



The Harvest Herald

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

January 18-20, 2011

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OKG Bread Special Jan 25-27

Durum Semolina Crown - This crown-shaped loaf pairs two great bread ingredients - semolina and sesame - and results in a loaf with a wonderful flavour and texture. A wonderful companion to winter soups!

Regular Harvest Box

Local! Carrots - Roots & Greens Farm
Local! Watermelon Radish - Wild Flight Farm
Local! Delicata Squash - Kettle River Farm
Local! Rutabaga (piece) - Wild Flight Farm
Local! Pink Lady Apples - Commandeur Farm
Russet Potatoes - MB
Bosc Pears (mini order) - WA
Satsuma Mandarins (mini order) - CA
Celery (small bunch) - CA
Romaine Lettuce - CA
Bananas - MEX

Family Harvest Box Extras

Local! Parsnips - Similkameen River Organics
Local! Braeburn Apples - Direct Organics Plus
BC! Deli Sprouts (*note: the white "fuzz" is the fine white hairs on the radish sprouts - NOT mold!*)
Cauliflower - CA
Navel Oranges - CA
Green Pepp Pepper - MEX



This Week's HomeGrown Heroes

Commandeur Family Farm - Naramata
Direct Organics Plus - 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
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).

Notch Hill Organics Seeking Interns for 2011 Season!

Notch Hill Organics is currently looking for 2 or 3 interns for the 2011 season.

We are a certified organic vegetable farm selling through farmers markets and to wholesalers with projects covering greenhouse production and operation, seed saving and more.

This is a unique opportunity to live and learn on our farm. While you need no farming experience you need to have an INTEREST in organic agriculture and we see this position as benefitting people who are investigating the industry for future opportunities or a future sustainable lifestyle.

Positions start May 1 and end October 31. Remuneration is full room and board plus \$800/month.

To apply, or for more information, please e-mail sudoafarm@gmail.com. Applications should arrive no later than Monday Feb 28th and be addressed to Susan Moore. Phone 250-835-8332

Saturday Sale Guest Vendors

- **Sat, Jan 22nd** - **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 for info about their products (*note: Real Raw Foods usually comes on the 3rd Saturday, but in this case, they will be here on the 22nd, which is the 4th Saturday, due to their winter break*)
- **Sat, Jan 29th** - **no guest vendors - just us!**

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 22nd. For more info or to register for either course, please visit www.rawfoodpath.com or contact Guylaine at 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.

Mashed Peppered Rutabaga

(Adapted from www.canadianliving.com)

- 1 Rutabaga
- 1/2 C Sour cream
- 1/2 tsp Salt
- 1/2 Pepper
- 1 C shredded Colby cheese or Oka cheese

Peel and cube the rutabaga. Cook rutabaga in a saucepan of boiling salted water, covered, for 25 to 30 minutes or until tender. Drain and return to saucepan over low heat for about 30 seconds or until dry. Using potato masher, mash thoroughly; mix in sour cream, salt and pepper. Stir in cheese just until slightly melted. Serve.

Sweet Baked Delicata Squash with Chili Spices

(Adapted from <http://macrobiotic.about.com>)

- 1 medium-small Delicata squash cut in half lengthwise and seeded
- Sea Salt and freshly ground Pepper
- 1/2 tsp Chili powder
- 1/2 tsp ground Cumin
- 1 large Shallot, chopped
- 1 Tbs Olive oil
- 2 Tbs Agave nectar or Maple syrup

Preheat oven to 375°F. Place squash, cut side up, into a 9x13" baking dish. Season squash halves with salt and pepper. Mix together chili powder and cumin, and sprinkle spices over squash. Divide chopped shallot amongst the squash. Stir together the olive oil and agave, and drizzle over the squash halves, spreading well. Cover the dish and bake the squash for 20 minutes. Uncover the dish and bake an additional 20 minutes, until the squash is very tender and slightly caramelized. Serves 4.

Baked Delicata Squash Rings

(Adapted from <http://whatscookingamerica.net>)

- 1 Delicata squash
- 1/2 Tbs Butter, melted
- 1 Tbs Olive oil
- coarse Salt and freshly ground black Pepper to taste
- 1 Tbs chopped fresh Thyme (or 1 tsp dried)

Preheat oven to 425°F. With a long paring knife, cut the squash into 1/2-inch-thick rounds. Then cut around the centers of the rounds to remove the seeds. Place the squash rounds on a baking sheet. Pour the butter and olive oil over the rings. Turn the rings so they're coated on both sides. Sprinkle with salt and pepper. Arrange the rings so they do not overlap on the baking sheet. Bake approximately 20 to 30 minutes or until they are golden brown and tender when pierced with a fork. Remove from oven. To serve, stack the rings on individual serving plates or a large platter, sprinkle with salt and thyme, and serve at once.

Planning for the Week

Over the last few weeks, we've been talking about healthy eating. Maintaining a clean, organized kitchen and having fresh ingredients and good recipes on hand are key steps in preparing nutritious meals. But how do you keep yourself on the right culinary track week to week? It's time to put pen to paper and develop a plan - a weekly menu plan. By creating a menu for each meal during the week, you can ensure you have all the ingredients you need, prepare steps or even meals ahead of time, and save money by not over-buying or throwing out unused food. Here are five simple steps to create a menu for the week.

Step 1: Write it out - pull out your favourite recipes and create a menu plan that includes breakfast, lunch, and dinner. Be sure to include side dishes and sauces that you will need for each recipe. Keep the menus that you create so you can use them again.

Step 2: Create a grocery list from your menu - write down everything you need for your week of meals. Buy only what you need to help save money and prevent wasted food. Don't forget to plan your meals around the fruits and veggies that come in your box each week.

Step 3: Look at your calendar and plan for the busy days - are you too tired to cook by Friday? Are you feeling creative on Sunday? If you have a busy day, pull out (or borrow or buy) a crockpot/slow cooker. It takes a bit of preparation, but it's wonderful to walk through the door at the end of a busy day and have your meal waiting for you.

Step 4: Double-up on a good freezable meal - by making a double batch you can put the second one in the freezer and save it for those busy nights. Don't forget to label and date your dish.

Step 5: Use big batch recipes - pre-made mixes, such as big batch muffin or pancake mix, can help create a home-cooked dish in a flash because the dry ingredients are already put together. Below are some recipes that you can mix up and store in the cupboard. When the time comes, combine them with the remaining wet ingredients for part of a quick and delicious meal.

Oat Bran Muffin Mix

(Recipe adapted from "About.com-Busy Cooks" at <http://busycooks.about.com>)

- 4-3/4 C Flour
- 3 C quick cooking Oats
- 3 Tbs Baking powder
- 4 C Oat bran
- 1 C Sugar
- 2 tsp Salt

Combine all ingredients in large bowl and store in airtight container. To make a batch of oat bran muffins, use the following recipe:

- 2 C Oat Bran Muffin Mix
- 3/4 C Milk
- 1 Egg
- 1/2 C Raisins
- 1/3 C Oil
- 1/2 C chopped Nuts, if desired

Combine. Preheat oven to 400°F. Line 12 muffin cups with paper liners and set aside. Spoon batter into prepared pan. Bake for 13-15 minutes until muffins are golden brown. Remove from pan and cool on wire rack. Makes 12 muffins.

Lentil Soup (makes 2 batches of soup)

(Recipe adapted from "Canadian Living" at www.canadianliving.com)

- 1 C dried Green Lentils or Brown Lentils
 - 1/2 C Long grain rice
 - 1/2 tsp dried Thyme
 - 1/2 tsp Salt
 - 1 C dehydrated mixed Vegetable flakes*
 - 1 tsp crumbled Garlic flakes
 - 1/2 tsp dried Marjoram
 - 1 tsp Pepper
- * you can also use fresh or frozen veggies at the time of cooking

Mix all ingredients in a big bowl and store in an air tight container. To make a batch of soup, mix the following ingredients:

- 1-1/4 C Lentil Soup Mix
- 1/4 C Tomato paste
- 1 Green onion, sliced
- 8 C Vegetable stock
- 2 Tbs grated Parmesan cheese

In large saucepan, bring stock and tomato paste to boil. Add Lentil Soup Mix; reduce heat, cover and simmer, adding more stock or water if desired to thin soup, until lentils and rice are tender, about 30 minutes. Garnish with Parmesan and green onion. Makes 4 to 6 servings.

~ Article & Recipes Contributed by Angela Cleveland ~