



# The Harvest Herald

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

January 4-6, 2011

Issue #547

## OKG Bread Special Jan 11-13

To be announced...

## Regular Harvest Box

Local! Carrots - Roots & Greens Farm  
Local! Beets - Roots & Greens Farm  
Local! Watermelon Radish (small) - Wild Flight Farm  
Local! Corn Salad (aka "mache") - Wild Flight Farm  
Local! Red Onions - Similkameen River Organics  
Local! Celeriac Root (see recipes!) - Wild Flight Farm  
Local! D'Anjou Pears - McCoubrey Farms  
Local! Pink Lady Apples - Commandeur Farm  
Local! Spartan Apples - Harker's  
Jewel Yams - CA  
Bananas - MEX

## Family Harvest Box Extras

Local! Green Cabbage (piece) - Wild Flight Farm  
Local! Mini Winter Squash (various) - Harker's  
Broccoli - CA  
Romaine Lettuce - CA  
Satsuma Mandarins - CA  
Zucchini - MEX



## This Week's HomeGrown Heroes

Commandeur Family Farm - Naramata  
Harker's Fruit Ranch - Cawston  
McCoubrey Farms - Winfield/Lake Country  
Quail's Farm - Vernon  
Roots & Greens Farm - Grindrod  
Schneider-Brown Farm - Cawston  
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.*

## Happy New Year!!

We want to thank you all for your wonderful support in 2010...and for the past 11 years! Yup - this week is our 11<sup>th</sup> birthday, and we are now entering our 12<sup>th</sup> year in business. We are always amazed and filled with gratitude each year to find ourselves still doing what we're doing! We have all sorts of romantic notions (some of them even well-founded!) about the role we play in our local food community, small though it may be, and we LOVE all the great people we get to work with - you, our wonderful customers...our fantastic "family"/work team...and a super talented, friendly, and inspiring bunch of suppliers! Lucky, lucky are we! And thank you, thank you to YOU for giving us the honour of sourcing and delivering your produce for you! We look forward to serving you in 2011, and, as always, we hope you will let us know if you think of ways that we can improve our service to better meet your needs!

## Saturday Sale Guest Vendors

We are looking forward to our first Saturday Sale of the year this Sat, Jan 8<sup>th</sup>!

- **Sat, Jan 8<sup>th</sup> - Raw Delights:** Healthylicious Raw Vegan Organic Natural Food Products - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more!  
AND  
**Kelowna Women's Resource Centre** selling **Café Feminino** (organic, fair-trade coffee grown by women producers! Proceeds support community development + social justice projects.)
- **Sat, Jan 15<sup>th</sup> - no guest vendors booked to date...just us!**
- **Sat, Jan 22<sup>nd</sup> - Wolfgang's Grain & Flour Mill** will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally.  
AND  
**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 (note: Real Raw Foods usually comes on the 3<sup>rd</sup> Saturday, but in this case, they will be here on the 22<sup>nd</sup>, which is the 4<sup>th</sup> Saturday, due to their winter break)

## Urban Harvesters are Generous!!

As some of you may already know, we deliver to both the Kelowna Women's Shelter and the Bridge Family Services Society's family drop in program on a regular basis, providing healthy, organic produce to support their clients' health.

With the generous support of many of you, these organizations are able to reliably save money in their budgets, knowing that they can count on a weekly source of fresh produce. This is something we would struggle to offer without your support. Though we regularly respond to requests for in-kind donations and donations of gift certificates and other silent auction items, it is more difficult to commit to a weekly donation on an ongoing basis...or if we did, it would limit our ability to donate elsewhere in the community. Your donations make all the difference! In turn, we provide the food at prices close to our cost, and we offer additional donations in the form of "free shopping" privileges at our weekly Saturday Sales to top up the produce that we deliver.

We are thrilled to report that Urban Harvesters donated a total of just over \$1,000 in the Sept-Dec 2010 period! This will carry these organizations a long way into the year. We thank you for your contributions, on behalf of The Kelowna Women's Shelter and The Bridge Family Services Society!

## Community Events/Notices

**The Raw Food Path** is offering a Live Food + Nutrition Course, 5-week series, including breakfast, lunch, dinner, dehydration, and dessert classes, starting Jan 22<sup>nd</sup>. For more info or to register for either course, please visit [www.rawfoodpath.com](http://www.rawfoodpath.com) or contact Guylaine at [therawfoodpat@gmail.com](mailto:therawfoodpat@gmail.com) or 250-469-2265.

## Beet and Yam Latkes

(Adapted from <http://caroline-is-vegan.blogspot.com>)

- 2 C peeled, shredded Beets
- 1 C peeled, shredded Carrots
- 1 C peeled, shredded Yams
- 1 Shallot, chopped finely
- 1/2 C Flour
- 2 Tbs Arrowroot powder
- 1/2 tsp Salt
- fresh ground Black pepper
- 1 tsp Fennel seeds, chopped
- 1/4 C Water
- Oil for frying

Combine the shredded veggies in a mixing bowl. Add the shallots, flour, arrowroot powder, salt, pepper and fennel seeds. Use a spoon to mix everything well, the flour should evenly coat all the veggies. Add the water and stir again, until all the flour is dissolved. Preheat a heavy bottomed skillet over medium high heat. Pour a 1/4 inch layer of oil into the pan. Let the oil heat for about 2 minutes. Form the beet mixture into patties. Fry for about 4 minutes, turn over and flatten them a bit with a spatula. Fry for another 3 minutes. Transfer to paper towels to drain. Serve immediately. Makes about 20.

## Watermelon Radish GORP

(Adapted from [www.breakawaycook.com](http://www.breakawaycook.com))

This recipe combines the satisfying combination of crunchy nuts against the chewy raisins mixed with watermelon radish and a tangy vinaigrette. Simply combine all ingredients and enjoy!

- Watermelon radish, cut into one-inch batons
- handful of Raisins, Currants, and/or dried Elderberries
- Nuts toasted in a dry cast iron pan (almonds, walnut pieces, and pecan halves).
- simple Vinaigrette

(...and here is another great Celeriac suggestion!)

**Celeriac Bake:** Peel the celeriac and slice very thinly. Layer in a shallow baking dish, seasoning each layer with salt and pepper and dot with a little butter. Continue until all slices are used up. Pour over some hot stock to come just below the top of the last layer. Dot more butter over the top. Cover and bake in a medium oven until the celeriac is soft (30-40 mins). Towards the end of the cooking time, remove the cover to brown the top or sprinkle with cheese and cook until it bubbles.

## Ring in a New Year

With the start of the New Year, resolutions are on everyone's mind. One of the most common resolutions is to eat better. If this is your goal, you're in luck. In our boxes this week, we have celeriac - a power food with great taste and versatility. Celeriac is packed full of vitamin K and C and is a good source of vitamin B6, phosphorus, fiber, manganese, molybdenum, and potassium. It is saturated fat and cholesterol free and can be used to maintain good general health and to lose weight.

To cook with celeriac, peel off the thick skin until you are left with the creamy interior. Peel only the amount that you are going to use and use it up quickly or it will begin to discolour. Here are some simple and delicious recipes using celeriac (from [www.helium.com](http://www.helium.com)):

**Celeriac Soup:** Sauté an onion in butter until soft but not brown. Add equal quantities of potato and celeriac and cover with a light stock. Simmer until soft, then puree or blend until smooth. If you want a lighter coloured soup, add some milk or cream at this point. Season to taste, and serve with chopped parsley and croutons.

**French Celeriac Remoulade, the ultimate celeriac salad:** Peel your celeriac and cut into very fine julienne strips. In a large bowl mix creme fraiche or sour cream with French mustard to taste and add the celeriac strips. Coat well and season to taste with salt and pepper. Sprinkle with chopped parsley (optional).

## Celeriac Alfredo Pasta

(Recipe adapted from "IFood" at [www.ifood.tv/recipe](http://www.ifood.tv/recipe))

- 1 Tbs snipped fresh Basil or 1 teaspoon dried Basil, crushed
- 1 lb Celeriac, peeled and cut into julienne strips (about 3 cups)
- 2 Tbs Butter
- 1/3 C sliced Green onions
- 1 clove Garlic, minced
- 1/4 tsp Pepper
- 2 medium Carrots, thinly sliced (about 2/3 cup)
- 1/3 C dry White wine
- 1/3 C Water
- 1/2 tsp instant Bouillon granules
- 2 Tbs snipped Parsley
- 6 oz Linguine or Spaghetti
- 2/3 C light Cream
- grated Parmesan cheese
- fresh Basil (optional)

In a large saucepan melt the butter; stir in the green onions, garlic, fresh or dried basil, and pepper. Cook till onion is tender. Add celeriac, carrots, wine, water, and bouillon granules. Bring to boiling; reduce heat. Cover and cook about 10 minutes or till the vegetables are tender, stirring occasionally. Stir in the parsley. Meanwhile, cook the linguine or spaghetti in boiling salted water just till tender; drain. Add the hot cooked pasta and cream to the vegetable mixture; toss to mix. Heat through. Transfer mixture to a serving platter. To serve, sprinkle with Parmesan cheese, and garnish with fresh basil.

## Yam, Celeriac and Apple Bake

(Recipe adapted from "Canadian Living" at [www.canadianliving.com](http://www.canadianliving.com))

- 1/2 large Celeriac, peeled and cut into 1-1/2-inch cubes
- 2 lb Yams, peeled and chopped
- 3 Tbs unsalted Butter
- 1 Golden delicious, peeled and sliced
- 1/4 tsp grated Nutmeg

In large pot of boiling salted water, cover and cook celeriac for 5 minutes. Add yam; cook, covered, until vegetables are tender, 10 to 12 minutes. Drain, reserving 1 cup of the liquid; return to low heat for 1 minute to dry vegetables. Meanwhile, in small skillet, melt 1 tbsp (15 mL) of the butter over medium heat. Stir in apple and nutmeg; cook, stirring often, until softened, 8 minutes. In batches in food processor, purée yam mixture and apples until smooth; transfer to bowl. Stir in reserved cooking liquid and remaining butter.

~ Article & Recipes Contributed by Angela Cleveland ~