



# The Harvest Herald

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

January 22-24, 2013

Issue #648

## OKG Bread Special Jan 22-24

Cranberry & Oatmeal Boule...made with slow-soaked oats, tangy cranberries, and a hint of cinnamon.  
Wonderful Breakfast bread!

## Regular Harvest Box

LOCAL! Red Cabbage - Wild Flight Farm  
LOCAL! Celeriac (Celery Root) - Wild Flight Farm  
LOCAL! Red Onions - Pilgrim's/Roots  
LOCAL! Orange Carrots - Green Croft Gardens  
LOCAL! Apples (Granny Smith/Braeburn) - Thunder H  
LOCAL! Yellow Potatoes - Roots & Greens (*some will receive Manitoba potatoes, due to a shortage*)  
Red Chard - CA  
Lemons - CA  
Navel Oranges (2 ea - mini order) - CA  
Hass Avocado - MEX  
Bananas - MEX

## Family Harvest Box Extras

LOCAL! Gold Beets - Green Croft Gardens  
LOCAL! Spaghetti Squash - Curly Willow Farm  
BC! Crimini (brown button) Mushrooms  
Green Leaf Lettuce - CA  
Kent Mango - PERU



## This Week's HomeGrown Heroes

Blackbird Organics - Cawston  
Curly Willow Farm - Armstrong  
Green City Acres - Kelowna  
Green Croft Gardens - Grindrod  
Quail's Farm - Vernon  
Pilgrim's Produce - Armstrong  
Roots & Greens Farm - Grindrod  
Shirlee Mae Schneider/Moses Brown - Cawston  
Stepney Hills Farm - Armstrong  
Sweet Haven Farm - Sorrento  
Thunder Hills Farm - Kelowna  
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.*

## Feedback for Local Growers

In the next couple of weeks, we will be meeting with our local veggie suppliers to plan out the upcoming season. At this annual meeting, we typically review the previous year's successes and challenges and plan out who will grow which farms will grow what for the coming year. \*\*We would love to hear your feedback, if there was anything that struck you about the local produce that we did (or maybe did NOT) have during the 2012-13 growing season. Thank you!

## Upcoming Saturday Sale Vendors

- 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>** - Info/petition regarding the NO GMO APPLE campaign will be set up. Info: <http://www.cban.ca/Resources/Topics/GE-Crops-and-Foods-Not-on-the-Market/Apple>.

## Community Events/Updates

**People's Summit on the Enbridge Northern Gateway Project** 7pm, Sat Jan 26<sup>th</sup> at the First United Church (corner Bernard/Richter). Speakers include: Grand Chief Stewart Phillip, Elizabeth May-Green Party, Damien Gillis-filmmaker, Rob Fleming-NDP. Pay what you can (sugg don is \$10). \*\*Workshops led by the Dogwood Initiative and Lead Now 2-5pm Sun, Jan 27<sup>th</sup> at the First United Church Hall. \*\*Join worldwide rallies uniting friends of and indigenous peoples in opposition to the Enbridge Project - Mon, Jan 28<sup>th</sup>, 9:30am at the Enbridge Hearing at the Sandman on January 28<sup>th</sup>. <http://ow.ly/qWPCR> - #IdleNoMore - Global Day of Action - #EnbridgeNoMore.

**Dining Out to Help the Homeless** Enjoy a delicious dinner at Yama's Greek Restaurant with proceeds helping people come in off the streets for a warm, safe sleep this winter. Tues, Jan 29 from 6-8:30pm. \$25/person (taxes & gratuities included). Tix available at the Inn From The Cold shelter office @ 1187 Sutherland Ave, Loyal Hair Therapy on Harvey, or at Husky on Gordon. Raffle prizes include a night at the Cove Lakeside Resort, a month of free Urban Harvest Box deliveries, restaurant gift cards and more), in addition to a 50/50 draw. More info @ [www.KelownaCares.com](http://www.KelownaCares.com).

**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. Planning to attend? Be sure to say "hi" to Christine/Cheryl at our Urban Harvest table!

**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!

**Mindfulness Based Stress Reduction** 8-wk program begins Feb 5<sup>th</sup>. Free orientations Jan 22<sup>nd</sup> + Jan 29<sup>th</sup>. Discover how to use mindfulness practices to mobilize your inner resources for coping with physical and emotional challenges and for engaging with life more fully. Visit [www.forstercounseling.ca](http://www.forstercounseling.ca) or call Brenda at 250-860-0197.

## Vegetarian Lasagna with Walnuts and Swiss Chard

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

2 bunches Swiss chard (about 1-1/2 lbs/750 g each)

1/4 tsp Salt

12 whole wheat Lasagna noodles

1/4 C grated Romano cheese

### Walnut Sauce:

2 Tbs extra virgin Olive oil

2 Onions, chopped

3 cloves Garlic, minced

1 Bay leaf

1-1/2 C chopped Walnuts

1/2 C dry White wine

1-1/2 C chopped roasted Red peppers

1 C Tomato puree

1/2 tsp Salt

### Sauce:

3 C 1% Milk

1/4 C all-purpose Flour

1/2 tsp Salt

1/4 tsp White pepper

1/4 tsp Nutmeg

Pinch Cayenne pepper

3/4 C grated Romano cheese

Pull leaves off chard stems. In large pot of boiling salted water, blanch stems until tender, about 6 minutes. Drain and chop; set aside. With water clinging to leaves, place in large pot with salt. Cover and cook over high heat, stirring once, until wilted, 4 to 5 minutes, drain and chop; set aside. In large pot of boiling salted water, cook noodles until al dente according to package instructions. Drain and rinse under cold water; drain again. Walnut Sauce: In saucepan, heat oil over medium heat; cook onions and garlic, stirring, until softened, 4 to 5 minutes. Add bay leaf and walnuts; cook for 2 minutes. Add wine; cook until reduced by half, about 1-1/2 minutes. Stir in peppers, tomato puree and salt; simmer, covered, for 20 minutes. Remove bay leaf. Sauce: In saucepan, whisk together milk, flour, salt, pepper, nutmeg and cayenne; bring to boil over medium-high heat, whisking constantly. Reduce heat to medium-low; simmer, stirring often, for 5 minutes. Remove from heat; stir in cheese. Stir in chard stems. Line bottom of greased 13- x 9-inch/3 L baking dish with 3 noodles; top with half of the walnut sauce, then half of the chard leaves. Add another layer of noodles, followed by half of the sauce mixture. Repeat layers; top with cheese. Cover and bake in 350°F oven for 30 minutes. Uncover; bake until bubbling and top is golden, about 40 minutes. Let stand for 5 minutes before serving. Makes 8 to 10 servings.

## The Many Faces of Celeriac

Celeriac, also known as celery root, is actually the root of celery, but not the variety that we most commonly eat. It is not as starchy as most root vegetables and can be used in the place of potatoes in most recipes. With its mild celery flavour, it can be eaten raw or cooked. Here are a few recipes that showcase its versatility.

### Creamy Root Vegetable Salad

(Recipe adapted from "All Recipes" at [www.allrecipes.com](http://www.allrecipes.com))

2 C Potatoes, cut into 2.5 cm (1 in) cubes

2 C Sweet potato, cut into 2.5 cm (1 in) cubes

1 C Celeriac, cut into 1 cm (½ in) cubes

juice of ½ Lemon

### Mustard and Herb dressing:

1 Tbs Mayonnaise

1 tsp wholegrain Mustard

1 Tbs chopped fresh Dill

2 Tbs plain low-fat Yogurt

2 Tbs snipped fresh Chives

freshly ground Black pepper

**To finish:** 4 Carrots, 4 Tbs Currants, 3 Tbs Pumpkin seeds, 1 Tbs Orange juice

**To garnish:** snipped fresh Chives and Dill

Place the potatoes and celeriac in a saucepan. Add boiling water to cover and bring back to the boil. Reduce the heat and simmer for 10 minutes or until tender. Meanwhile, place the sweet potato in another pan. Cover with boiling water, bring back to the boil and simmer for 3 minutes.

Make the dressing while the vegetables are cooking. Mix the mayonnaise, yogurt and mustard together. Stir in the chives, dill and black pepper to taste. Drain all the vegetables well and put them in a large mixing bowl. Add the lemon juice and the dressing, and toss lightly. Set the vegetables aside to cool, then cover and chill them for 2-3 hours.

To finish the salad, use a vegetable peeler to cut ribbon strips from the carrots. Mix the carrot strips with the currants and pumpkin seeds. Stir in the orange juice. Spread the carrot mixture in a large shallow serving bowl or place on individual plates. Pile the chilled root vegetable salad on top of the carrot mixture. Garnish with a scattering of snipped chives and chopped dill, and serve. Serves 4.

### Celeriac and Feta Gratin

(Recipe adapted from "Easy Living" at [www.easyliving.co.uk](http://www.easyliving.co.uk))

Butter, for greasing, plus extra for dotting

1 Leek, washed and sliced into thin rounds

1 clove Garlic, thinly sliced

3½ oz Feta cheese, crumbled

1 large Celeriac root

2-3 large Potatoes

2 tsp snipped Chives

Vegetable stock

Heat the oven to 390°F. Lightly grease a gratin dish with a little butter. Wash and trim the celeriac, then peel using a sharp knife. Cut it into quarters and, then cut each quarter into slices. Thinly slice the potatoes.

Place the potatoes in the bottom of the dish (make about two layers). Layer half the celeriac slices on top of the potatoes, season lightly as you go. Top with the leeks, garlic, chives and feta, then finish with a layer of the remaining celeriac. Pour the hot stock over the vegetables; it should come about half way up. Dot with a little butter.

Cover and bake for 50 minutes. Remove the cover, return to the oven and cook for a further 20 minutes or until the celeriac is golden and the sauce has thickened. Place under a hot grill for a few moments to brown the gratin. Serve immediately.

~ Article & Recipes Contributed by Angela Cleveland ~