



The Harvest Herald

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March 1-3, 2011

Issue #555

OKG Bread Special March 8-10

Rustic Ciabatta! The dough for this classic loaf contains unbleached organic flour and olive oil. It has a crisp golden crust and a wonderfully holey interior! Perfect for paninis or soup dipping!

Regular Harvest Box

Local! Carrots - Green Croft Gardens
Local! Rutabaga - Wild Flight Farm
Local! Shallot(s) - Green Croft Gardens
Local! Parsnips - Similkameen River Organics
Local! Pink Lady Apples - Commandeur Farm
BC! D'Anjou Pears
BC! Alfalfa Sprouts
Broccoli - CA
Navel Oranges - CA
Bacon Avocado - CA (*Ripen at room temp, use when fruit yields to pressure. Skin may look mottled/spotty, but the inside should be a creamy pale green!*)
Bananas - MEX

Family Harvest Box Extras

Local! Garlic - Sweet Haven Farm
Yellow Potatoes - MB
Collard Greens - CA
Ruby Grapefruit - CA
Red Bell Pepper - MEX
HH Tomatoes - MEX



This Week's HomeGrown Heroes

Commandeur Farm - Naramata
Green Croft Gardens - Grindrod
Honest Food Farm - Cawston
Intentional Peasants - Edgewood (NOT certified org.)
Kettle River Farm - Grand Forks
Quail's Farm - Vernon
Similkameen River Organics - Cawston
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 items of poor quality, please inform us **within 48 hours**, and we'll provide a credit toward your next order.*

Saturday Sale Guest Vendors

- Sat, Mar 5 - no guest vendors...just us!
- Sat, Mar 12 - **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.)

Community Events/Notices

Making Change! The Transition Town Movement in the Okanagan is the topic for this week's Okanagan Institute Forum. Two groups present their efforts to proactively address the increasing vulnerability of communities to peak oil, climate change and food insecurity. Thurs, Mar 3, starting at 5pm at the Bohemian Cafe, 524 Bernard Avenue, Kelowna. \$2 at the door. Refreshments are available. Seating is limited, please reserve in advance @ <http://www.okanaganinstitute.com>

Designer Digs - Designer Digs will be a one-evening-only, self-guided tour of six beautiful homes in Kelowna designed by the most prominent designers in town. Attendees will get an insider peek of the Designer's lifestyle and will have the chance to meet and chat with each designer. Think big city design coming to life with the ability to ask questions of each designer and see some innovative ideas put into play. An after party will take place at the Manteo Resort, with a Silent Auction raising funds to support SMARTRISK, a national charity dedicated to youth injury prevention and risk management education, programming, and policy change. Fri, Mar 4th. Tix/info: www.designerdigs.org.

Kelowna Community Seed Swap Discover rare, unusual and Certified Organic local seed, great food, lots of garden ideas! Bring your own saved seed for the swap table, a chance to participate and perpetuate family treasures. Held in partnership with the Travelling World community Film Festival. 10am to 3pm, Sat, Mar 12th at Okanagan College Student Services Building, 1000 KLO Road.

2011 Travelling World Community Film Festival - March 10-13th! Featuring 32 documentary films from over 25 countries, covering environmental, social justice and human rights issues. These are films that are sure to educate, entertain and inspire! Supported by the UBC-O Student Union, UBC-O Cultural Studies Dep't and Okanagan College's Dep't of Communications, as well as a dedicated group of volunteers. Okanagan residents of all ages are invited to enjoy this year's films. Admission to all films is FREE, and donations are gratefully accepted for the Kelowna Women's Resource Centre and the Ki-low-na Friendship Centre. For film schedule and descriptions, visit <http://www.worldfilmfestkelowna.net>.

An exciting new addition to this year's film festival is the special **Family Programme**, with 10 films appropriate (and engaging!) for younger audiences to be shown during the Saturday and Sunday afternoon programs at Okanagan College!

David Suzuki Presents in Kelowna Mar 31st! Canada's most distinguished and important environmentalist will present his "Message from an Elder on the Challenges of the 21st Century". For decades, Dr. David Suzuki has sounded the alarm, and raised the awareness of millions of Canadians and people around the globe, as to the grave and imminent challenges facing our earth. Dr. Suzuki titled his This highly-acclaimed scientist commands the attention of politicians, the captains of industry, as well as officials at the United Nations, with his reasoned, scientifically-based arguments for fundamental changes in the way we protect, extract and consume our rapidly-depleting natural resources. Urban Harvest is a proud sponsor of this exciting event!

Dr. Suzuki's presentation takes place on Thurs, Mar 31st at the Kelowna Community Theatre. Doors open at 6:30pm; presentation begins at 7:30pm. Be sure to purchase your tickets early at Leo's Videos, Mosaic Books, and Choices Markets, or call 250-863-1300.

Watermelon Radish Ratatouille

(created and shared by Urban Harvest customer Marika Haspeck)

- 1 Watermelon Radish (large)
- 1 or 2 Tomatoes
- 1 Apple for each tomato
- 1 1/2 C Water
- 2 cloves elephant Garlic
- 1 small Onion
- 3 Tbs Olive oil
- 1/4 C Apple Cider Vinegar
- 1 1/2 tsp Salt
- 1 tsp Chili powder (ground chili)
- 4 shakes of Tabasco
- 1 tsp Caraway seeds

Preheat oven to 400°F. Thinly slice watermelon radish. In a blender, combine the remaining ingredients and blend until well mixed and fairly smooth.

In a casserole dish of your choice, alternately layer 1 cm of radish with 1/3 cup of sauce, ending with a sauce layer. Cover and bake at 400°F for 1 hour. The radish will be tender but not soggy. If you prefer it to be softer, cook no more than 10 minutes at a time longer.

Marinated Broccoli Recipe

(Adapted from www.ezhealthydiet.com)

- 1 large head of Broccoli cut into small spears
- 2 Tbs Bragg's amino acids
- 2 Garlic cloves minced
- 2 Tbs Honey
- 1 Tbs Sesame seed
- 2 Tbs Olive oil

Place broccoli spears in a large bowl. Sprinkle with the remaining ingredients. Toss broccoli spears until completely coated in marinade. Add more ingredients in same ratios if you need more marinade.

Transfer the broccoli recipe, with marinade, to a serving bowl and cover. Refrigerate for at least 2 hours. Serve cold or bring to room temperature. Serves 6.

Mixing it Up

At this time of year, it feels like spring is so far away. Gardening seems like a far-off dream as our gardens lay buried under a mixture of snow and ice. Luckily, while we wait for the sun to warm and the ground to thaw, we can enjoy a variety of fresh fruits and vegetables in our boxes. One way to ensure that we are getting enough fruits and veggies in our diet is to pair them up. During the cold winter, warm soups are easy to prepare and even easier to eat. They also offer the perfect place to mix fruits and veggies.

Curried Carrot and Pear Soup

(Recipe adapted from "Live Journal" at <http://community.livejournal.com>)

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| 2 Tbs Vegetable oil | 1 medium Onion, thinly sliced |
| 1 Tbs Curry powder | 2 cloves Garlic, minced |
| 8 C Vegetable stock | 4 large Carrots, coarsely chopped |
| 2 Pears, peeled, cored and sliced | 1 Tbs packed light Brown sugar |
| 3 Tbs freshly squeezed Lemon juice | Salt and freshly ground Black pepper |

In large pot, heat oil over medium heat for 30 sec. Add onion and cook, stirring, for 3 min or until softened. Add curry powder and garlic and cook, stirring, for 1 min or until fragrant. Add vegetable stock, carrots, all but one-quarter of one pear, and sugar and bring to a boil. Reduce heat and simmer, uncovered, for 20 min or until carrots are soft and soup is fragrant. In food processor or blender, puree soup, in batches if necessary, until smooth. If necessary, return to pot and reheat until steaming. Add 2 tbsp lemon juice and season with salt and pepper to taste. Grate remaining pear and drizzle with remaining lemon juice to keep from browning. Ladle soup into cups or bowls and top with grated pear mixture.

Parsnip and Lemon Soup

(Recipe adapted from "The Star" at www.thestar.com/living/food/recipes)

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| 1 Tbs Butter | 1/2 C diced Onion |
| 2 C peeled, diced Parsnips | 4 C Vegetable stock or water |
| 1 Tbs finely grated Lemon zest | 3/4 tsp fine Sea salt, or to taste |

In large saucepan over medium heat, melt butter until it foams. Add onions. Cook, stirring, 3 minutes to soften. Add parsnips and stock or water. Raise heat to high; bring to boil. Stir in zest. Reduce heat to medium. Simmer 15 minutes or until parsnips are tender. Remove from heat; cool slightly. In blender or food processor, puree soup, in batches if needed. If a silky, smooth texture is desired, pass through medium strainer; discard solids. Season with salt. Serve in warmed bowls. Makes about 4 servings.

Broccoli and Apple Soup

(Recipe adapted from "Vegalicious" at www.vegalicious.org)

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| 2 C Broccoli, including the stems, chopped | 1 Tbs Oil |
| 3/4 tsp Thyme | 1 C Onion, chopped |
| 2 cooking Apples, peeled and diced | 1 tsp Celery seed |
| 3 C Water | 2 Vegetable bouillon cubes |
| 1/4 tsp White pepper, ground | 1/4 C Soy yogurt |
| 2 Tbs Parsley, minced | splash of Lemon |

Put the oil in a deep pot, add the chopped onion and sauté until the onion is glassy. Add the broccoli pieces and saute a bit longer. Add the water and bouillon cubes and bring to a boil. Once it has begun boiling, turn down the heat and cook just until the broccoli is tender, but still bright green. Meanwhile, peel and chop the apples and add to the soup. When the apples have become soft, puree the soup. Add the parsley and puree once again. Set the soup back on low heat and add the soy yogurt. Season to taste with white pepper and salt and a small splash of lemon juice.