



# The Harvest Herald

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March 15-17, 2011

Issue #557

## OKG Bread Special March 22-24

Barley Mushroom Flatbread! A mild sourdough made using 25% barley flour, stretched thin and topped with organic mushrooms and Jerseyland Gouda cheese. The perfect snack or side to hearty soups!

## Regular Harvest Box

Local! Carrots - Green Croft Gardens  
Local! Rutabaga- Wild Flight Farm  
Local! Gala Apples - Harker's  
BC! Alfalfa Sprouts  
BC! English Cucumber  
Yellow Potatoes - MB  
Red Leaf Lettuce - CA  
Collard Greens - CA  
Ruby Grapefruit - CA  
Navel Oranges - CA (mini order)  
Bananas - MEX

## Family Harvest Box Extras

Local! Parsnips - Similkameen River  
Broccoli - CA  
Jewel Yams - CA  
Green Onions - MEX  
Red Grape Cherry Tomatoes - MEX  
Mango (Kent) - PERU



## This Week's HomeGrown Heroes

Green Croft Gardens - Grindrod  
Harker's Organics - Cawston  
Honest Food Farm - Cawston  
Intentional Peasants - Edgewood (NOT certified org.)  
Quail's Farm - Vernon  
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.*

## Saturday Sale Guest Vendors

- **Sat, Mar 19 - 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.  
AND **Organically Clean** - locally made + organically formulated cleaning solutions, including shampoo/hair conditioner, hair gel, liquid body wash + household cleaners + laundry/dish soap.
- **Sat, Mar 25 - Wolfgang's Grain & Flour Mill** will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally,
- **Sat, Apr 2 - Kelowna Zambia Partnership** will sell beautiful AND functional woven baskets, to support women's fair-trade coops in Zambia,

## Community Events/Notices

**Vegan Potluck This Saturday!** Sat, Mar 19<sup>th</sup>, 6pm @ the EECO Centre - 2363A Springfield Rd (in Mission Creek Park). For each group of 2, please bring a vegan dish, enough for 6-8 servings, with a serving utensil, ingredient list, and your own eating dishes and cutlery. Put on your chef's hat, as there will be prizes for the best main course and the best dessert! \$2 admission (to help cover rental of EECO Ctr), or \$7 if you do not bring a dish to share. Questions? Not sure what to bring? Contact Lauren at 250-766-2589 ext 100, or at [lauren@beelineweb.com](mailto:lauren@beelineweb.com).

**Amnesty International Film Night** - "Under Rich Earth" tells the tale of Ecuadorian farmers resisting a Canadian mining company trying to establish a copper mine on their land. Fri, Mar 25<sup>th</sup> at 7:30pm, Okanagan College Theatre (1000 KLO Rd.), by donation. Info: 250-769-4740.

**Spring Fabulous Finds!** This is a unique show promoting local artisans and vintage collectors in a great environment where customers can enjoy organic wine while they shop. Could there be a better way to welcome spring? Friday, Mar 25, 4-9pm, and Saturday, Mar 26, 10am to 4pm, at Summerhill Winery (4870 Chute Lake Road).

**David Suzuki Presents in Kelowna Mar 31<sup>st</sup>!** 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 31<sup>st</sup> 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.

**8<sup>th</sup> Annual Wearable Art Gala!** This fun and funky adult event is not a fashion show in the traditional sense - it's an artistic exploration of all types of body adornment. The Wearable Art Gala features creative experimentation with hair, jewelry, accessories and original one-of-a-kind wearables using everything from computer keyboards and teabags to string licorice and bubble wrap. Sat, Apr 2<sup>nd</sup>, 8pm at the Alternator Centre for Contemporary Art, 421 Cawston Ave. Tix at <http://selectyourtickets.com> or contact [info@alternatorgallery.com](mailto:info@alternatorgallery.com).

**Fruit Tree Pruning Workshop!** Sat, Apr 9<sup>th</sup>, 10am-1pm, Claremont Ranch Organics (formerly McCoubrey Farms), 8090 Hwy 97, Winfield. \$58 incl HST. Hosted by organic orchardists Matt and Molly Thurston, and Bob McCoubrey. Planting new fruit trees? Wanting to gain confidence in caring for existing fruit trees? This is the workshop for you! For more info or to reserve a space, contact Elana @ Sustainworks Ventures, at 250-470-2610 or [elana@sustainworks.ca](mailto:elana@sustainworks.ca).

## Cream of Cucumber Soup

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

- 1 large Cucumber, peeled and diced
- 1 medium Onion, diced
- 1 can creamed Soup
- 3/4 C Broth
- 6 dashes Tabasco
- 6 dashes Worcestershire
- 3/4 tsp Celery salt
- 1/8-1/4 tsp Curry powder
- 1 C Yogurt or Sour cream
- Dill

In blender, blend onion and cucumber. Add soup and broth, blend 1 minute. Add seasonings and sour cream (or yogurt). Blend 20 seconds. Chill. Add dill on top when servings. Double recipe - make separate batches.

## Apple Cinnamon Cake

(Adapted from [www.1001recipe.com](http://www.1001recipe.com))

- 3 Apples
- 2 Tbs ground Cinnamon (or according to your taste)
- 1/2 C Vegetable Oil
- 1/2 C Sugar
- 2 Eggs (preferably room temperature)
- 1 C Flour
- 1/2 tsp Baking Powder
- 1/4 C Milk (optional)
- 1 Tbs Sugar (optional, preferably golden yellow)

Grease and flour one 5x5 inch pan (or any pan of size roughly 25 square inches). Peel and core the apples. Cut them into thin (thickness of about 5mm) half circles. Sprinkle the cinnamon over apples and toss to coat. Set aside.

Preheat oven to 375°F. Sift the flour and baking powder together. Set aside. In a large bowl, mix vegetable oil and sugar using a whisk. Mix in the eggs, one at a time and whisk well after each addition. Gently mix in the flour mixture. Add the milk and whisk well (optional).

Pour the batter into the prepared pan. Layer apple slices over the batter, tightly (such that each slice half-covers the other). Sprinkle 1 tablespoon of sugar over the apple slices (optional).

Bake in preheated oven for about 30 minutes. The cake is ready when the toothpick inserted comes out clean. Let cool in pan for 5 minutes. Cut and serve.

## Time for Green

It's time to celebrate all things green! St. Patrick's Day is here and so is the hint of spring. Here are some fun facts (from <http://holidays.kaboose.com>) about St. Patrick and his day, along with some yummy green-based recipes.

- St. Patrick's Day is observed on March 17 because that is the feast day of St. Patrick, the patron saint of Ireland. It is believed that he died on March 17 in the year 461 AD. St. Patrick's Day is a national holiday in Ireland, and a provincial holiday in Newfoundland and Labrador.
- In Ireland on St. Patrick's Day, people traditionally wear a small bunch of shamrocks on their jackets or caps. Children wear orange, white and green badges, and women and girls wear green ribbons in their hair.
- Many cities have a St. Patrick's Day parade. Dublin, the capital of Ireland, has a huge St. Patrick's Day festival from March 15-19, that features a parade, family carnivals, treasure hunt, dance, theatre and more.
- In Chicago, the Chicago River is dyed green with a special dye that only lasts a few hours. There has been a St. Patrick's Day parade in Boston, Massachusetts since 1737. Montreal is home to Canada's longest running St. Patrick's Day parade, which began in 1824.

### Facts about Clovers

- According to the Guinness Book of World Records, the highest number of leaves found on a clover is 14!
- One estimate suggests that there are about 10 000 regular three-leaf clovers for every lucky four-leaf clover.
- Legend says that each leaf of the clover means something: the first is for hope, the second for faith, the third for love and the fourth for luck.

## Easy Collard Greens with Rice

(Recipe adapted "About.com: Vegetarian Food" at <http://vegetarian.about.com>)

- |                           |  |
|---------------------------|--|
| 2 C Vegetable broth       | 1 C Rice                               |
| 1 Tbs Butter              | 1/2 tsp Salt                           |
| 1/4 tsp Red pepper flakes | 2 C Collard greens, rinsed and chopped |
| Pepper, to taste          | Cayenne pepper (optional)              |

In a large pot, bring the vegetable broth to a boil. Add the rice, butter, salt and red pepper flakes. Add the collard greens and bring to a slow simmer. Cover and allow to cook until rice is soft, about 40 minutes, stirring occasionally. Add a dash of black pepper and more salt and red pepper flakes to taste. For a spicier dish, mix in a 1/4 to 1/2 tsp cayenne pepper before serving. Serves 4.

## Alfalfa Sprout Omelette

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

- |                         |                   |
|-------------------------|-------------------|
| 1 C Alfalfa sprouts     | 2 to 3 Tbs Butter |
| 4 Eggs, beaten          | 2 Tbs Water       |
| 1/4 tsp Salt and Pepper |                   |

Saute sprouts in butter for 2 minutes; remove. Blend eggs, water, salt, and pepper in bowl. Clean out skillet and heat. Add more butter to pan if necessary. Pour eggs into skillet and cook slowly, running spatula around edge to allow uncooked portion to flow underneath. Sprinkle sprouts on top of cooked eggs. Fold over and turn onto platter.

~ Article & Recipes Contributed by Angela Cleveland ~