



# The Harvest Herald

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

January 15-17, 2013

Issue #647

## OKG Bread Special Jan 22-24

Eggplant & Cheese Focaccia! This light-textured focaccia is topped with roasted eggplant spread and Asiago cheese. Great served as an appie or with meals.

## Regular Harvest Box

LOCAL! Butternut Squash - Stepney Hills Farm  
LOCAL! Watermelon Radish - Wild Flight Farm  
LOCAL! Corn Salad (Mache - winte salad green)-Wild F  
LOCAL! Orange Carrots - Green Croft Gardens  
LOCAL! Sweet Orin Apples (mini order) - Harker's  
LOCAL! Fuji Apples - Thunder Hills Farm  
LOCAL! D'Anjou Pears (mini order) - Harker's  
Rainbow Chard - CA  
Garnet Yams - CA  
Bananas - MEX

## Family Harvest Box Extras

LOCAL! Mini Yellow Onions - Kettle River Farm  
LOCAL! Rutabaga - Wild Flight Farm  
LOCAL! Sieglinde Yellow Potatoes - Roots & Greens  
Romaine Lettuce - CA  
Hass Avocado - MEX  
Field Tomatoes - MEX



## This Week's HomeGrown Heroes

Bite Me Organics - Kelowna  
Blackbird Organics - Cawston  
Green City Acres - Kelowna  
Green Croft Gardens - Grindrod  
Harker's Organics - Cawston  
Kettle River Farm - Grand Forks  
Notch Hill Organics - Sorrento  
Quail's Farm - Vernon  
Roots & Greens Farm - Grindrod  
Shirlee Mae Schneider/Moses Brown - Cawston  
Stepney Hills Farm - Armstrong  
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 of poor quality, please inform us **within 48 hours**, and we'll provide a credit for your next order.*

## Cold Temperatures Impact Crops

The West Coast and particularly areas of California have experienced freezing temperatures in recent days, affecting quality and growth rates of a number of key crops, particularly greens of all sorts. The effect has been lower availability, higher pricing, and reduced quality. For example, this week's Romaine may show some "blistering" (epidural peel on the leaves, a natural response to freezing temp's that has an almost plastic-like appearance). (This is fine to eat, but affects its visual appearance.) We will do our best to send out only the best produce as usual, but wanted you to be aware of the situation as well. Many thanks for your patience and understanding!

## Upcoming Saturday Sale Vendors

- **Jan 19<sup>th</sup> - 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.
- **Jan 19<sup>th</sup> - 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!
- **Jan 26<sup>th</sup> - Wolfgang's Grain & Flour Mill** - organic whole grains and freshly milled flours.
- **Jan 26<sup>th</sup> - 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.
- **Feb 2<sup>nd</sup> - Okanagan Car Share Coop** will be sharing information and signing up members! Their aim is to start up this spring with 30-40 members and 3 vehicles. Come learn...and participate?
- **\*\*\*Jan 19<sup>th</sup> - Feb 2<sup>nd</sup>** - We will have info and a petition regarding the NO GMO APPLE campaign at our sale these weeks. Find out more at: <http://www.cban.ca/Resources/Topics/GE-Crops-and-Foods-Not-on-the-Market/Apple>.

## Community Events/Updates

**Federal Government Consultations** regarding their proposal for Low Level Presence (LLP) of GMO's are currently taking place. If you are **passionate about Canada's organic industry** please fill out the online survey at [www.agr.gc.ca/llp](http://www.agr.gc.ca/llp), to submit your comments on allowing GMO's into our food system. **The survey deadline is January 19.** (Thanks to [www.okanagangreens.ca](http://www.okanagangreens.ca) for this update!)

**Amnesty International Kelowna Presents** "Blood in the Mobile", about the mining of minerals used to produce cell phones, and the impact this industry has had on civil war in the Eastern Democratic Republic of Congo. Fri, Jan 25, 7pm at the Ok College Theatre, 1000 KLO Rd. By donation.

**Kids Yoga** with Melissa at the Kelowna Yoga House - A fast paced class to help kids develop strength, flexibility, coordination, concentration, focus & relaxation. 9-13 years. 11:15am-12:15pm on Sat Feb 2, 9, 16, 23. \$10/class. See [www.kelownayogahouse.org](http://www.kelownayogahouse.org) or call 250-862-4906.

**Yoga Rave** Fri, Jan 25<sup>th</sup>, 7pm to midnight at the Laurel Packing House. A soul-stirring night of meditation and movement...this evening celebrates a new way to have fun in a 100% substance-free environment. Info at 778.478.0325, or google "Kelowna Yoga Rave" to find out more and buy tix online.

**Ecotone 2013** is Sat, Feb 2<sup>nd</sup> from 4pm til 2am at the Rotary Centre for the Arts! This is the annual Local, Organic and Zero Waste, Okanagan underground creative gathering known as Conduit, showcasing a multitude of local artists, artisans, musicians, farmers, and other local talent!

**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/>

A big thanks to Urban Harvester Christopher Janko who passed this gluten and grain free recipe along to share!

## Rosemary Almond Tart with Rainbow Chard Filling

(From [www.roostblog.com](http://www.roostblog.com) - tweaked from *The Gluten Free Almond Flour Cookbook*)

### Shell:

- 1 1/2 C blanched Almond flour
- 1/4 tsp Salt
- 1 Tbs minced fresh Rosemary
- 1/4 C Grapeseed oil
- 1 Tbs Water

Preheat oven to 350°F. In a large bowl, combine the almond flour, salt, and rosemary. Stir the wet ingredients into the almond flour mixture until thoroughly combined. Press the dough into a 9-inch tart pan or 5 mini tartlet pans. Bake for 15-20 minutes, until lightly brown. Remove from the oven and let cool for 15 minutes. Then place tarts (still in the pans) in the fridge for 30 minutes (getting them cold will aid in removing them from their pans).

Remove the tarts from the fridge. Flip each one upside down, hold it in your hand and tap the bottom with a spoon or knife and the tart should slide right out. If it doesn't, keep tapping and gently squeeze the tart pans. Once out of the pan carefully place each tart right side up on a baking sheet. Be careful these tarts are crumbly! Fill with rainbow chard filling.

### Rainbow Chard Filling:

- 1 bunch of Rainbow chard, stems and leaves chopped
- 1 Onion, diced
- 1 big Garlic clove minced
- 3 large Eggs
- 1/2 tsp Salt
- 1 heaping tsp of fresh Thyme, chopped
- 2 Tbs Olive oil
- 1/2 C Parmesan
- aged Balsamic vinegar for garnish

Heat olive oil in a deep skillet over medium-high heat. Add the onion and cook until the onion is soft and translucent, about 8 minutes. Add the chard stems (you will add the leaves later) and chopped rosemary. Cook for 7-10 minutes until the stems are tender. Add the garlic and cook for another 30 seconds or so. Add the chard leaves. Cook until the leaves are wilted and soft and any liquid has evaporated, 7-10 minutes. Remove the pan from the heat and let cool.

Beat together the eggs and season with salt and a pinch of pepper. Add the cooled chard mixture and parmesan. Mix well and scrape the filling into the prepared shell(s). Bake for 20-30 minutes, until set. Remove from oven and serve warm with a drizzle of balsamic.

## Eat Your Colors

In the dullness of winter, many people begin to miss the sun. While we may not be able to enjoy the sunny skies, we can seek brilliant colour in our food. One of the most uplifting colours that we have in our box this week is orange. Orange represents strength and endurance. In addition, orange food often has an abundance of fiber, phytonutrients, antioxidants, and vitamins such as beta-carotene, vitamin A, and vitamin C. In the winter, we are blessed with orange squashes, carrots, and yams. Here are a few recipes that show the tasty brilliance of orange coloured food.

### Creamy Carrot Cashew Paté

(Recipe adapted from "Care 2 Make a Difference" at [www.care2.com](http://www.care2.com))

- |  |                                 |
|--|---------------------------------|
| 2 1/2 C Cashew pieces (raw)                  | 4 small Carrots, peeled, sliced |
| 1/2 small sweet Onion (optional)             | 1-2 cloves Garlic (optional)    |
| 1/4 C Oil (optional, but creates creaminess) | 1-2 Tbs Tamari (to taste)       |
| 1/3-1/2 C Water                              | Sea salt, to taste              |

Soak cashew pieces in water for 15-20 minutes, until soft, then drain excess water. In a food processor, using the "S" shaped blade, blend the sliced carrots as finely as possible. Add onion and/or garlic and blend again. Add oil and cashews a little at a time and blend until smooth. Add water and tamari. Stop the machine intermittently and scrape the sides with a rubber spatula; blend again until smooth. Creaminess is essential in a paté. Chill and serve. Serves 5-6.

### Maple-Walnut Yams

(Recipe adapted from "Health Magazine" at [www.health.com](http://www.health.com))

- |                                |                        |
|--------------------------------|------------------------|
| 4 lbs Yams (about 6 large)     | 1/4 C Maple syrup      |
| 2 Tbs Brown sugar, divided     | 1/2 tsp Salt           |
| 1/4 C coarsely chopped Walnuts | 1 Tbs Butter, softened |

Preheat oven to 350°F. Place yams on oven rack or a baking sheet coated with cooking spray. Bake at 350°F for 50 minutes or until tender. Cool. Peel yams and mash. Stir in syrup, 1 tablespoon brown sugar, and salt. Preheat broiler. Spread yam mixture into an 11-x 7-inch baking dish coated with cooking spray. In a small bowl combine walnuts, 1 tablespoon brown sugar, and butter. Sprinkle walnut mixture over yams; broil 2 to 4 minutes or until nuts are lightly browned.

### Baja Butternut Squash Soup

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

- |  |                                   |
|--|-----------------------------------|
| 1 1/2 lbs (1 small to medium) Butternut or other winter squash |                                   |
| 1 tsp Oil  | 2 stalks Celery, chopped          |
| 1 small Onion, diced   | 1 Carrot, chopped                 |
| 1 tsp ground Cumin   | 1/4-1/2 tsp ground Chipotle chile |
| 1/8 tsp ground Cloves  | 6 C Vegetable broth               |
| 1 tsp Sea salt   | 1/4 tsp freshly ground Pepper     |
| 2 Tbs snipped fresh Chives, or chopped Parsley                 | 1/2 C nonfat plain Yogurt         |

Preheat oven to 350°F. Cut squash in half and seed. Place the halves on a baking sheet, cut-side down. Bake until tender when pierced with a knife, 45 minutes to 1 hour. Scoop out flesh when cool enough to handle. Heat oil in a large saucepan over medium heat. Add celery, onion and carrot and stir to coat. Cover, reduce heat to medium-low and cook, stirring frequently, until soft, 8 to 10 minutes. Stir in the squash flesh, cumin, chipotle to taste and cloves. Add broth and simmer, covered, until the vegetables are very tender, 20 to 25 minutes. Puree the soup with an immersion blender or a regular blender (in batches) until smooth. (Use caution when pureeing hot liquids.) Season with salt and pepper. Garnish with a drizzle of yogurt and sprinkle of chives (or parsley).

~ Article & Recipes Contributed by Angela Cleveland ~