



The Harvest Herald

(Ph/Info-line) 868-2704 (Email) order@urbanharvest.ca

Place Orders On-line at: www.urbanharvest.ca

January 17-19, 2012

Issue #598

OKG Bread Special Jan 24-26

Cheese & Onion Loaf! This mild sourdough is excellent for toasty winter sandwiches, especially beef dips! Featuring sweet, slow-roasted onions and melted Triple Island Farms gouda.

Regular Harvest Box

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

LOCAL! Yellow Onions - Similkameen/Roots
LOCAL! Delicata Squash (mini) - Kettle River Farm
LOCAL! Red Cabbage (piece) - Wild Flight/Roots
LOCAL! Carrots - Roots & Greens Farm
LOCAL! Rutabaga - Wild Flight Farm
LOCAL! Watermelon Radish (try it raw!) - Wild Flight
LOCAL! D'Anjou Pears - Claremont Ranch Organics
LOCAL! Pink Lady Apples - Harker's
Red Leaf Lettuce - CA
Satsuma Mandarins - CA
Bananas - MEX

Family Harvest Box Extras

LOCAL! Sieglinde Yellow Potatoes - Green Croft
Cauliflower - CA
Broccoli - CA
Navel Oranges - CA
Hass Avocado - MEX



This Week's HomeGrown Heroes

Claremont Ranch Organics - Lake Country
Green Croft Gardens - Grindrod
Harker's Organics - Castwon
Kettle River Farm - Grand Forks
Notch Hill Organics - Sorrento
Roots & Greens Farm - Grindrod
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.

Reminder: Cold Weather Delivery Arrangements

Brrrr...winter is finally here and it's another chilly week! We welcome your special cold weather delivery requests to help keep your produce safe from cold-damage. Here are a few examples: leave out an old heavy blanket for us to wrap around your bin, ask us to place your bin inside a garage door, plan to pick up your bin at our warehouse or have us deliver it to you at work (requires advance notice), ask a neighbour to bring your bin in for you.

Our drivers greatly appreciate your efforts to keep walkways, etc, clear, well-lit, and free of ice - thank you for your concern! Advance notice of any particularly treacherous (or impassable) roads or driveways is helpful too if you're able to do so. We apologize in advance for any late deliveries as well, as our delivery routes may run a little later when winter driving conditions are in effect.

If you do notice any quality issues related to cold damage, please let us know so we can provide compensation as needed, and make arrangements for future deliveries.

Saturday Sale News

- Sat, Jan 21st - **Real Raw Foods** (Naramata) - Raw, organic nuts, seeds, dried fruit, etc.
- Sat, Jan 28th - **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.

Community Events/Notices

Chinese New Year & International Night 2012! Fri, Jan 20th beginning at 7pm at the Kelowna Community Theatre. Join the Okanagan College International Students in a celebration of the 2012 Chinese New Year. A vibrant, dynamic show celebrating the music, dance, and culture of our diverse community. By donation at the door.

Sing Because U Can! - "Feel Good Hour" Celebrate creativity, collaboration and community through the joy of singing! These evenings will be a fun mix of singing songs from around the world and you'll also discover the amazing benefits of sound healing. Everyone is welcomed, experienced or not. Thursday evenings, from Feb 2nd to Mar 8th, from 7-8pm at the Central Okanagan Sailing Association, 4220 Hobson Road: \$55. Register with Michelle @ 250 215 7019 or michelle@michellebailly.com Pre-booking is required! Michelle Bailly is the founder of *Sing Because U Can! - Personal & Team Discovery*, a seminar & Keynote Concert series dedicated to celebrating creativity, collaboration & community through the joy of singing.

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 by the Saturday leading up to the week you'd like it to be included (space permitting). Thanks!

Red Cabbage Sandwiches

(Recipe adapted from "Vegalicious" at www.vegalicious.org)

- ¼ head Red cabbage, finely shredded
- 2 Tbs Soy yogurt
- 1 Tbs Garam masala
- 1 Tbs Oil
- pinch Salt
- 4 slices Wholegrain bread

Finely shred the cabbage. Heat the oil in a frying pan and add the garam masala. Add the red cabbage and saute until just wilted. Remove from the heat and add the soy yogurt. Mix well. Season to taste with additional garam masala or salt. Serves 2.

Creamy Carrot Ginger Soup

(Recipe adapted from "Best Health" at www.besthealthmag.ca)

- 3 large Carrots
- 1 Avocado, pit and skin removed
- 2 C Water
- 1 ½ tsp grated Ginger
- Sea salt to taste
- ¼ C coarsely chopped or torn Cilantro

Grate carrots. In a food processor, process avocado and water. Once smooth, add carrots, ginger and sea salt. Process carrot ginger soup to desired consistency. Heat on stove or serve cold. Top with cilantro if desired. Serves 2.

Vegan Rutabaga Soup

(Recipe adapted from "Be the Cook" at www.bethecook.com)

- 1 Rutabaga
- 2 ribs of Celery
- ¼ medium sized Onion
- 3-4 C Vegetable broth
- Tbs Olive oil
- 2-3 Bay leaves
- Dash of Sea salt

Peel and cube the rutabaga. Slice up celery and onion. Pour olive oil over into a pan and heat up. Add onions and saute for a 3-4 minutes. Add celery and saute for another 5 minutes. Add rutabaga and stir up for another 5 minutes or so. Add enough veggie broth and bay leaves to cover the vegetables. Cover the pot and let it simmer for about 20 minutes until the rutabagas are soft. When the rutabagas are soft, you can either mash everything up in the pan or put it into a blender or food processor. Add back to the pan and stir it up. Serve with salt and paprika.

Bringing Back the Beauty

This week, the focus is on colourful vegetables. The dreary clouds above us call for something bright and beautiful in the kitchen. With golden delicata squash, crimson beets, vibrant watermelon radish, radiant carrots, and vivid red cabbage, the possibilities are endless. In addition to having eye-appeal, by eating a variety of colours, we can ensure that we are getting a wide range of vitamins and minerals.

Confetti Bake

(Recipe adapted from "Figs With Bri" at www.figswithbri.com)

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| 1 Squash | 1 Apple, quartered, cored, and cut into 12 wedges |
| 2 stalks of Celery, diced | ¼ - ½ C dried sweetened Cranberries |
| 2 handfuls Walnut halves, into pieces | Maple syrup, drizzle |
| Cinnamon | 2-3 Tbs Butter, cold, diced |

Pre-heat your oven to 400°F. Cut the squash in half and scoop out seeds and any strings in the cavities. Discard them. Place the squash, cut-side down on a non-stick baking tray. Cover to hold in the steam. Bake for 25-40 minutes until tender, but not mushy (the skin will pierce easily with a toothpick or cake tester). Cut into slices.

Layer apple and squash slices attractively in a baking dish. Mix the celery, dried cranberries, and walnut pieces, then sprinkle over the apples and squash slices. Sprinkle ground cinnamon, bits of butter and a generous drizzle of maple syrup before baking. Cover and bake at 400°F for 20-30 minutes until apples are tender, but not mushy. Serves 3.

Quinoa Salad with Roasted Beets, Chick Peas, Baby Spinach & Orange

(Recipe adapted from "Gluten Free Goddess" at <http://glutenfreegoddess.blogspot.com>)

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| 3 C cooked Quinoa | 2 Beets, trimmed, quartered |
| 1 Tbs + ¼ C Olive oil | ¼ C fresh squeezed Orange juice |
| 2 tsp Tamari or Soy Sauce | 1 tsp Balsamic vinegar or Rice vinegar |
| 1 Tbs organic raw Agave nectar or Honey | 1 C drained rinsed Chick peas |
| 2 handfuls of baby Spinach leaves | Sea salt and ground Pepper, to taste |
| 1 fresh Orange, peeled, trimmed, cut into bite sized pieces | |

Preheat the oven to 375°F. In a medium roasting pan, combine the cut beets with a drizzle of olive oil and sprinkle of sea salt. Place the pan in the center of a pre-heated oven and roast until the beets are tender (roughly 45 minutes). Remove the beets from the hot pan and set them aside to cool. When cool enough to handle, rub off the skin. Cut the beets into bite sized pieces.

To make the dressing, combine 1/4 C olive oil, orange juice, tamari, vinegar, and agave in a measuring cup and whisk. Set aside. Combine the warm, cooked quinoa in a mixing bowl with the chick peas and baby spinach leaves. Pour in the salad dressing and toss lightly. Season with sea salt and pepper, to taste. Gently add in the cut up roasted beets and fresh orange pieces. Do not over mix or your entire salad will turn beet red. Serve with a sprinkle of slivered almonds, if desired. Serves 4.

Watermelon Radish Salad with Avocado Vinaigrette

(Recipe adapted from "Williams-Sonoma" at www.williams-sonoma.com)

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| 1 Shallot, finely diced | 1 ½ Tbs fresh Lemon juice, plus more if needed |
| 1 ½ Tbs White wine vinegar | Salt to taste |
| 1 Avocado, halved, pitted, diced | ¼ C extra-virgin Olive oil |
| 2 heads Romaine lettuce, dark outer leaves cut into 1/2-inch pieces | |
| 1 Watermelon radish, thinly sliced | ¼ C chopped fresh Cilantro |

In a small bowl, stir together the shallot, the 1 1/2 Tbs lemon juice, the vinegar and a pinch of salt. Gently stir in the avocado, season with salt and let stand for 10 minutes, stirring occasionally. Whisk in the olive oil to make a vinaigrette. In a large bowl, combine the lettuce, radish and cilantro. Stir in the vinaigrette and drizzle over the salad. Toss gently and season with salt and more lemon juice, if needed. Transfer the salad to individual plates and serve immediately. Serves 4.