



# The Harvest Herald

(Ph/Info-line) 868-2704 (Email) [order@urbanharvest.ca](mailto:order@urbanharvest.ca)

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

January 8-10, 2013

Issue #6246

## OKG Bread Special Jan 15-17

Muesli Loaf! This popular loaf lists toasted seeds, nuts and dried fruit as ingredients. With its mild sourdough flavour, it makes great breakfast fare!

## Regular Harvest Box

LOCAL! Winter Squash - Various (*medium carnival from Notch Hill OR 2 mini delicata from Curly Willows*)

LOCAL! Green Cabbage (piece) - Wild Flight Farm

LOCAL! Beets - Wild Flight Farm

LOCAL! Rainbow Carrots - Green Croft Gardens

LOCAL! Bosc Pears (mini order) - Shirlee Mae

LOCAL! Fuji Apples - Thunder Hills Farm

Leaf Lettuce - CA

Rainbow Chard - CA

Satsuma Mandarins - CA

Hass Avocado - MEX

Bananas - MEX

## Family Harvest Box Extras

LOCAL! Cipollini Onions - Notch Hill Organics

LOCAL! Red d'Anjou Pears (mini order) - Shirlee Mae

LOCAL! Red Sunchokes - Notch Hill Organics

LOCAL! Granny Smith Apples - Thunder Hills Farm

BC! Yellow Potatoes

Broccoli - CA



## This Week's HomeGrown Heroes

Blackbird Organics - Cawston

Curly Willow Farm - Enderby

Green City Acres - Kelowna

Green Croft Gardens - Grindrod

Kettle River Farm - Grand Forks

Notch Hill Organics - Sorrento

Quail's Farm - Vernon

Shirlee Mae Schneider/Moses Brown - Cawston

Thunder Hills Farm - Lake Country

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.*

## Happy New Year!

Welcome back, and Happy New Year! We hope you've had the opportunity to enjoy some fun times with friends and family over the holidays! We are feeling refreshed from our 2-week break, and are looking forward to the year ahead! Here are a few reasons why...

- We have awesome customers - truly!! We can't express how much it means to us that some of you have been customers since January 2000 (!), and that many more have been customers for 10+ or even 5+ years! It's been an honour to watch your families grow and change over the years, along with your veggie needs! Thank you for letting us be a part of your food community!
- We have wonderful suppliers! One of the best parts of being in business for so long now (13 years this week!), is the relationships we've built over the years with so many of our suppliers. We'll soon be meeting with many of our veggie growers for our annual season planning session - always a fun and social affair, while being an important time to sit down and plan together!
- We work with a dedicated team of 7 employees, each contributing in valuable ways! We are proud to share that 4 out of 7 have been with us for 5+ years!
- We have lovely neighbours! Hybrid Elevators, Eric's Refrigeration, and Okanagan Street Food are all full of fine folk, and together, they make our experience at 806 Crowley Ave a positive one!

## Urban Harvest 2012 Trivia

In 2012, we paid out just over \$450,000 to farmers and other producers in our region (mainly in Okanagan/Shuswap, with small number in the Boundary/Kootenay region), as compared to \$430,000 in 2011. Even though sales were down approx 1.75% in 2012, local spending was up 4.6%. In fact, for the first year ever, our local/regional PRODUCE spending was higher than our produce spending outside of our region (other areas of BC, US, MEX, etc.)! We look forward to continuing this trend in 2013!

## Thank You to our Dec 22<sup>nd</sup> Saturday Sale Singers!

For our last Saturday Sale of 2012, on Dec 22<sup>nd</sup>, we invited customers to serenade the line-up with their favourite Christmas carol or winter song. In turn, we would donate \$10 to the Kelowna Women's Shelter on their behalf, AND enter their names in a draw to win a complimentary Harvest Box delivery in January! We were delighted with the results! Never before has our Saturday Sale line-up been privy to the workings of a 7-piece recorder choir! (This was definitely a first...many thanks to Alice Pallett for inviting her recorder-playing colleagues along!) In total, we had 16 singers and 7 recorder players. Not bad for a Saturday morning! We rounded up, and sent a \$250 cheque to the Kelowna Women's Shelter. \*\*We would like to congratulate Carole Gordon, who won the draw for a complimentary Harvest Box delivery in January. Way to go, Carole!

## Upcoming Saturday Sale Vendors

- **Jan 12<sup>th</sup> - Raw Delights** - Healthylicious Raw Vegan Organic Natural Food - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more...
- **Jan 12<sup>th</sup> - Café Feminina** coffee and super-sweet, cuddly felted animals, both sold by the Canadian Federation of University Women as a fund-raiser for their scholarship fund (coffee is purchased at above fair-trade prices from women's producer cooperatives).
- **Jan 19<sup>th</sup> - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, seaweed products, healthy oils, and more! See [www.realrawfood.com](http://www.realrawfood.com) for more info.
- **Jan 19<sup>th</sup> - Wheatgrass** FROZEN Organic Wheatgrass Cubes! Wheatgrass is full of antioxidants, stimulates metabolism, and alkalizes the body. Locally grown, using certified organic seeds and soil, filtered water, and NO fertilizers or pesticides!
- **Jan 26<sup>th</sup> - Wolfgang's Grain & Flour Mill** - organic whole grains and freshly milled flours.
- **Jan 26<sup>th</sup> - Bernie's Blackberries** - FROZEN blackberries, grown in South East Kelowna. Please note: these are NOT organic, but are grown without the use of sprays. \$4 per litre bag.

## Beginning a New Year

### French Dressing

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

- 3/4 C Tomato juice
- 2 Tbs extra-virgin Olive oil
- 1 Tbs Cider or Wine vinegar
- 1 tsp Dijon mustard
- 1 tsp Sugar
- 1 clove Garlic, peeled and crushed
- 1 1/2 tsp chopped fresh Thyme or 1/2 tsp dried
- 1/2 tsp Salt
- 1/4 tsp freshly ground Pepper

Combine tomato juice, oil, vinegar, mustard, sugar, garlic, thyme, salt and pepper in a blender or food processor and process until smooth. Makes 1 C (19 calories per tablespoon).

### Orange-Sesame Dressing

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

- 1/4 C Orange juice
- 1/4 C Cider vinegar
- 2 Tbs Sugar
- 2 Tbs reduced-sodium Soy sauce
- 1 tsp toasted Sesame oil

Combine orange juice, vinegar, sugar, soy sauce and oil in a small bowl or jar with a tight-fitting lid. Whisk or shake until the sugar has dissolved. Makes 2/3 C (18 calories per tablespoon)

### Buttermilk Ranch Dressing

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

- 2 Scallions, chopped
- 1/2 tsp minced Garlic
- 1/4 C Buttermilk
- 1/4 C plain Yogurt
- 2 tsp Rice vinegar
- Sugar and Salt, to taste

Purée chopped scallions, minced garlic, buttermilk and plain yogurt with rice vinegar and a pinch of sugar and salt (20 calories per tablespoon).

It's that time of year again - time for New Year's resolutions. After the big meals and extras snacks of the holidays, many people are watching their waistlines and nutrition once again. But cutting calories does not have to mean cutting flavour or eating unhealthy. Here are a few recipes that are less than 375 calories per serving. Pair them with a salad filled with your favourite veggies and top with a low calorie salad dressing (*all recipes adapted from [www.eatingwell.com](http://www.eatingwell.com)*).

### Citrus-Scented Black Bean Soup with Chipotle Cream

- |                                       |  |
|---------------------------------------|--|
| 1 Tbs extra-virgin Olive oil          | 1 medium Red onion, chopped              |
| 2 tsp ground Cumin                    | 1 15-oz can Black beans, rinsed          |
| 3/4 C Water                           | 1/2 tsp freshly grated Orange zest       |
| 1/2 C Orange juice                    | Salt and freshly ground Pepper, to taste |
| 1/2 C chopped fresh Cilantro          | 1 Tbs Lemon juice                        |
| 4 Tbs reduced-fat Sour cream, divided | pinch of ground Chipotle chile           |
| 2 Scallions, thinly sliced            |  |

Heat oil in a large saucepan over medium heat. Add onion, cover and cook, stirring occasionally, until browned, 4 to 5 minutes. Add cumin and cook, stirring, until fragrant, about 30 seconds. Add beans, water, orange zest and juice, salt and pepper; increase heat to medium-high and bring to a boil, stirring often. Transfer to a blender with cilantro, lime juice and 3 Tbs sour cream. Puree until smooth. Combine the remaining 1 Tbs sour cream and ground chipotle in a small bowl. Serve the soup garnished with the chipotle cream and scallions. Serves 2. Calories per serving: 333 (serving size: 1 3/4 C).

### Skillet Gnocchi with Chard and White Beans

- |  |                                       |
|--|---------------------------------------|
| 6 C chopped Chard leaves, (about 1 small bunch) or Spinach |                                       |
| 1 15-oz can diced Tomatoes with Italian seasonings         | 1/4 C finely shredded Parmesan cheese |
| 1 Tbs plus 1 tsp extra-virgin Olive oil, divided           | 1 16-oz package of Gnocchi            |
| 1 medium Yellow onion, thinly sliced                       | 4 cloves Garlic, minced               |
| 1/2 C Water  | 1 15-oz can White beans, rinsed       |
| 1/2 C shredded part-skim Mozzarella cheese                 | 1/4 tsp freshly ground Pepper         |

Heat 1 Tbs oil in a large skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5 to 7 minutes. Transfer to a bowl. Add the remaining 1 teaspoon oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6 minutes. Add chard (or spinach) and cook, stirring, until starting to wilt, 1 to 2 minutes. Stir in tomatoes, beans and pepper and bring to a simmer. Stir in the gnocchi and sprinkle with mozzarella and Parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes. Serves 6. Calories per serving: 325.

### Cabbage Stir-Fry with Peanut Sauce

- |  |                                     |
|--|-------------------------------------|
| 1/4 C smooth natural Peanut butter                 | 1/3 C Orange juice                  |
| 3 Tbs reduced-sodium Soy sauce                     | 1 Tbs Rice vinegar                  |
| 2 tsp Sugar  | 4 tsp Oil, divided                  |
| 3 cloves Garlic, minced                            | 1 small head Cabbage, thinly sliced |
| 2-5 Tbs Water                                      | 2 medium Carrots, grated            |
| 1/4 C chopped unsalted roasted Peanuts, (optional) |                                     |

Whisk peanut butter, orange juice, soy sauce, vinegar and sugar in a medium bowl until smooth. Heat 2 tsp oil in a wok or large skillet over medium-high heat. Add garlic and cook, stirring, until fragrant, 30 seconds. Add steak and cook, stirring, until browned and barely pink in the middle, 2 to 4 minutes. Transfer to a bowl. Reduce heat to medium. Swirl in the remaining 2 teaspoons oil. Add cabbage and 2 tablespoons water; cook, stirring, until beginning to wilt, 3 to 5 minutes. Add carrots (and more water if necessary to prevent sticking or burning) and cook, stirring, until just tender, about 3 minutes more. Return the steak and any accumulated juices to the pan, then pour in the peanut sauce and toss to combine. Serve sprinkled with peanuts (if using). Serves 4. Calories per serving: 364.