The Harvest Herald

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

March 19-21, 2013 Issue #656

OKG Bread Special Mar 19-21

Paska! Ukrainian Easter ritual bread, prepared with a bounty of Quail's Farm eggs, milk, orange zest, and a touch of brandy. Truly a wonderful bread to share with family for breakfast, topped with a dollop of whipped cream or a touch of jam.

Regular Harvest Box

LOCAL! Rutabaga – Wild Flight Farm
LOCAL! Corn Salad (aka Mache) – Wild Flight Farm
LOCAL! Gala Apples – Harker's (store in fridge!)
BC! English Cucumber – Origino
Green Onions – CA
Green Leaf Lettuce - CA
Jewel Yams - CA
Bunched Carrots – CA
Navel Oranges – CA
Bananas – MEX

Family Harvest Box Extras

LOCAL! Thyme – Harker's
BC! Crimini (brown button) Mushrooms
Broccoli – CA
Green Curly Kale – CA
Kiwi – CA
Mango - 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 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

Earth Hour Challenge This Saturday! Sat, Mar 23rd from 8:30-9:30pm – Be part of the Earth Hour Challenge by switching off all non-essential lights and electronics for one hour! Wondering how to spend your time for Earth Hour? How about a board game by candlelight…or an impromptu poetry reading in your living room? If you'd like to spend your hour in community, The Good Earth Cafe on Pandosy will have local artists performing by candlelight!

You can also make a commitment to complete an energy-saving action, and be entered to win an energy efficiency retrofit for your home worth up to $2000 or for your business worth up to $4000, OR for a non-profit in our community (such as the Canadian Mental Health Assoc) for up to $4000! Learn more at: http://fortisbc.com/Electricity/PowerSense/InYourCommunity/EarthHour/Pages/default.aspx.

Take Action for Water on World Water Day! Sat, Mar 23 from 11am to 1pm at Rotary Beach in Kelowna. 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.

Amnesty International Kelowna presents "Children of War", a documentary filmed in Northern Uganda, that follows a group of former child soldiers as they undergo trauma therapy and healing. Fri, Mar 29th @ 7:30pm at the Okanagan College Theatre (1000 KLO Rd.). 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!

Curried Apple Couscous Recipe

(*Adapted from www.101cookbooks.com*)

4 Tbs unsalted Butter
1 Tbs Curry powder
1 medium Apple, cored and chopped
3 Green onions, washed, trimmed, and thinly sliced
1 C whole wheat Couscous (or regular)
1 3/4 C Water
1 tsp Salt
1/2 C Pine nuts, toasted
small handful of Mint, chopped

In a large saucepan over medium-high heat add 3 tablespoons of the butter, the curry powder, and a couple generous pinches of salt, and cook for a minute or until the spices are fragrant. Stir in the chopped apples and cook for about 3 minutes, enough time for the apples to soften up a bit and absorb some of the curry. Scoop the apples from the pan and set aside in a separate bowl.

In the same pan, again over medium-high heat, add the remaining tablespoon of butter. Stir in the green onions, let them soften up a bit and then add the water and salt. Bring to a boil, stir in the couscous, cover and remove from heat. Steam for 5 to 10 minutes and then use a fork to fluff up the couscous. Stir in the apples, pine nuts, and chopped mint. Season with more salt and curry powder to taste. Serves 6.

Green Onion Crepes

(*Adapted from www.foodnetwork.ca*)

1 Tbs Oil
1 Tbs Sesame oil
12 Green onion, diced
1 C Flour
4 Egg, beaten
1 C Beer or Soda water, (approximately), at room temperature
2 Tbs each Rice vinegar and Soy sauce
2 cloves Garlic, minced
2 small dried hot Red pepper, minced
1 1/2 tsp Salt
Coriander, sprigs, and, green onions

In large skillet, heat oils over medium-high heat; stir-fry green onions for 30 seconds. Remove from heat. In bowl, mix together flour, eggs and beer or soda water; whisk in vinegar, soy sauce, garlic, hot red peppers and salt until fairly smooth. Add onions. Let stand in refrigerator for 15 minutes. (Batter should have consistency of thick cream; if too thick, add a little more beer or soda water.)

Heat lightly greased 6-inch crepe pan or frying pan over medium-high heat. Using 1/4 cup batter per crepe, pour into pan, swirling to coat evenly. Cook until edge begins to brown about 30 seconds; turn and cook for 30 seconds longer. Transfer crepes to paper towel-lined baking sheet; keep warm. To serve, fold crepes into quarters; arrange on platter. Garnish with coriander and green onions.

Welcome Spring

March, so far, has shown us an assortment of weather. This week, we get to celebrate the first day of spring and the beginning of sunny weather. The warm weather will soon bring the first of the spring vegetables. While we wait, we can create beautiful spring dishes that help us celebrate the change of season.

Farfalle with Corn Salad and White Beans

(Recipe adapted from "Best Health" at www.besthealthmag.ca)

1 can (15 1/2 oz) Cannellini beans, drained and rinsed
coarse Salt and freshly ground Pepper
4 Tbs (1/2 stick) unsalted Butter, cut into pieces
1 lb Corn Salad
12 oz Farfalle
4 Garlic cloves, thinly sliced
1/3 C Walnut pieces, toasted, for garnish

Bring a pot of water to a boil; add a generous amount of salt. Cook pasta until al dente according to package instructions. Reserve 1/2 cup pasta water; drain pasta. Add 1 tablespoon butter and the garlic to the pot; cook over medium heat, stirring, until garlic is fragrant, about 2 minutes. Add corn salad; toss just until wilted. Add beans, pasta, and remaining 3 tablespoons butter; season with salt and pepper. Heat, tossing, until butter is melted and beans and pasta are warmed through, about 1 minute. Add enough reserved pasta water to create a thin sauce to coat pasta. To serve, divide among shallow bowls, and garnish with walnuts. Serves 4.

Rutabaga Hash with Onions

(Recipe adapted from "Mother Nature Network" at www.mnn.com)

2 lbs Rutabagas, ends trimmed, peeled and cut into 1/2 inch dice
2 ribs Celery, halved lengthwise, then cut into slices
3 Tbs chopped fresh Cilantro, plus more for garnish
Splash Tabasco or other hot-pepper sauce for serving
1 large yellow Onion, diced
1/2 tsp Salt
1 Jalapeno
1/2 tsp freshly ground black Pepper

Heat a pan to medium-high heat, add the rutabagas and onion, and saute, stirring constantly, for 2 minutes. Reduce the heat to medium, cover and cook, stirring once, for 7 minutes to steam the rutabagas. Uncover the pan, increase the heat to medium-high, and cook until the vegetables are browned at the edges, about 1 minute longer. Add the celery and the jalapeno, stir briefly, and then cover and cook for 3 minutes longer. Uncover the pan and add the salt and pepper. Cook, stirring frequently, until the rutabagas are fork-tender and the celery is crisp but not raw tasting. Fold in the cilantro. Serve immediately, garnished with additional cilantro. Pass the hot-pepper sauce at the table.

Grilled Yams and Green Onion Salad

(Recipe adapted from "Food Network" at www.foodnetwork.com)

4 large Yams, do not peel
1/2 C Oil
1/4 C Cider vinegar
1 heaping Tbs Dijon mustard
1/2 C Olive oil
1/4 C fresh flat leaf Parsley, coarsely chopped
4 Scallion, used both parts, green and white
Salt and freshly ground Black pepper
2 Tbs Balsamic vinegar
2 tsp Honey
Salt and freshly ground Black pepper

Place yams in a large saucepan, cover by an inch with cold water, add 1 tablespoon of salt and bring to a boil over high heat. Cook until just cooked through but not soft, about 30 minutes depending on the size. When cool enough to handle, slice crosswise into 1/2-inch thick slices. Preheat grill to high. Brush yams on both sides with oil and season with salt and pepper. Grill until lightly golden brown on both sides and just cooked through, about 1 1/2 minutes per side. Remove to a bowl. Brush green onions with the remaining oil and grill until slightly charred and softened, about 4 minutes. Remove and thinly slice. Add to the yams. Whisk together the vinegars, mustard and honey in a bowl and season with salt and pepper. Slowly whisk in the olive oil until emulsified and taste for seasoning. Pour the dressing over the yams, add the parsley and gently toss to combine. Serve warm or at room temperature.

~ Article & Recipes Contributed by Angela Cleveland ~