



The Harvest Herald

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

March 20-22, 2012

Issue #607

OKG Bread Special March 27-29

Apple & Fig Rye Loaf! This fruit lovers' loaf features sweet Black Mission figs and local organic apples on a rye whole grain base. Excellent as breakfast toast, and served with cheese courses.

Regular Harvest Box

LOCAL! Red Cabbage - Wild Flight Farm
LOCAL! Carrots - Green Croft Gardens
LOCAL! Garlic - Sweet Haven Farm, Klipper's Organics
LOCAL! Yellow Onions - Similkameen River Organics
LOCAL! Mixed Apples - Harker's
LOCAL! D'Anjou Pears - Harker's
BC! Red Potatoes - Across the Creek Organics
Green Leaf Lettuce - CA
Navel Oranges - CA
Cauliflower - AZ
Bananas - MEX

Family Harvest Box Extras

LOCAL! Corn Salad (winter salad green) - Wild Flight
LOCAL! Shallots - Notch Hill Organics
BC! White Button Mushrooms
Celery - CA
Jewel Yams - CA
Kiwi - CA



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green Croft Gardens - Grindrod
Harker's Organics - Cawston
Klippers Organic Acres - 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 Open for Orders Next Week!

Please note that Sin Grano Ancient Grains Bakery will re-open for orders starting next week - look for their gluten-free breads, muffins, and brownies on our order list for the March 27-29 delivery week!

Saturday Sale Updates/Guest Vendors

- 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, in support of the community development work in Zambia.

Community Events/Notices

"Revenge of the Electric Car" Okanagan premiere of the highly acclaimed movie, presented by the Okanagan Chapter of the BC Sustainable Energy Assoc (BCSEA), the Fresh Outlook Foundation, and Okanagan Greens. Film to be followed by a discussion with local electric car experts. Fri, March 23rd, 7pm, at the Theatre at Okanagan College (1000 KLO Rd.). Entrance by donation, or FREE for students and staff of Okanagan College. Raffle prizes by Leo's Videos!

Amnesty International Film Night On Friday, March 30th at 7:30 p.m. at Okanagan College theatre, 1000 KLO Road, Amnesty International Kelowna will show the film, "Noam Chomsky: Rebel Without A Pause". The noted linguist, intellectual and activist, Noam Chomsky discusses and reflects on the state of world events including the war in Iraq, September 11th, the war on terror, media manipulation and control, social activism, fear and American foreign policy in large forums and small interactive discussions. Interwoven, Dr. Carol Chomsky, his wife and manager, reflects on what drives him and what life is like with him. Admission is by donation. For more info- 250-769-4740.

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 from 2-3:30pm. Please RSVP to order@urbanharvest.ca OR join the Facebook event "Community Kitchen Meet-Up #2" by March 30th.

Hometown Heroes Funding Grant Available Earth Day Canada's Hometown Heroes Award Program recognizes everyday heroes for their extraordinary superpowers in creating greener communities across Canada with awards in 3 categories (Individual, Group, and Small Business). For more information, see www.earthday.ca/hometown. Nominations (including self-nominations!) will be accepted until March 30th.

Isle's 3rd Annual Charity Birthday Bash! Join us at Summerhill Pyramid Winery on April 14th, from 1-4pm, to help raise money for Canuck Place Children's Hospice! Tickets are \$20 for adults and \$10 for kids over 5...this includes kids' activities, gourmet appies and a glass of bubbly! All proceeds from silent and live auction items as well as raffles will go to Canuck Place Children's Hospice, which serves over 400 families throughout BC.

Peanut Butter Hummus

(Adapted from www.damyhealth.com)

- 1 can Chickpeas, drained and rinsed
- 1/4 C warm Water
- 4 Tbs Peanut butter
- 2 Tbs Olive oil
- 3 Tbs Lemon juice
- 1 clove Garlic
- 1/4 Tbs Sea salt

Puree all ingredients in a food processor and blend until smooth. If you find this too thick add some more warm water.

Hot and Light Hummus

(Adapted from www.damyhealth.com)

- 3/4 C fat-free plain Greek Yogurt
- 1 can Chickpeas, drained and rinsed
- 2 Tbs Lime juice
- 1 Tbs Sesame oil
- 1 tsp ground Cumin
- 1 pinch Cayenne pepper
- 2 cloves Garlic,
- 1 Tbs extra virgin Olive oil
- 1 pinch Paprika

Puree all ingredients in a food processor and blend until smooth.

Lime Chipotle Hummus

(Adapted from www.damyhealth.com)

- 1 can Chickpeas, drained and rinsed
- 2 Tbs extra virgin Olive oil
- 3 Garlic cloves
- 2 Tbs Tahini
- 1 Tbs Chipotle spice
- 2 Tbs Lime Juice

Puree all ingredients in a food processor and blend until smooth. Garnish with a slice of lime on top and some chipotle sprinkled lightly over top.

Raw Red Cabbage Wrap

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

- 1 large Red cabbage leaf
- 2 Green beans, chopped
- 1 small leaf Kale, chopped
- 1/4 Red bell pepper, diced
- 1 Tbs chopped Leeks
- 1 Tbs Olive oil
- 1 clove Garlic, minced
- pinch Sea salt

Pile all veggies inside the cabbage leaf. Drizzle with olive oil. Smear on some minced garlic. Sprinkle sea salt on. Roll up and enjoy!

It's a Wrap!

Wraps are a family favourite in my house. They are easy to customize and the options are endless. They are also quick to make, easy to pack, and easy to eat on the run. Here are a few great wrap recipes whether you are having a nice sit down lunch or eating on the go.

Carrot, Apple, and Hummus Wrap

(Recipe adapted from "CD Kitchen" at www.cd-kitchen.com)

- 1 C Hummus (see side bar for a great recipe)
- 2 Wraps - 12"1 C Carrots, grated
- 1 Apple, thinly sliced
- 1 C Baby spinach, tightly packed

Dividing evenly, spread hummus on each sandwich wrap, leaving a 2 inch border, and layer with grated carrots, sliced apple, and baby spinach, arranging ingredients in the center. Fold in sides about 1 inch, then roll tightly from one of the open ends to enclose filling. Wrap in waxed or parchment paper, if desired, then wrap in plastic. Refrigerate until ready to serve, up to overnight.

Lettuce Wrap

(Recipe adapted from "Veg Web" at <http://vegweb.com>)

- 1 C Chickpeas, rinsed and drained (if canned)
- 1 Tbs Lemon juice
- 1 clove Garlic, pressed
- pinch Salt
- 5 large leaves Lettuce, chard, or other green
- 2 Carrots, julienned
- 1 small Zucchini, julienned
- 1/2 Green pepper, sliced
- 1 Green onion, chopped
- 2 Tbs Pumpkin seeds

Put the chickpeas in a bowl with the lemon juice, garlic, and salt. Leave them to marinate either overnight, or just while you chop the vegetables. The longer they sit, the more flavour they'll absorb. They should be stirred occasionally to coat them in the lemon juice.

Spoon some chickpeas into the center of a lettuce leaf, and pile on some veggies. Sprinkle with the green onion and pumpkin seeds. If you are taking your lunch on the go, take the lettuce separate from the rest of the veggies and assemble as you eat.

Lentil and Apple Wrap

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

- 4 C Vegetable stock
- 1 C dried Brown lentils
- 1/2 C dried Green lentils
- 2 stalks Celery, chopped
- 1 large Carrot, peeled and chopped
- 1 sprig fresh Thyme (or pinch dried)
- 1 medium Tomato, cored, seeded, and diced
- 1 tsp Salt
- 1 small Apple, cored and diced
- 1 Tbs freshly squeezed Lemon juice
- 2 tsp extra-virgin Olive oil
- freshly ground Black pepper to taste
- 3 sheets whole-wheat Lavash, cut in half crosswise, or 6 (12-inch) Flour tortillas
- 1/2 head Bibb lettuce

Place the stock, lentils, celery, carrot, thyme, and salt in a medium saucepan and bring to a boil. Reduce heat to low and simmer until the lentils are tender, about 30 minutes, depending on the lentils. (If they begin to dry out, add water as needed.) Remove and discard the fresh thyme. Drain and transfer the mixture to a bowl; let cool. Fold in the tomato, apple, lemon juice, and olive oil. Season with the pepper.

To assemble a wrap, place 1 lavash sheet on a clean work surface. Spread some of the lentil mixture on the end nearest you, leaving a 1-inch border. Top with some of the lettuce. Roll up the lavash, slice crosswise, and serve. If using tortillas, spread the lentils in the center, top with lettuce, and fold up the bottom, left side, and right side before rolling away from you.

~ Article & Recipes Contributed by Angela Cleveland ~