



The Harvest Herald

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

March 3-5, 2015

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OKG Bread Special Mar 10-12

Acorn Squash Spelt Bread! This moist loaf incorporates roasted acorn squash, nutty whole grain spelt flour, and a touch of masala spice. Great with soups and stews.

Regular Harvest Box

LOCAL! Red Cabbage - Green Croft Gardens
LOCAL! Red Carrots - Green Croft Gardens
LOCAL! Yellow Onions - Kettle River Farm
LOCAL! Corn Salad (salad greens) - Wild Flight Farm
LOCAL! Pink Lady Apples (mini order) - Cawston
LOCAL! Ambrosia Apples - Cawston Cold
BC! Russet Potatoes - Fraserland
D'Anjou Pears (mini order) - WA
Green Curly Kale - CA
Arizona Sweet Oranges - AZ
Bananas - MEX

Family Harvest Box Extras

LOCAL! Sunchokes - West Enderby Farm
LOCAL! Claytonia (salad greens) - Wild Flight
LOCAL! Spaghetti Squash (piece) - Wild Flight
LOCAL! Daikon Radish - Green Croft Gardens
LOCAL! Beets - West Enderby Farm
Avocado (Fair Trade) - MEX



**This Week's
HomeGrown Heroes**
(certified organic, unless specified)

Cawston Cold Storage - Cawston
Green Croft Gardens - Grindrod
Harker's Organics - Cawston
Kettle River Farm - Grand Forks
West Enderby Farm - Armstrong
Wild Flight Farm - Mara
Wise Earth Farm - Kelowna (NOT cert org)

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 Guests/Vendors

- **Mar 7 - The Rudy Family Farm** (www.therudyfamilyfarm.com)
- **Mar 7 - Innspire Soap!** All-natural soaps produced in the Okanagan, and packaged using eco-friendly packaging, with profits supporting Inn from the Cold.
- **Mar 14 - CFUW (Canadian Federation of University Women)** with Café Feminina and handmade felted wool cuddly animals (funds raised support the CFUW scholarship fund)
- **Mar 14 - Raw Delights** - delicious, nutritious, raw food snacks and treats!
- **Mar 21 - Swheatgrass** (www.swheatgrass.ca) + **Real Raw Food** (www.realrawfood.com) + **Rudy Family Farm** (www.therudyfamilyfarm.com)
- **Mar 28 - Mary from the Kelowna-Zambia Project** with handmade baskets for your Easter celebrations and spring cleaning/organizing! Funds raised from basket sales support community development projects that empower women and their families in Zambia.

Urban Harvest is open for public Saturday Sales, year-round, from 9am - 1pm at 806 Crowley Ave (north end, downtown Kelowna). See www.urbanharvest.ca/sale for a map and updated produce list.

Community Events

World Community Film Festival Mar 12-15th Western Canada's LARGEST documentary film festival, over 30 films in 4 days, and it's FREE! Sure to educate, entertain, and inspire! Film topics include environmental, social justice, and human rights issues. Films will be screened at UBC Okanagan, Ki-Low-Na Friendship Centre, and at Okanagan College (KLO Campus). Visit <http://www.worldfilmfestkelowna.net/> for more details! While at the festival, be sure to check out Seedy Saturday (see below!).

Seedy Saturday Mar 14th! Your once-a-year opportunity to buy, sell, and trade certified organic, rare, unusual, open-pollinated, and heritage seeds! Get plants and ideas! Attend a gardening info session! Build your gardening network, while having a bite to eat with other gardening enthusiasts. Presenters include Gord Hiebert of Elemental Eco-Design on Designing with Nature, and Jane Emlyn on Food Security with Soil Structure. Saturday, March 14th, at Okanagan College, 1000 KLO Rd in the Atrium, from 10am to 3pm. \$2 admission, with a portion of proceeds supporting Seeds of Diversity (www.seeds.ca). Visit the Facebook page at: <https://www.facebook.com/KelownaSeedySaturday>. While at the swap, visit the World Community Film Festival at the College Theatre! (see above)

Nurtured Mama - A Weekend Retreat For Mothers May 22-24th in the Okanagan. Enjoy organic vegetarian meals, quiet walks, a lake paddle & meditation and cozy nights around the fire with a circle of mothers. Gain insight through guided discussions, gentle yoga, journaling and a craft project to nurture your soul. Spend the weekend in quiet lakeside cabins nestled in the Monashee Mountains. Join us for a special weekend to fill YOUR cup. For additional information and to register, visit <http://www.mamatotobirth.ca/retreats.html>.

Growing Inspired Spring Workshops! Tired of spending so much on supplements and natural medicines? Learn how to grow your own organic and nutritionally robust food and medicinal plants with Growing Inspired's new spring workshops:

- Juice Your Yard- Edible Garden Design (Saturday April 4th 1pm-4pm)
- (30+) Exotic Plants & Superfoods You Can Grow at Home (Saturday April 11th 10am-12pm)

Freshly picked produce has far more nutrients than store-bought, and fruit in particular has so much more flavour when harvested at peak ripeness. Early Bird Rates (\$45 and \$35 respectively) until March 6th! Workshop details at <https://www.facebook.com/GrowingInspired>, or email Elana at hello@growinginspired.com.

Claytonia Pasta

(Adapted from www.traditional-foods.com)

- 1 C loosely packed chopped Claytonia
- 1 C Flour
- 1/4 tsp Sea salt
- 2 small Eggs or 1 large Egg
- 1 tsp Olive oil

Place the claytonia, flour and salt in a four-cup food processor. Blend for about ten seconds. Add the egg and oil. Blend for several more seconds. The dough may well ball up in the processor.

Remove the dough to a floured surface and knead the dough until it is smooth and satin-like. If the dough is sticky, knead in more flour just a bit at a time until the dough is easy to handle. If it is too dry, add a few drops of water.

Cover the dough with plastic wrap and set it aside to rest for at least one hour. Roll out the dough on a floured surface and cut into the shapes you want. Cook the noodles in plenty of boiling salted water. They only take a minute or two.

At first they sink to the bottom of the pot. Stir gently to keep them from sticking to each other. As they reach the cooked stage, they rise to the surface. This happens fast. Don't walk away from the stove. To check for doneness, scoop out one of the noodles, cut it in half and taste. They are firm, but chewy, when done.

Rainbow Carrot Salad with Corn Salad and Toasted Pumpkin Seeds

(Adapted from www.brooklynssupper.net)

- 6 Carrots of varying hues, washed, peeled, and peeled into shavings.
- 6 oz. Corn Salad, carefully washed and thoroughly dried
- 1/2 C raw hulled Pumpkin Seeds
- 3 Tbs plus a drizzle of Olive oil
- 2 Tbs Apple cider vinegar
- 2 Tbs Horseradish
- 2 tsp Dijon mustard
- 1 tsp Honey
- 2 Tbs fresh squeezed Orange juice
- 1/4 tsp Sea salt

Start with the vinaigrette. One at a time, whisk the vinegar, horseradish, mustard, honey, orange juice, and sea salt into the olive oil. Set the carrot shavings in a bowl and drizzle with two-thirds of the dressing. Turn to coat and set aside to marinate for 10 minutes.

Meanwhile, turn a toaster oven or regular oven to 400°F. Spread the pumpkin seeds on a rimmed baking sheet and drizzle with olive oil (just a bit). Toast for 2 - 3 minutes, or just until the seeds start to pop. Sprinkle generously with salt, and set aside to cool.

On a platter or in a bowl, add the corn salad, and then fold in the dressed carrot shavings. Taste and adjust salt or dressing levels as needed. Scatter the pumpkin seeds and serve.

Northern Greens

This week, we have two beautiful local greens that are both delicious and easy to cook with. In the regular boxes this week, we have corn salad (aka mache) and in our family box, we also have claytonia (aka Winter Purslane). Corn salad, which has nothing to do with corn, is a gourmet salad green with a mild nutty flavour. It can be added to raw salads, steamed, or added to a stir-fry. Claytonia is also known as Miner's lettuce because it was a valuable source of nutrition to the gold miners when other food was scarce. It is a wonderful northern green because it can tolerate moderate frost and can thrive in partial sunlight. Its succulent leaves have a fresh and wild flavour.

Chilled Corn Salad and Cucumber Soup

(Recipe adapted from "Epic Roots" at www.epicroots.com)

- 1 Tbs Butter
- 1 Cucumber, peeled, seeded, and sliced (about 1 C)
- 3 C Corn Salad, rinsed
- 1/4-1/2 C plain Yogurt
- 1 small bunch Spring onions, sliced (about 1/2 C)
- 1 1/2 C Water
- Sea salt and Black pepper

Heat butter in a medium sized pot; add the onion and cook until softened, about 2 minutes. Add the cucumber and water and bring to a simmer. Simmer for 10 minutes or until cucumbers are soft. Stir in the corn salad and remove from heat. Cool slightly. Puree in a food processor or blender until smooth. Season to taste with salt and pepper. Serve chilled. Drizzle yogurt on each serving. This soup is best made and served the same day. Serves: 4

Creamy Corn Salad Dip

(Recipe adapted from "Epic Roots" at www.epicroots.com)

- 1 clove Garlic, smashed
- 1/2 C packed Parsley leaves
- 1/2 tsp Sea salt
- 4 oz Corn Salad, blanched for 30 seconds, and drained well
- 1 C Sour cream, or 1/2 C Sour cream and 1/2 C plain Yogurt
- Hot pepper sauce, such as Tabasco (optional)
- 4 Scallions (white part only), sliced
- 1 Tbs chopped fresh Dill
- 1/4 tsp ground Black pepper

Pulse garlic, scallions, parsley, dill, salt and pepper in a food processor. Add corn salad and pulse again. Add sour cream and blend until smooth. Adjust seasoning with salt and add pepper sauce to taste if desired. Chill for one hour before serving.

Claytonia Salad

(Recipe adapted from "Thomahaak Family Farm" at <https://thomahaakfamilyfarm.wordpress.com>)

- 2 tsp of fresh Tarragon, chopped, or 3/4 tsp dried
- 2 Tbs chopped Walnuts, toasted
- 4 large or 6 small Beets, roasted, peeled, and cut into wedges
- a couple large handfuls of Claytonia (maybe 2-3 loosely-packed cups)

Toss the tarragon and beets with the *vinaigrette and let marinate for at least 5 minutes. Add the claytonia and nuts; toss gently to mix components. Serve immediately. Serves 3-4 as a side salad.

*Basic Vinaigrette

- oil (olive oil, walnut oil, etc. - basically any oil that tastes good on its own will make a good dressing)
- vinegar (balsamic, red wine vinegar, white wine vinegar, apple cider vinegar, etc)
- garlic
- mustard (any mustard will do - even dry mustard powder works)
- coarse salt and pepper/herbs/spices to taste

Creamy Almond Dressing

(Recipe adapted from "So Let's Hang out" at <http://soletshangout.com>)

- 3 Tbs Almond butter
- 4 Tbs Olive oil
- 1 1/2 Tbs Soy sauce
- 2 small cloves of Garlic, peeled
- Water, as needed
- 2 Tbs Apple cider vinegar
- 1 tsp raw Honey
- 1 tsp grated Ginger
- juice of 1 Lemon

Mix ingredients and blend until smooth. Add to your favourite salad.