



The Harvest Herald

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

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

March 13-15, 2012

Issue #606

OKG Bread Special March 20-22

Sunflower Seed Hearth Loaf! Sunflower seeds are roasted, soaked, and fermented, and then added to a rye and whole wheat base, creating a dense and nutty loaf. Ideal for toast & sandwiches.

Regular Harvest Box

LOCAL! Rutabaga - Wild Flight Farm
LOCAL! Carrots - Green Croft Gardens
LOCAL! "Corn Salad" (salad green) - Wild Flight Farm
LOCAL! Red Onions - Similkameen River Organics
LOCAL! Sweet Orin Apples - Harker's
d'Anjou Pears - WA
Broccoli - CA
Romaine Lettuce - CA
Zucchini - CA
Ruby Grapefruit - CA
Bananas - MEX

Family Harvest Box Extras

LOCAL! Salsify ("oyster plant") - Notch Hill
LOCAL! Mixed Apples - Harker's
LOCAL! Spaghetti Squash - Wild Flight Farm
Navel Oranges - CA
Tomatoes - MEX



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green Croft Gardens - Grindrod
Harker's Organics - Cawston
Klippers Organics - Cawston
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Similkameen River Organics - Cawston
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.*

Sin Grano Bakery Closed for Spring Break

Please note that Sin Grano Ancient Grains Bakery will be closed from March 9th to 25th, so you will not see their gluten-free breads, muffins, or brownies on our order list during that time.

Saturday Sale Updates/Guest Vendors

- March 17th - Real Raw Foods from Naramata will be selling raw, organic nuts, seeds, dried fruits and more! For more info about their products, visit realrawfood.com.
- March 24th - Wolfgang's Whole Grain & Flour Mill offers certified organic whole grains and freshly-milled flours, purchased as close to home as possible.
- March 31st - The Canadian Federation of University Women will be selling Cafe Feminina, organic coffee purchased from women producers in 9 countries. Coffee is purchased at 2 cents above fair-trade prices, supporting women's autonomy and community well-being. \$4 from each sale goes toward the CFUW scholarship/bursary fund.

ALSO March 31st - The Kelowna-Zambia Partnership will be selling hand-woven basketry and textiles from Zambia, in support of the community development work carried out by the Kelowna-Zambia Partnership in Zambia.

Community Events/Notices

Spring Break Circus Yoga Camp CircusYoga with Anita McFarlane & Friends combines: Yoga! Acrobatics! Circus Arts! Juggling! Theatre Games! Arts & Crafts! And much more! Camp 2: March 19-23, 9 am - 1 pm. Register for 5 days for \$200, OR, drop in for a day (if space is available) for \$50. Ages 5 - 12. To register, email anita@anitamcfarlane.com.

March 22nd is International World Water Day! This year's theme is "Water and Food Security" (The World is Thirsty Because We Are Hungry". If you are interested in learning more (or helping others learn more) about the links between freshwater access and food security, here is a great resource: <http://www.unwater.org/worldwaterday/faqs.html>. There are also some great educational materials at <http://www.unwater.org/worldwaterday/campaign.html>.

World Water Day Lecture - March 21st Water + food security is the theme of this World Water Day lecture with speaker Yehalem Metiku discussing Ethiopian challenges on Wed, Mar 21st, 7pm, at the Mary Irwin Theatre (Rotary Centre for the Arts). Admission is free. Must pre-register at <http://www.ubc.ca/okanagan/sustainability/getinvolved/events/2012WWD.html>.

1-day Raw Food Dehydration Class - The Art of Low Temperature Baking! Sunday March 25th from 11am to 5pm. Learn how to make your own Gluten-free bread, crackers, pizza, kale chips and more! For more info see <http://therawfoodpath.com> or call Guylaine @ 250-469-2265.

Community Kitchens Meet-Up #2 Would you like to join a group of 4-6 others that meets every month or so to spend a fun afternoon or evening together preparing a few meals for the freezer...or perhaps taking on something labour-intensive like perogies or samosas? Join the "Kelowna Community Kitchen" Facebook group to find or start a group, OR come to a face-to-face meet-up at the Urban Harvest Warehouse (806 Crowley Ave) on Sunday, April 1st (NEW DATE!) from 2-3:30pm. Please RSVP to order@urbanharvest.ca OR join the Facebook event "Community Kitchen Meet-Up #2" by March 30th.

Apple Apple Pie

(Adapted from www.grit.com)

- Double crust for 9-inch pie
- 2 Tbs Flour
- 1 tsp Cinnamon
- 1/4 tsp Salt
- 1 can (6 oz) frozen Apple juice, thawed
- 5 to 6 Apples, peeled and sliced
- 2 Tbs Butter

Heat oven to 450°F. Place bottom crust in pie plate; set aside. In medium saucepan, heat flour, cinnamon and salt. Gradually stir in apple juice and bring to a boil. Add apples and stir thoroughly to coat with thickened juice. Pour into pie shell and dot with butter. Add top crust and seal. Bake for 15 minutes. Reduce oven temperature to 350°F, and continue baking for an additional 30 to 35 minutes, or until apples are tender and crust is golden brown.

Pear Ginger Maple Pie

(Adapted from <http://simplyrecipes.com>)

- 1 pie crust
- 6 C of peeled and roughly chopped Pears
- 1 1/2 Tbs Flour
- 1/2 tsp Salt
- 1/4 C Brown sugar or sugar alternative
- 1/4 C Maple syrup
- 1 Tbs Lemon juice
- 1 tsp Lemon zest
- 2 Tbs chopped candied Ginger (or 1/2 tsp of ground Ginger)

Oatmeal Crumb Topping:

- 2/3 C Flour
- 1/2 C old-fashioned Oats
- 1/4 C packed Brown sugar
- 1/4 tsp Salt
- 1/3 C cold, unsalted Butter, cut into 1/4-inch pieces

Roll out pie dough and place in a 9 1/2-inch deep-dish pie dish and place in the freezer to set. Preheat the oven to 400°F. Place the chopped pears (and apples if using) in a large bowl with the flour, candied ginger, brown sugar or alternative, maple syrup, lemon juice, and lemon zest. Toss well. Place the pear mixture into the chilled, crust lined pie dish and smooth the top of the fruit. Place the pie into the center oven rack and bake for 45 minutes. After 30 minutes, line the edges of the pie with foil or a pie protector to prevent them from burning.

While baking take all the Oatmeal Crumb Topping ingredients and place them in a bowl. Use your hands and mix the ingredients until large crumbs form. Refrigerate until use. After 45 minutes reduce heat to 375°F. Remove the pie and carefully place the crumb topping over the pie, covering all the fruit. Bake for another 15 minutes. Cool on a wire rack for at least one hour. Serve.

Happy Pi Day

While St. Patrick's Day is just around the corner, there is another exciting celebration this week. March 14th is also known as "Pi day." Pi, which represents the ratio of the circumference to the diameter of a circle, has a value of 3.14 (and so on...up to 1 trillion digits past the decimal). So, on the 14th day of the 3rd month, mathematicians and pie-lovers celebrate this simple excuse to eat pie.

There seem to be no rules about what types of pie. So, instead of heading toward sugar- and fat-laden pies, it seems like the perfect time to try out some savoury and low-sugar recipes. Here are a few recipes that stretch the boundaries of traditional pies while maintaining nutrition and flavour in our lives.

Zucchini Cheese Pie

(Recipe adapted from "Greenster" at www.greenster.com)

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| 2 Tbs Bread crumbs | 2 tsp Vegetable oil |
| 1/4 C finely chopped Onion | 2 C shredded Zucchini |
| 2 cloves minced Garlic | 3 Eggs |
| 1 C low-fat Cottage cheese | 1 Tbs Flour |
| 1/8 tsp Basil | 1/8 tsp Oregano |
| 1/8 tsp Salt | 1/8 tsp Pepper |
| 2 drops Tabasco sauce | 1 C low fat shredded Swiss cheese |

Grease a 9" pie plate, sprinkle it with bread crumbs and set it aside. Heat oil in a large non-stick skillet. Add onion and cook over medium heat for 4 minutes, stirring often. Add zucchini and garlic. Cook 3-4 minutes, stirring often. Set aside to cool for 5 minutes. Preheat oven to 350°F.

Combine eggs, cottage cheese, flour, basil, oregano, salt, pepper, and Tabasco sauce. Stir (or blend) until smooth. In a large bowl, combine cooked vegetables, cottage cheese/egg mixture and Swiss cheese. Pour into prepared pan. Bake 30 minutes or until knife inserted in the center comes out clean. Let stand 5 minutes before serving.

Shepherd's Pie

(Recipe adapted from "Oh She Glows" at <http://ohsheglows.com>)

Mashed Potatoes:

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| 3 lb Potatoes, peeled and chopped | 2 Tbs Butter or equivalent |
| 1/3 C + 2 Tbs Milk (or non-dairy alternative) | 1 tsp Salt, or to taste |
| freshly ground Black pepper, to taste | 1/2 tsp Garlic powder |

Vegetable Filling:

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| 2 Tbs extra virgin Olive oil | 1 Yellow onion, finely chopped |
| 3 cloves Garlic, minced | 4 medium Carrots, peeled and small dice |
| 1 Rutabaga, peeled and small dice | 4 Celery stalks, small dice |
| 1 C Vegetable broth (or more as needed) | 1/4 C Red wine (or more broth) |
| 2 tsp dried Thyme | 1/2 tsp Italian seasoning |
| 1/2-3/4 tsp Salt, to taste and Black pepper | 3 Tbs Flour |

Preheat oven to 425°F and lightly oil a 2.5 quart/2.3 litre casserole dish. Place peeled and chopped potatoes into a large pot and add water, 2 inches above potatoes. Bring to a boil and then simmer on low for about 30 minutes until very tender. Meanwhile, prepare the vegetable filling. Chop the onion and mince the garlic and add to a skillet along with the oil. Cook on low for about 5-7 minutes. Now add in the chopped carrots, rutabaga, and celery. Cook on medium-low heat for about 15 minutes.

When the potatoes are done cooking, drain and add back to the pot. Add the Earth Balance (or butter), milk, and seasonings and mash well. Set aside. In a small bowl, whisk together the liquid ingredients (broth, red wine (optional), thyme, and flour). Add this liquid mixture to the vegetables in the skillet and stir well. Add your salt and pepper to taste. Cook for another 5-10 minutes or so until thickened. Season to taste. Scoop vegetable mixture into casserole dish. Spread on the mashed potato mixture and garnish with paprika, ground pepper, and thyme. Bake at 425°F for about 35 minutes, or until golden and bubbly. Allow to cool for at least 10 minutes before serving. Makes 6 generous servings.

~ Article & Recipes Contributed by Angela Cleveland ~