



The Harvest Herald

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March 22-24, 2011

Issue #558

OKG Bread Special March 29-31

Apple & Cranberry Whole Wheat Boule - fashioned from tart apples and sweet dried cranberries added to Wolfgang's whole wheat base. Enjoy toasted or build the perfect Waldof sandwich using tuna salad, mayo, and toasted walnuts!

Regular Harvest Box

Local! Carrots - Green Croft Gardens
Local! Watermelon Radish - Wild Flight Farm
Local! Beets - Wild Flight Farm
Local! Pink Lady Apples - Commandeur Family Farm
Rainbow Chard - CA
Jewel Yams - CA
Broccoli - CA
Ruby Grapefruit - CA
Navel Oranges - CA
Bananas - MEX

Family Harvest Box Extras

Local! Shallots - Green Croft Gardens
Russet Potatoes - MB
Hass Avocado - CA
Cilantro - CA
English Cuke - MEX
Ataulfo Mango - MEX



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 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

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 25th at 7:30pm, Okanagan College Theatre (1000 KLO Rd.), by donation. Info: 250-769-4740.

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

David Suzuki in Kelowna Mar 31st! Canada's most distinguished and important environmentalist presents his "Message from an Elder on the Challenges of the 21st Century". For decades, highly acclaimed 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. He 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! Thurs, Mar 31st at the Kelowna Community Theatre. Doors @ 6:30pm; presentation @ 7:30pm. Tix @ Leo's Videos, Mosaic Books, and Choices Markets, or call 250-863-1300.

8th 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, featuring creative experimentation with hair, jewelry, accessories and original one-of-a-kind wearables using innovative found items! Sat, Apr 2nd, 8pm at the Alternator Centre for Contemporary Art, 421 Cawston Ave. Tix at <http://selectyourtickets.com> or contact info@alternatorgallery.com.

True Nature Yoga: Events for Spring! Hridaya Spiritual Heart Meditation, April 12th, 7-9pm. \$10 Donation. Sedona Method Workshop: Releasing Addictions/Habits. April 2nd, 1-4:30pm. \$45. PURE Yin Yoga Series, Advanced Sedona Method Series (8 weeks) starting April 6th...spaces left! Contact: Virginia at 250-300-9642 or truenatureyoga@live.ca. See 'True Nature Yoga' Facebook Group for more info...

Parenting Workshop! Discover effective and loving ways to handle all kinds of situations that require discipline with Maggie Reigh's "9 Ways" Approach to Parenting. Join Maggie, international speaker, published author and storyteller, as she inspires our community with a heartfelt approach to parenting. This course is an opportunity for our community's parents to come together and empower ourselves and our children to consciously reach our highest potential. Wed, Apr 6th 6-9pm OR Sun, Apr 10th 1-4pm. \$35 per person,/\$60 per couple. To register, please call 250-860-3255 or email mail@malachitemidwives.ca. For more info about Maggie's approach, visit maggiereigh.com.

Fruit Tree Pruning Workshop! Sat, Apr 9th, 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.

Sweet Pickled Onion Watermelon Radish Salad

(Adapted from
<http://kblog.lunchboxbunch.com>)

- 1 large Watermelon radish, sliced into thin rounds
- 1 small white Onion, sliced into thin rounds
- 1/3 C Orange juice
- 2 Tbs extra virgin Olive oil
- 1/2 tsp Sea salt
- 1/2 tsp Pepper (fresh ground)
- 2 Tbs Apple cider vinegar
- splash of Rice wine vinegar (optional - adds an extra layer of tart-sweetness)

Slice your onion and radish. Place in a large mixing bowl. Add the remaining ingredients to the mixing bowl - toss well.

Place in fridge to chill overnight. Serve. Makes 4 cups.

Beet, Sweet Red Pepper and Watermelon Radish Salad

(Adapted from www.thatsfit.ca)

- 5-6 small to medium sized Beets, washed and cut into bite sized pieces
- 1 sweet Pepper, slice or chop any size you wish
- 1 Watermelon radish, slice or chop any size
- 3 spoonfuls of Pecans
- 2 Tbs Parsley
- 2 Tbs extra-virgin Olive oil
- freshly squeezed Lemon
- 2 Tbs Goat cheese (optional)

Place the beets in a baking dish and roast covered for 35-45 minutes at 350°F or until fork tender.

Once the beets are cooled, combine them with the cut-up sweet pepper and watermelon radish. Mix in the parsley, drizzle with oil and squeeze as much lemon as you desire.

Lastly, sprinkle some pecans (or whatever nuts you have on hand) and goat cheese. Serves 4.

Keeping Busy in the Kitchen

Spring is here and the kids are out of school. There's no better way to keep them busy than to get them in the kitchen. Finding easy, fun (and nutritious!) recipes is the key. Here are some great recipes that the kids (and adults) will love!

Tortilla Pizza

(Recipe adapted from "1001 Recipes" at www.1001recipe.com)

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| 2 large Tortilla bread | 2 tsp Olive oil |
| 2 Garlic cloves, peeled | 4 medium Tomatoes |
| 12 Olives, pitted | 6 Walnut halves |
| 1/2 tsp dried Rosemary | 1/2 tsp dried Thyme |
| 1 tsp dried Basil | 1 Tbs Parmesan cheese (optional) |
| 1 C Cheese, shredded | Salt and Pepper (to taste) |

Preheat oven to 350°F. Cut tortillas into 6 pieces each. Skin and thinly dice the garlic. Cut the tomatoes into 6 slices each. Slice olives. Cut walnut halves into pieces. Brush the tortillas with olive oil and sprinkle over with diced garlic. Top each piece with two slices of tomato, sliced olives and some walnut pieces. Sprinkle over with dried rosemary, thyme, basil and pepper. If using Parmesan cheese, sprinkle it on top, otherwise you may add some salt. Top each piece with some shredded cheese. Bake for about 10 to 15 minutes or until the cheese is melted and tortillas and cheese are both slightly golden brown. Check the tortillas frequently after 10 minutes to avoid burning them. Remove tortillas from oven and wait 1-2 minutes before serving.

Confetti Quinoa

(Recipe adapted from "Kids Health" at <http://kidshealth.org>)

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| 1 1/2 C Stock or water | 1 C Quinoa, thoroughly rinsed and drained |
| 1/2 tsp Salt | 1/2 tsp Black pepper |
| 1 C chopped, cooked Vegetables of choice | |

Add stock or water to medium saucepan. Bring stock or water to a boil over medium-high heat. Stir in quinoa, salt, and pepper. Switch heat to low and cover pot with lid. Cook until water is evaporated and quinoa is tender, about 15 minutes. Remove lid and stir in veggies with a fork. Place lid back on quinoa so that the heat from the quinoa warms the vegetables. Serve immediately or place into an airtight container and refrigerate for up to 5 days.

Triple Almond Cookies

(Recipe adapted from "The Bounty Hunter" at <http://thebountyhunter.ca>)

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| 1/2 C lightly toasted Almonds, finely chopped by hand or in a food processor | |
| 2 C Spelt flour | 1/4 tsp Salt |
| 1 tsp Baking soda | 1 tsp Baking powder |
| 2/3 C crunchy Almond butter | 3/4 C Coconut oil, melted |
| 1 tsp Almond extract | 3/4 C natural Cane sugar |
| 2 tsp Apple cider vinegar | 2 Tbs Water |
| 30 -35 whole almonds, raw | |

Preheat the oven to 350°F. In a large bowl, combine the flour, salt, baking powder, baking soda, and chopped almonds. In a medium sized bowl, mix the almond butter, coconut oil, almond extract, sugar, vinegar, and water until combined. Pour the almond butter mixture into the dry ingredients. Mix with a wooden spoon until it comes together into a dough. Roll the dough into tablespoon sized balls. Place on a lightly greased cookie sheet. Gently press a whole almond into the top of each cookie. Bake for about 12 minutes, until golden on the edges. Remove cookies from the oven, let them cool for a couple of minutes before transferring them to a cooling rack.