



The Harvest Herald

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

January 29-31, 2013

Issue #649

OKG Bread Special Feb 5th-9th

This loaf is a densely textured rye bread, made more moist by the addition of potatoes and a hint of butter. Inspired by a favourite bakery near Munich.

Regular Harvest Box

LOCAL! Green Cabbage - Wild Flight Farm
LOCAL! Corn Salad (aka "mache") - Wild Flight Farm
LOCAL! Shallots - Notch Hill Organics
LOCAL! Delicata Squash - Green Croft Gardens
LOCAL! Fuji Apples - Bite Me Organics
LOCAL! Rutabaga (small) - Wild Flight Farm
Bunched Carrots - CA
Green Chard - CA
Ruby Grapefruit (1 ea - mini order) - CA
Navel Oranges (2 ea - mini order) - CA
Bananas - MEX

Family Harvest Box Extras

LOCAL! Watermelon Radish - Wild Flight Farm
BC! Red Potatoes
Kiwi - CA
Green Beans - MEX
Mango - PERU



This Week's HomeGrown Heroes

Bite Me Organics - Kelowna
Blackbird Organics - Castown
Green City Acres - Kelowna
Green Croft Gardens - Grindrod
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Stepney Hills Farm - Armstrong
Sweet Haven Farm - Sorrento
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.*

Advance Notice of Family Day Holiday Schedule

BC's 1st Family Day stat holiday is coming up on Mon, Feb 11th! If you are expecting a delivery for the week of Feb 11-15, please expect your delivery *one day later in the week than usual*. Thank you!

Feedback for Local Growers

This Saturday, we will be meeting with a number of 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

- Feb 2nd - 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?
- Feb 2nd - Last day to view into and sign the petition regarding the NO GMO APPLE campaign. Info: <http://www.cban.ca/Resources/Topics/GE-Crops-and-Foods-Not-on-the-Market/Apple>.

Find out more about our weekly Saturday Sales at www.urbanharvest.ca/sale.

Community Events/Updates

Ecotone Festival 2013 is Sat, Feb 2nd 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! Tix: \$15 general, \$9 students, \$5 kids & Alternator Members. Visit <http://ecotonefestival.ca>.

"This Is Cancer" is a one-man, satirical cabaret performed by Bruce Horak, a cancer survivor himself and one of Canada's only legally blind professional actors. Following the performance each night, InspireHealth's Dr. Joe Schnurr will be participating in an audience talk-back. Feb 1st/2nd at the Rotary Centre for the Arts. A preview of the show, as well as tickets, are available at: http://www.rotarycentreforthearts.com/now_showing/rcaspotlightseries.html

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 or call 250-862-4906.

Mindfulness Based Stress Reduction 8-wk program begins Feb 5th. Free orientations Jan 22nd + Jan 29th. 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.forstercounselling.ca or call Brenda at 250-860-0197.

@ The Table Fundraising Event & Silent Auction! Imagine taking time out in the middle of your busy week to sit down with members of your family/community/colleagues around a long table...and share a meal of "comfort foods" created by 4 local chefs. The Bridge Youth & Family Services Society invites you to do just that...and to support their valuable work with youth and families in our community at the same time, with their 1st annual @ The Table Fundraiser! Tues, Jan 26th, 11:30-1:30 at the Laurel Packinghouse. Tix \$30 (4 for \$100), available @ The Bridge, 250-763-0456.

We don't want to forget how wonderful corn salad is as a salad green, so here are some delicious and easy salad dressing recipes to accompany your corn salad or other dishes.

(All adapted from www.womenshealthmag.com)

Herb-Lime

1/3 C fresh Lime juice
2 Tbs white Balsamic vinegar
1/3 C Olive oil
2 tsp Sugar
Dash each Salt and Pepper
1 Tbs chopped fresh Mint
1 Tbs chopped fresh Chives

Drizzle It On: Fruit-topped, grain, and lentil salads.

Leftovers? Marinate chicken or tofu in it

Sweet and Sour

1/4 tsp Orange zest
2/3 cup fresh Orange Juice
1 tsp Soy sauce
1 Tbs Rice vinegar
1 tsp Honey
2 Tbs Sesame oil
1 Tbs fresh grated Ginger
1 Tbs Sesame seeds

Drizzle It On: Asian salads

Leftovers? Use as a dipping sauce for spring rolls.

Basil Vinaigrette

1/3 C Pesto
1 Tbs white Balsamic vinegar
1 tsp Lemon zest
2 Tbs fresh Lemon juice
1/4 tsp Pepper
2 Tbs Olive oil
1 Tbs Water

Drizzle It On: Potato salad, pasta salad, or raw zucchini ribbons

Leftovers? Try it as pasta sauce or toss with grilled veggies.

~ Article & Recipes Contributed by Angela
Cleveland ~

Cooking with Corn Salad

Corn salad makes an appearance in our box once again. This mild lettuce is related to catnip (Valerian). It is also known as lamb's lettuce or mache. The leaves are an excellent source of potassium and vitamins A and C and also contain iron, vitamin B6, copper, zinc, folic acid, magnesium and phosphorus. Corn salad makes a wonderful salad base, but salad greens can also be cooked. Since corn salad is so tender, it does not need a long cooking time - it is best added at the end. Here are some great recipes that highlight corn salad as a cooked green.

Chilli-garlic Corn salad Stir-fry

(Recipe adapted from "The Indolent Cook" at <http://theindolentcook.blogspot.ca>)

1/2 Tbs Peanut oil (or any neutral or nutty oil suitable for frying)
1 C Corn salad
2 - 3 cm (1 inch) Red chilli, thinly sliced
a few drops Sesame oil
1 small clove Garlic, minced
1 tsp Soy sauce

Thoroughly wash corn salad. Shake off as much excess water as possible, or use a salad spinner. Heat up the oil in a frying pan or wok over a medium heat, and swirl it around. Fry garlic and chilli for about 20 seconds or until softened. Turn the heat up and add corn salad. Stir-fry for another 20 seconds or until slightly wilted, bearing in mind that they will continue to cook from the residual warmth of the pan. Remove from heat immediately. Mix in soy sauce and sesame oil. Serve. Serves 1.

Stir-fry Salad

(Recipe adapted from "Chinese Food" at <http://chinesefood.about.com>)

1 large bunch Corn salad
1 1/2 tsp Chinese Rice wine or dry Sherry
1 1/2 Tbs Vegetable or peanut oil
1 1/2 tsp minced Ginger
1/2 tsp Salt
2 tsp Soy sauce
3/4 tsp granulated Sugar (or equivalent)
2 Garlic cloves, peeled and minced
1/8 - 1/4 tsp Red pepper flakes
1/2 tsp Asian sesame oil

Wash the corn salad, drain and separate the leaves. Combine the rice wine or dry sherry, soy sauce, and sugar in a small bowl, stirring. Set aside. Heat a wok on medium-high heat and add oil. When the oil is hot, add the garlic, ginger and red pepper flakes. Stir-fry until aromatic (5 - 10 seconds) and add the corn salad. Stir-fry, sprinkling with the salt, for 1 - 2 minutes, until the leaves begin to wilt. Give the sauce a quick re-stir and swirl it into the wok. Stir-fry for 1 - 2 more minutes, until the corn salad has wilted. Remove from the heat and stir in the sesame oil. Serve immediately.

Lettuce and Green Garlic Soup

(Recipe adapted from "New York Times" at www.nytimes.com)

1 Tbs extra virgin Olive oil
1 bulb Garlic, roughly chopped
7 C Vegetable stock
A generous amount of freshly ground Pepper
3/4 pound Lettuce leaves, washed and coarsely chopped (8 cups)
A bouquet garni made with a bay leaf and a few sprigs each parsley and thyme, tied together
2 Tbs chopped flat-leaf Parsley or chives and some freshly grated Parmesan for garnish
1 medium Onion, chopped
1/2 C Rice
1/2 C Parsley leaves
Salt to taste

Heat the olive oil in a large, heavy soup pot over medium heat and add the onion. Cook, stirring, until it is tender, about 5 minutes. Add a generous pinch of salt and the garlic and cook, stirring, until the garlic is fragrant, about 1 minute. Add the rice, stock, parsley leaves and bouquet garni, and bring to a boil. Add the lettuce and salt to taste, reduce the heat, cover and simmer over low heat for 30 minutes. The tough ribs of the lettuce leaves should be thoroughly tender. Using an immersion blender or a regular blender (working in batches and covering the blender with a kitchen towel to prevent the hot soup from splashing), blend the soup until smooth. If using a regular blender, return the soup to the heat. Add lots of freshly ground pepper, taste and adjust salt. Heat through and serve, garnishing each bowl with chopped fresh parsley or chives and freshly grated Parmesan. Serves 4.