pepper

Place the quinoa in a large bowl; fill with cold water. Pour into a strainer, then return the quinoa to the bowl and rinse 4 times more. Drain well. Heat the oil in a 2-quart saucepan over medium-high heat. Add the rinsed quinoa and cook, stirring, until it cracks and pops, about 3 to 5 minutes. Add the onion and cook, stirring, until the onion is soft. Add the vegetable broth and bring to a boil over high heat. Add the chickpeas, sunchoke, peas, and pepper, and return to a boil. Reduce the heat and simmer, covered, 20 minutes. Fluff with a fork. Serves 6-8.

~ Article & Recipes Contributed by Angela Cleveland ~