



The Harvest Herald

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

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

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OKG Bread Special Jan 31-Feb 2

Muesli Bread - a favourite past feature loaf! This incarnation incorporates raisins, cranberries, figs, and roasted hazelnuts with a pumpernickel rye base. Perfect fuel for skiers!

Regular Harvest Box

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

LOCAL! Red Onions - Similkameen River/Harker's
LOCAL! Spaghetti Squash - Curly Willow Farm
LOCAL! Celeriac (Celery Root) - Wild Flight Farm
LOCAL! Carrots - Roots & Greens Farm
LOCAL! Garlic - Sweet Haven Farm
LOCAL! Red Beets - Wild Flight Farm
LOCAL! D'Anjou Pears - Claremont Ranch Organics
LOCAL! Fuji Apples - Bite Me Organics
Green Leaf Lettuce- CA
Satsuma Mandarins - CA
Bananas - MEX

Family Harvest Box Extras

LOCAL! Sunchokes - Notch Hill
Jewel Yams - CA
Broccoli - CA
Navel Oranges - CA
Ruby Pink Grapefruit - CA

Cold Weather Deliveries (repeat for biweekly folks!)

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 within 48 hours if possible so we can provide compensation, and make new arrangements for future deliveries.

Saturday Sale News

- Sat, Jan 28th - **Wolfgang's Grain & Flour Mill** (Armstrong) - organic whole grains + freshly-milled flours (local when possible)
AND - Darrell Eason of GreenStep Consulting will be selling cookbooks to raise funds for the gardens at Kelowna Transition Houses (see note under Community Events).

**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

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 welcome! Thursday evenings, Feb 2nd to Mar 8th, from 7-8pm at the Central Okanagan Sailing Association, 4220 Hobson Road: \$55. Must pre-register with Michelle @ 250 215 7019 or michelle@michellebailly.com. 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 singing.

Cookbook Raises Funds for Gardens at Kelowna Transition Houses A mini cookbook has been produced from 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. Avail. at our Saturday Sale for a \$10 donation toward the creation of garden spaces at Ozanam and Willowbridge transitional houses.

Local Food Resilience Open Space Event Kelowna in Transition (KIT) and the Central Okanagan Food Policy Council invite you to an Open Space Conversation on the topic Food Matters: Local Community Resilience, from 1:30-6pm on Sat, Feb 11 at the Unitarian Hall. **RSVP by Feb 3rd as a light supper will be provided. For more info or to register, email kelownaintransition@gmail.com.

Parent Education Courses The Bridge Family Services Society is offering a number of courses for parents through February/March. For dates, descriptions, and registration information, contact 250-763-0456 or email info@thebridgeservices.ca (request the Winter 2012 Parent Education Courses flyer). You can also email me (Lisa) at order@urbanharvest.ca and I can forward a copy to you.



This Week's HomeGrown Heroes

Bite Me Organics - Lake Country
Claremont Ranch Organics - Lake Country
Curly Willow Farm - Enderby
Green Croft Gardens - Grindrod
Harker's Organics - Cawston
Kettle River Farm - Grand Forks
Notch Hill Organics - Sorrento
Roots & Greens Farm - Grindrod
Sweet Haven Farm - Tappen
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.

Baked Apples

(Adapted from <http://simplyrecipes.com>)

- 4 large Apples
- 1/4 C Brown sugar
- 1 tsp Cinnamon
- 1/4 C chopped Pecans
- 1/4 C Currants or chopped Raisins
- 1 Tbs Butter
- 3/4 C boiling Water

Preheat oven to 375°F. Wash apples. Remove cores to 1/2 inch of the bottom of the apples. It helps if you have an apple corer, but if not, you can use a paring knife to cut out first the stem area, and then the core. Use a spoon to dig out the seeds. Make the holes about 3/4-inch to an inch wide.

In a small bowl, combine the sugar, cinnamon, currants/raisins, and pecans. Place apples in a 8-inch-by-8-inch square baking pan. Stuff each apple with this mixture. Top with a dot of butter (1/4 of the Tbs).

Add boiling water to the baking pan. Bake 30-40 minutes, until tender, but not mushy. Remove from the oven and baste the apples several times with the pan juices. Serve warm with vanilla ice cream on the side. Serves 4.

Baked Pears with Maple Greek Yogurt and Granola

(Adapted from www.fitsugar.com)

- 2 firm Pears
- 1/2 C Apple juice
- 1/2 C Water
- 1 Tbs Honey
- 16 oz container plain Greek yogurt
- 4 Tbs Maple syrup
- 1/2 C Granola
- 2 Tbs chopped Walnuts

Preheat the oven to 375°F. Cut the pears in half lengthwise, and remove cores with a spoon. Place in an 8x8-inch baking pan, cut-sides down. Pour apple juice and water over pears, and drizzle with honey. Cover pan loosely with foil and bake about 35 minutes or until tender.

When pears are done, pour the leftover baking liquid into a small saucepan and reduce over medium heat until about 1/4 cup of syrup remains; set aside to cool. Open the container of Greek yogurt and stir in the maple syrup. Divide yogurt into four bowls. Place a half of the warm pear in each bowl, cut side up. Top with granola and walnuts, and drizzle with syrup you set aside. Serves 4.

Warming up with Celeriac

Celeriac is one of those funny looking vegetables that has a surprisingly delicious taste. Celeriac is popular in France, Netherlands, Germany, and Belgium. In fact, in Europe, it has one of the longest culinary histories. But here in North America, its popularity is lacking. Once the knobby hairy skin is peeled off, the fleshy root of the celeriac can be eaten raw or cooked. It contains very few calories, and boasts a high water and fibre content. Not only do the fibres (composed of cellulose and hemicellulose) help with regularity, they also help regulate the absorption of nutrients. In addition, celeriac is full of potassium, and also contains vitamin C and vitamin B9. Celeriac can be eaten raw, added to salads or mashed with other root vegetables such as potatoes or turnips. It makes fabulous soups and is a wonderful addition to stews and stir-fries. Here are some recipes to try:

Smashed Celeriac

(Recipe adapted from "Jamie Oliver" at www.jamieoliver.com)

- 1 Celeriac, peeled
- 1 handful of fresh Thyme, leaves picked
- Sea salt and freshly ground Black pepper
- 4 Tbs Olive oil
- 2 cloves of Garlic, finely chopped
- 3-4 Tbs Water or Stock

Slice and dice the celeriac into 1cm cubes. In a medium pot, heat olive oil on high heat, then add the celeriac, thyme and garlic and salt and pepper. Stir to coat and let fry for about 5 minutes. Turn heat down to simmer and add the water or stock. Place the lid on top and cook for about 25 minutes, until tender. Season carefully to taste and with a spoon, smash up the celeriac to desired consistency. Serve warm.

Celeriac Soup

(Recipe adapted from "Serious Eats" at www.serious-eats.com)

- 1-2 Celeriac (about 2 lbs), peeled and chopped
- 1 large Leek, sliced (about 3/4 pound)
- 1 smallish Potato, diced (about 1/4 pound)
- 1 large Onion, peeled and chopped
- 3 slices thick Bacon, cut into 1/2" (optional)
- 4 Tbs Butter
- 2 cloves of Garlic, peeled and chopped
- 3 C Vegetable stock
- 7 Tbs heavy Cream
- Salt and Pepper

In a heavy saucepan, melt the butter over medium-low heat. Add the celeriac, potato, garlic, and onion, and a pinch of salt and pepper. Cook the vegetables gentle until they soften, about 10 minutes. Add the stock, bring to a boil, then simmer over low heat for about 20 minutes until the celeriac is completely tender. Meanwhile, fry the bacon in a skillet until just crispy, then drain on paper towels. (Or try some of these other garnishing options.) Transfer to a blender and puree until smooth (or use an immersion blender). Return to medium heat, and season to taste. Whisk in the cream and serve immediately, topped with the bacon.

Celeriac and Apple Bake

(Recipe adapted from "Growing Local is Going Local" at www.growinglocal.org.uk)

- 1 Celeriac
- 2 Tbs Olive oil
- 2 Apples
- 1 Tbs Honey (optional)

Preheat the oven to 375°F. Chop the celeriac into four pieces and use a sharp knife to peel the rough outside. Slice the quarters into 1 cm slices and boil for 10 minutes, until starting to soften. Drain the celeriac. Wash the apples and chop them in half. Remove the cores and peel. Slice the halves into 1/2 cm slices. While the pan is still warm, use it to mix the olive oil and the honey. This will help melt the honey. Add the celeriac and stir well, to coat all the slices. Arrange a row of celeriac in an oven-proof dish. Then add a row of apple slices. Then continue to alternate, until all the celeriac and apple has been used. Bake for 30 minutes, until the celeriac is soft and the apples are starting to brown. Delicious with lightly steamed green vegetables, such as broccoli or kale.