



# The Harvest Herald

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January 25-27, 2011

Issue #550

## OKG Bread Special Feb 1-3

Traugott Loaf! This loaf, which gets its name and inspiration from baker Tanis' "Opa", incorporates barley, rye, and seven grains to create a dense and rich whole grain loaf. The perfect all-rounder!

## Regular Harvest Box

Local! Carrots - Roots & Greens Farm  
Local! Watermelon Radish - Wild Flight Farm  
Local! Green Cabbage (piece) - Wild Flight Farm  
Local! Celeriac Root - Wild Flight Farm  
Local! Baby Beets - Notch Hill Organics  
Local! Spartan & Gold Delicious Apples - Harker's  
(these were sale-priced at 2lbs for 1\*, as they are at the end of the natural cold storage season)  
Local! D'Anjou Pears - Harker's  
Red Chard - CA  
Romaine Lettuce - AZ  
Navel Oranges (mini order) - CA  
Bananas - MEX

## Family Harvest Box Extras

Local! Sugarloaf Squash (personal size) - Kettle River  
Local! Red Sunchokes - Notch Hill Organics  
Baby Bok Choy - CA  
Kiwi - CA  
Red Cherry Tomatoes - CA (sub for red grape ch tom)  
Zucchini - MEX



## This Week's HomeGrown Heroes

Harker's Organics - 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.

## Notch Hill Organics Seeking Interns for 2011 Season!

Notch Hill Organics (one of our main veggie suppliers) is currently looking for 2 or 3 interns for the 2011 season. While you need no farming experience you need to have an INTEREST in organic agriculture, perhaps for future work or sustainable lifestyle purposes. Positions start May 1 and end October 31. Remuneration is full room and board + \$800/mo. For more info or to apply, please e-mail [sudoafarm@gmail.com](mailto:sudoafarm@gmail.com) or phone 250-835-8332. Applications should arrive no later than Monday Feb 28th and be addressed to Susan Moore.

## Saturday Sale Guest Vendors

- **Sat, Jan 29** - no guest vendors (just us!)
- **Sat, Feb 5** - **Dawn's Agape Treats**...from healthy chocolate to yummy granola, all made with whole foods, and without refined sugar. Watch for Valentine treat specials too!
- **Sat, Feb 12** - **Raw Delights**: Healthylicious Raw Vegan Organic Natural Food Products - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more... + **Kelowna Women's Resource Centre** selling **Café Feminino** (organic, fair-trade coffee grown by women producers! Proceeds support community development + social justice projects.)
- **Sat, Feb 19** - **Real Raw Foods** - raw, organic nuts, seeds, dried fruit, and much more! See [www.realrawfood.com](http://www.realrawfood.com) for info about their products
- **Sat, Feb 25** - **Wolfgang's Grain & Flour Mill** will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally.

## Community Events/Notices

**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](mailto:lauren@beelineweb.com).

**Amnesty International Film Night** On Friday, January 28th at 7:30 p.m. at Okanagan College theatre, 1000 KLO Road, Amnesty International's Kelowna group is showing the movie, "All That Glitters Isn't Gold: A Story of Exploitation and Resistance". This documentary tells the story of community members living near Canadian-based Goldcorp's San Martin open-pit gold mine in the Siria Valley of Honduras. They discuss the negative effects of the mine from health problems to lack of clean water. Admission is by donation. For more info, phone 250-769-4740.

**Ecotone** All Ages festival runs from 4 p.m. to 2 a.m. on Saturday Feb. 5 at the Rotary Centre for the Arts, 421 Cawston Ave. A minimum donation of \$10 at the door is suggested, or whatever you are willing to pay to support the event. All proceeds will go through the Okanagan Greens Society to contributing artists. Over 100 emerging and established local artists will feature installation art, sculpture, graffiti art, eco-activism, crafts, musical performances, poetry reading, fire spinning, and story-telling. The event will also feature local and organic fare, including delicious morsels prepared by Chef Grant de Montreuil, as well as organic wine from Summerhill, organic beer from Crannog Ales, and organic honey mead from Meadow Vista. For more info, visit [www.kelownaconduit.com](http://www.kelownaconduit.com).

**Auditions: Theatre Kelowna Society**. Sat. Jan. 29th Rotary Centre for the ARTS. Two One Act Plays to be performed at the Mary Irwin Theatre May 12-21. "Duck Variations" by David Mamet: parts for two men age 50+. "Sins of the Mother" by Tony Devaney Morinelli: parts for five women ages 25-70. phone Debby 862-8673 for appt. Cold read no monologues. Director Brian Haigh. [www.theatrekelowna.org](http://www.theatrekelowna.org). COME OUT AND BE IN A PLAY!!

## Warm Pear Chard Salad with Orange Vinaigrette, Goat Cheese and Walnuts

(Recipe adapted from "Scaughey Recipes" at <http://scaugheyrecipes.blogspot.com>)

- 2 ripe Pears, at room temp, ripe but unpeeled
- 1 clove Garlic, minced
- 1 tsp grated Orange zest
- 3 Tbs Orange juice, freshly squeezed
- 2 Tbs Balsamic vinegar
- 4 Tbs Olive oil
- 1 bunch Chard, rinsed and torn into pieces
- 1 C Walnuts
- crumbled Goat cheese (freeze for 30 minutes to crumble more easily)

Slice the pears into 1/4 inch thick slices, set aside. Combine the garlic, zest, orange juice, vinegar, olive oil, and salt and pepper to taste. Warm the dressing in a sauce pan over medium heat and add the pear slices, gently turning until coated and warm (about 2 minutes). Pour the pears and vinaigrette over the salad greens and toss gently. Serve topped with cheese and nuts.

Serves 4-6.

## Honey Baked Bananas

(Recipe adapted from "About.com - SouthernFood" at <http://southernfood.about.com>)

- 6 Bananas
- 2 Tbs melted Butter
- 2 Tbs Lemon juice
- 1/2 C Honey

Peel bananas, halve lengthwise and place in a shallow baking dish. Mix together melted butter, lemon juice, and honey. Brush honey mixture on bananas. Bake bananas at 325°F for 15 minutes, turning 3 or 4 times.

Serves 6 to 12.

## Celeriac and Apple Salad

(Recipe adapted from "Taste Spotting" at [www.tastespotting.com](http://www.tastespotting.com))

- 1 lb Celeriac (3 C)
- Juice of 1 Lime
- 2 crisp Apples
- 3 Tbs Mayonnaise
- freshly ground Black pepper
- Lettuce for garnish

Trim and peel the celeriac and slice or grate it finely into a bowl, using a sharp knife or food processor. Pour over the lime juice and mix thoroughly. Peel the apples and remove the cores. Grate the apples, then add them to the celeriac along with the mayonnaise and season with black pepper. Toss the apples and celeriac well together so that the mayonnaise coats each piece. Arrange the crisp lettuce leaves in an attractive pattern on a serving plate. Add an extra grating of black pepper at the last moment and serve this crunchy salad with hot, crusty French bread.

Serves 4-6.

## Waste Not, Want Not

This week, we are focusing on making the most of what we are given. With such a plethora of fruits and veggies in our box, we have the opportunity to try new things and new recipes. Here are some recipes that use up every ingredient found in the regular box this week.

## Roasted Beets and Carrots with Cumin Vinaigrette

(Recipe adapted from "Epicurious" at [www.epicurious.com](http://www.epicurious.com))

- 10 Beets, cleaned, trimmed
- 5 Tbs plus 1/2 C extra-virgin Olive oil, divided
- 1 tsp Salt
- 2/3 C Water
- 6 medium Carrots
- 1 tsp dried Thyme leaves
- 1 1/2 tsp Cumin seeds
- 3 Tbs Red wine vinegar
- 1/2 C fresh Italian Parsley leaves
- 1/4 C thinly sliced Shallots (about 1 large)
- 4 tsp fresh Lemon juice, divided

Preheat oven to 400°F. Place beets in roasting pan and drizzle with 2 tablespoons olive oil. Sprinkle with 1 teaspoon salt and toss. Add 2/3 cup water to pan and arrange beets evenly. Cover and roast until tender, about 45 minutes. Cut carrots into thirds crosswise, then quarter lengthwise. Place carrots on rimmed baking sheet. Drizzle with 3 tablespoons olive oil and sprinkle with thyme, salt, and pepper; toss to coat. Roast until carrots are tender and beginning to brown, stirring occasionally, about 20 minutes. Cool carrots and beets. Rub peel off beets. Cut each beet into 6 wedges. Place beets in medium bowl.

Stir cumin seeds in dry skillet over medium heat until lightly toasted, about 2 minutes. Transfer 3/4 tsp cumin seeds to mortar or spice mill and grind finely. Place whole cumin seeds, ground cumin, and vinegar in small bowl; whisk in 1/2 cup oil. Season vinaigrette with salt and pepper.

Add parsley, shallots, 4 tsp lemon juice, carrots, and cumin vinaigrette to bowl with beets; toss to blend. Season with salt and pepper. Serves 6.

## Cabbage and Radish Slaw with Peanut Dressing

(Recipe adapted from "Martha Stewart" at [www.marthastewart.com](http://www.marthastewart.com))

- 1 Tbs finely chopped peeled fresh Ginger
- 1/4 C coarsely chopped Shallots
- C plus 1 Tbs creamy Peanut butter
- 1/2 C Rice-wine vinegar (not seasoned)
- 3 Tbs Soy sauce
- 3 Tbs packed dark-Brown sugar
- 1/4 C Canola oil
- Green cabbage, (about 1 3/4 lbs), finely shredded
- 1 Watermelon Radish, in 1/8-inch-thick matchsticks
- 4 Scallions, cut diagonally into long, thin slices
- 1/2 C dry-roasted Peanuts

Blend ginger, shallot, peanut butter, vinegar, soy sauce, sugar, and oil in a blender until smooth; set aside. Put cabbage, radish, scallions, and peanuts in a large serving bowl. Pour in peanut dressing; toss thoroughly to combine. Serves 8-10.