



The Harvest Herald

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

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

January 31 – February 2, 2012

Issue #600

OKG Bread Special Feb 7-9

Green Olive Ciabatta - a savoury Italian-style bread, seasoned with tapenade of green olives. Its crisp crust and holey moist interior are perfect for Panini bread or as a side to any soup or pasta dish.

Regular Harvest Box

LOCAL! Delicata Squash - Notch/Wild Fl
LOCAL! Watermelon Radish - Wild Flight Farm
LOCAL! Carrots - Roots & Greens Farm
LOCAL! D'Anjou Pears - Claremont Ranch Organics
LOCAL! Ambrosia Apples - Harker's
Red Leaf Lettuce- CA
Broccoli - CA
Navel Oranges (mini order - 2 each) - CA
Ruby/Pink Grapefruit - CA
Hass Avocado - MEX
Bananas - MEX

Family Harvest Box Extras

LOCAL! Garlic - Sweet Haven Farm
LOCAL! Yellow Onions - Harker's
LOCAL! Green Cabbage (piece) - Wild Flight Farm
LOCAL! Sweet Orin Apples - Harker's
Spinach - CA
Satsuma Mandarins - CA



This Week's HomeGrown Heroes

Claremont Ranch Organics - Lake Country
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.

600?!

Wow...setting up this week's newsletter, I had to change the Issue# from 599 to...600! Changing all 3 digits, instead of just the last one or two, stopped me in my tracks for a moment. Really?! Could this REALLY be our 600th week of deliveries?! It feels good to have created something solid and useful enough to have been supported by our community for the past twelve years. We've seen customers come and go (and come BACK...even after multi-year hiatuses!), and we think this is normal and healthy. After all, the needs (and means) of a household can shift a lot through the years, or even from season to season! We haven't ever set our sights on being all things to all people, or trying to hold a monopoly over all the other wonderful sources of good food that our community has to offer. We simply love to connect growers and eaters, build community where we can, serve our customers well, and, yes, make a living! But all that said, we also feel that it's important to respect our customers by staying current with your wants/needs, and improving our service where we can to better meet these.

On that note...if you have a suggestion about something you'd like to see changed, added, or perhaps maintained (we don't want to change the things you like!), please DO let us know!

Saturday Sale News

- Sat, Feb 11th - **Sin Grano Ancient Grains (gluten-free) Bakery** will be our guest vendor, featuring decadent Valentine's Day desserts for your gluten-free sweetheart. Choose from rich decorated brownies or fun + fancy cake-pops! Photos + ingredients will be posted to www.singrano.com by Feb 5th for you to check out!

**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! - Starts This Thursday! 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.

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.

Homes for Bunnies? The Responsible Animal Care Society (T.R.A.C.S.) is seeking homes for bunnies. They are looking for volunteers to look after 10-50 rabbits each on their property, in pens provided by T.R.A.C.S. Food will be provided as well. There is a pen of 50 rabbits that needs to be relocated in the next 2 months. Reply to elisaak@shaw.ca if you think you may be able to help.

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.

Southwestern Quinoa Burro

(Adapted from www.vegancoach.com)

1 C Quinoa
2 C Vegetable broth
1 C cooked Red Kidney beans
1/2 C Water
1/2 tsp minced Garlic
1/2 C Nutritional yeast
Sea salt and freshly ground Black pepper, to taste
1/2 C Water

For the sauce:

1/2 C Salsa
1/8 - 1/4 C Water
1 Tbs Mayonnaise (non-dairy if preferred)
1 tsp Cumin
1 tsp pure Maple syrup
1/2 tsp Lime juice
1/4 tsp Chili powder blend

Also:

2 Tortillas
Avocado, chopped (for garnish)

Add dry, unwashed quinoa to a large dry skillet. Toast until fragrant, stirring occasionally. Add veggie broth and bring to a boil. Cover, lower heat, and simmer until tender (about 15 minutes).

Add remaining ingredients (except sauce ingredients), cover, and heat over low flame until beans are warmed through. Add more water if needed to keep the quinoa from sticking.

Make the sauce: Add all sauce ingredients to a blender and process until sauce is smooth. In an oven or toaster oven, lightly toast 2 tortillas until warm and slightly crispy. Divide quinoa/bean mixture in half, and place half the filling inside each tortilla. Roll up or fold tortillas in half. Top with Southwestern sauce drizzle and chopped avocados. Serves 2.

Crock Pot Curried Rice and Lentils

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

1 C Rice
1 Tbs Curry powder
3 1/2 C Vegetable broth
1/2 C Lentils
2 Vegetarian bouillon cubes
1/2 tsp Garlic powder
1/4 tsp Pepper
1 Onion, diced

Combine all the ingredients in a crock pot. Cover and cook on low for 4 to 5 hours. Makes four servings.

Finding the Perfect Protein

It can be difficult to keep track of the vitamins, minerals, fibre, cholesterol, calories, and sodium in our diet. But we can't forget about protein content as well. But, how much protein is enough? It is recommended that, per day, we eat 0.8 grams of protein for every kilogram of body weight. Since most of us know our body weight in pounds, here is a simple conversion: $[\text{Weight in pounds} / 2.2] \times 0.8 = \text{required protein in grams per day}$. Some nutritionists believe that this level is too low and recommend a value of 1.2 - 1.8 g/kg each day. And, of course, if you are pregnant or lactating, this amount increases by 30 grams and 20 grams of protein per day respectively. Meat is an obvious source of protein, but there are many delicious and inexpensive vegetarian options that can easily fill your protein-needs. Here are some of the best ones (adapted from <http://vegetarian.about.com>):

-Quinoa and other whole grains are great sources of protein. Quinoa, known as a "complete protein" because it contains all of the essential amino acids, is delicious and easy to prepare. One cup of cooked quinoa provides approximately 18 grams of protein.

-Beans, lentils and legumes are all excellent sources of protein, not to mention fibre. One cup of canned kidney beans contains approximately 13.4 grams of protein.

-Tofu and other soy products include tempeh, edamame, soy ice cream, soy yogurt, soy nuts, and TVP. Soy products take on the flavours around them so the possibilities are endless. A half-cup of tofu contains 10 grams of protein.

-Nuts, seeds and nut butters are high in protein, but also high in fat so they are best not to be considered a primary source of protein. Two tablespoons of peanut butter contains approximately 8 grams of protein.

-Seitan, veggie burgers and meat substitutes can be great sources of protein, but read the labels carefully. Better yet, make your own. Homemade veggie burgers are easy and delicious. One veggie patty may contain around 10 grams of protein.

Sweet and Sour Vegetarian Tempeh

(Recipe adapted from "About.com: Vegetarian Cooking" at <http://vegetarian.about.com>)

1 package Tempeh, cut into 1 inch cubes	3/4 C Vegetable broth
2 Tbs Soy sauce	2 Tbs Olive oil
1 Green or Red bell pepper cut into 1" squares	1 can Pineapple chunks (15 oz)
1 yellow or white Onion, chopped	2 Tbs Brown sugar
1/4 C Vinegar (cider or white)	2 Tbs Flour

In a skillet, braise tempeh in vegetable broth and soy sauce for ten minutes. In a separate skillet, saute the tempeh in olive oil until browned, about 3-5 minutes, reserving broth and soy sauce mixture, as you'll use this to make a sauce. To make the sauce, add the juice from pineapple, flour, vinegar, and sugar to the broth and soy sauce, and bring to a simmer. Add peppers and onions to sauce. Sauce will begin to thicken almost immediately, so keep stirring. Once sauce has thickened, reduce heat, add tempeh, combine well and serve over rice. Serves 3.

Sun-dried Tomato and Walnut Penne Pasta

(Recipe adapted from "About.com: Vegetarian Cooking" at <http://vegetarian.about.com>)

3/4 C Sun-dried tomatoes, drained/chopped	Salt, to taste
8 oz Penne pasta	2 cloves Garlic, minced
1/3 C chopped Walnuts	2 Tbs Olive oil
1 tsp Basil	1/2 block firm Tofu, pressed

In a large saucepan, bring 3 quarts of water to a boil. Add the penne pasta and cook according to package directions. As the pasta cooks, prepare the sauce. Place the minced garlic in a large bowl. Add the walnuts, sun-dried tomatoes, oil and basil. Mash in the tofu and mix well with a spoon. When the pasta is ready, drain, and add to the mixture in large bowl. Toss all ingredients until pasta is well-coated. Pour onto a platter and serve at room temperature or chilled. Serves 4.

~ Article & Recipes Contributed by Angela Cleveland ~