The Harvest Herald

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OKG Bread Special Mar 19-21

Anadama Loaf! A popular feature bread returns: Peter Reinhart's version of a New England favourite, consisting of whole wheat and corn flour, butter, and a hint of molasses. Perfect table bread!

Regular Harvest Box

LOCAL! Celeriac (Celery Root) – Wild Flight Farm
LOCAL! Corn Salad (Mache) – Wild Flight Farm
LOCAL! Spartan Apples – Harker's (store in fridge!)
Red Chard - CA
Black Lacinato Kale - CA
Broccoli – CA or AZ
Bunched Carrots – CA
Navel Oranges – CA
Hass Avocado - MEX
Bananas – MEX

Family Harvest Box Extras

LOCAL! Green Cabbage – Wild Flight Farm
BC! Parsnips – Similkameen River
Romaine Lettuce - CA
Green Pepper(s) - MEX
HH Tomatoes – MEX

This Week's HomeGrown Heroes

Blackbird Organics – Cawston
Green City Acres – Kelowna
Harker's Organics – Cawston
Quail's Farm – Vernon
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.*

Upcoming Saturday Sale Vendors for March

- **Mar 16th – Real Raw Foods** - raw, organic nuts, seeds, dried fruit, seaweed products, healthy oils, and more! See www.realrawfood.com for more info.
- **Mar 16th – Swheatgrass** FROZEN Organic Wheatgrass Cubes! Wheatgrass is full of antioxidants, stimulates metabolism, and alkalinizes the body. Locally grown, using certified organic seeds and soil, filtered water, and NO fertilizers or pesticides!
- **Mar 23rd – Wolfgang's Grain & Flour Mill** – organic whole grains and freshly milled flours.
- **Mar 23rd – SAPED** – direct fair-trade products grown and processed by indigenous peoples in Chiapas, Mexico, Guatemala, and the Philippines. Products include Arabica coffees, cacao beans, natural sugarcane, natural chocolates, medicinal spices such as cardamom, turmeric, ginger. Profits help to build projects supporting community self-reliance in producer communities.
- **Mar 30th** – no guest vendors…just us!
- **Apr 6th – The Olive Oil Merchant** – Italian new-crop olive oil releases, Balsamic vinegars, sundried tomatoes, olives, farro, and more, all purchased direct from small farms in Italy.
- **Apr 6th –Chef Giulio Piccioli** will once again be on-site, offering up culinary inspiration and creative tips for making best use of the different veggies in our store! Be sure to pick his brain a little…what better way to pass the time in the line-up?!

The Urban Harvest Saturday Sale is open every Saturday, year-round, from 9am to 1pm at 806 Crowley Ave (in Kelowna's north end). Please see www.urbanharvest.ca/sale for a map to our location and a full list of produce items available for sale at this week's Saturday Sale.

Community Events/Updates

Take Action for Water on World Water Day! Sat, Mar 23 from 11am to 1pm at Rotary Beach in Kelowna (Lakeshore Rd). "There are few things more important than clean, safe water, but new federal government legislation, damaging and polluting industries, and water privatization efforts are putting our water sources at risk. You can make a difference. The fight to reclaim water as a commons – a public resource available to all – is happening now. Across Canada people are objecting to omnibus budget bills that removed much-needed protections from 99 per cent of lakes and rivers in Canada; they are fighting plans to cut environmental assessments for massive projects such as pipelines that endanger waterways, and they are standing up for public water in their communities. Join us and help protect water by participating in our World Water Day."
https://www.facebook.com/events/442260592517608/?context=create

Word Ruckus! All ages are invited to get involved in this year's festival of words and community – aka "Community Literary Festival Hootenanny Show Event!" Sat, Mar 23 from 4pm – 1am at the Laurel Packinghouse (1304 Ellis St). Admission by donation.

Okanagan Car Share Co-Op Ready to Launch Apr 2! Carsharing is becoming common all across Canada, with successful car shares in Vancouver, Victoria, Nanaimo, and even the Kootenays. This is the first car share in Kelowna, and "OGO" needs interested people to join now, so they can reach a goal of 40 members by Apr 2nd. Even if carsharing might not accommodate your needs at the moment, you can still support this initiative by becoming a member and helping to spread the word! Please visit www.ogocarshare.ca for more info and to learn how to become a member.

Slow Food Convention Apr 25-28! The National Slow Food convention is coming to the Valley, with tastings, workshops, presentations, all showcasing local food, chefs and farmers! More info: http://slowfood.com, or email krickypl@gmail.com, or call 778-363-2969. Volunteers welcome!

Celeriac, Broccoli and Corn Salad Soup

(Adapted from www.taste.com.au)

1 Tbs Olive oil
1 medium Onion, chopped
2 Garlic cloves, crushed
1 small bulb Celeriac, peeled, chopped
4 C Vegetable stock
3 C Broccoli, cut into small florets
1 1/2 C Corn salad (roughly chopped)
1/3 C pure Cream
2 Tbs roughly chopped fresh Chives
pure Cream and wholemeal Toast, to serve

Heat oil in a saucepan over medium heat. Add onion and garlic. Cook, stirring, for 5 minutes or until onion has softened. Add celeriac, stock and 1 cup cold water. Bring to the boil. Reduce heat to medium low. Simmer, covered, for 20 minutes or until the celeriac is tender.

Add broccoli. Cook, partially covered, for 15 minutes or until tender. Add corn salad. Remove from heat. Season with salt and pepper. Process celeriac mixture until smooth. Return to pan. Add cream. Cook for 5 minutes or until heated through. Season with pepper. Ladle into bowls. Top with chives and cream. Serve with toast. Serves 4.

Celeriac, Potato and Carrot Burgers

(Adapted from www.budgens.co.uk)

1 Celeriac
1 tsp Lemon juice or Vinegar
1 1/2 C Potatoes, peeled and cut into chunks
Oil for frying
1 large Red onion, peeled and finely chopped
2 C Carrots, peeled and grated
1 tsp dried Thyme
Salt and Pepper
4 Tbs Flour
1 Egg, beaten
3/4 C Breadcrumbs, fresh or dried

Cut away the brown skin and thin roots from the celeriac and chop the flesh into small chunks. Place in a saucepan of cold water with the lemon juice or vinegar added to stop the celeriac turning brown. Add the potatoes and boil for 10 minutes or until the celeriac and potatoes are tender. Drain, place in a bowl and crush with a fork until roughly mashed.

Heat 2 Tbs of oil in a large frying pan and fry the onion until softened. Stir in the carrots and thyme and cook for 2 further minutes. Add the crushed potatoes and celeriac and stir until mixed. When cool, shape the mixture into 4 round flat cakes. Dust with the flour, dip in beaten egg and coat in the breadcrumbs. Chill the cakes in the fridge for about 1 hour so they firm up. Shallow fry the burgers in hot oil for about 5 minutes until golden brown on both sides, turning once. Drain on kitchen paper and serve in toasted burger buns with lettuce, tomato slices and onion rings.

Dinosaur Greens

Lacinato kale goes by many names – black kale, Tuscan kale, palm tree kale, and my favourite, dinosaur kale. This hearty kale is dark and firm with a very earthy and nutty flavour. The leaves are so hearty that they remain firm even after cooking.

To preserve the goodness that can be found in all kale (like 100% of the daily value of vitamins K and A), wrap your kale loosely in plastic and store in the refrigerator. Rinse the leaves well when you are ready to use.

Because of its heartiness, it can be cooked in many ways. The simplest is to braise it in a bit of broth or blanch in boiling water followed by a quick sauté with your favourite add-ons, such as olive oil and garlic or a squirt of lemon. Here are some more great recipes that feature lacinato (or dinosaur) kale:

Lacinato Kale and Ricotta Salad

(Recipe adapted from "Epicurious" at www.epicurious.com)

3/4 to 1 lb Lacinato Kale, stems and center ribs discarded
2 Tbs finely chopped Shallot
1/4 tsp Salt
4 1/2 Tbs extra-virgin Olive oil
1 1/2 Tbs fresh Lemon juice
1/4 tsp Black pepper
2 oz coarsely grated Ricotta (1 cup)

Working in batches, cut kale crosswise into very thin slices. Whisk together shallot, lemon juice, salt, and pepper in a small bowl, then add oil in a slow stream, whisking until combined well. Toss kale and ricotta in a large bowl with enough dressing to coat well, then season with salt and pepper. Serves 6.

Lemony Braised Lacinato Kale

(Recipe adapted from "What's Cooking America" at http://whatscookingamerica.net)

1 large bunch (about 10 oz) Lacinato Kale, leaves rinsed and thick center ribs cut out
scant 1/2 Tbs extra-virgin Olive oil
1/8 C dry White wine
1 to 2 tsp freshly-squeezed Lemon juice, to taste
2 to 4 Garlic cloves, or to taste
1/4 to 1/2 C Stock
1 tsp coarse Salt

The thickest part of the center rib of the lacinato kale can easily be cut out with a sharp knife. Pile leaves on top of each other and sliced the bunch into 1-inch pieces. Bring a large pot of water to a boil, add prepared kale. Cover and cook just until slightly wilted, approximately 3 to 5 minutes. Remove from heat and drain well. In a large fry pan or heavy-bottomed pot over low heat, heat olive oil. Add garlic and sauté, stirring often, until soft. Add kale and wine; cover and cook until almost all the liquid has evaporated. Add 1/4 cup stock and cook until stock is almost evaporated and kale is very tender, approximately 30 minutes. Check for tenderness. Note: If needed, add the remainder of the stock and cook until done. The kale, depending on your source and how long the kale has been picked, may take even longer to cook. Just add additional stock or water if needed. Season to taste with salt and lemon juice; toss with tongs and serve. Serves 2.

Kale and Chard Supreme

(Recipe adapted from "All Recipes" at www.allrecipes.com)

1 Tbs Olive oil
1/4 C chopped Red onion
2 bunches Rainbow chard, chopped
1/4 C slivered Almonds
1/4 C chopped Pineapple
2 bunches Kale, chopped
1/4 C crumbled Feta cheese
1/4 C dried Cranberries

Heat olive oil in a large skillet over medium heat; cook and stir pineapple, and onion until onion is tender and lightly browned, about 10 minutes. Add kale and chard; cover and cook until greens have reduced to half the size, about 7 minutes. Remove lid and toss mixture. Cover and cook until greens have softened, 3 to 4 minutes. Transfer kale and chard mixture to a large bowl. Stir in feta cheese, almonds, and cranberries. Serves 8.

~ Article & Recipes Contributed by Angela Cleveland ~