The Harvest Herald

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March 26-28, 2013 Issue #657

OKG Bread Special Apr 2-4

Multigrain Ciabatta! This savoury style ciabatta is seasoned with lovely fermented, roasted, and soaked grain. It has a crisp crust and holey, moist interior.

Regular Harvest Box

Garlic – Nicola Valley Produce (Merritt)
Apples, Fuji – Harker's Organics (Cawston)
Cucumbers, English – BC Origino
Jewel Yams - CA
Red Leaf Lettuce - CA
Bunched Carrots – CA
Cauliflower – CA
Rainbow Chard - CA
Navel Oranges – CA
Bananas – MEX

Family Harvest Box Extras

Broccoli – CA
Black Lacinato Kale – CA
Lemons – CA
Ruby Grapefruit – CA
Hass Avocado – MEX
Red Grape Cherry Tomatoes - MEX

This Week's HomeGrown Heroes

Stay tuned!! Early spring is the time of year when our percentage of local produce is at an annual low (storage crops have dwindled and early spring crops are not on yet)…but in just a few more weeks, we will start to see more local greens, and once we hit June/July, you'll see many more local options!

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.*

Regular Delivery Schedule Next Week!

Despite the Easter Holiday (and Happy Easter, by the way!!), we will be on a normal delivery schedule next week. (Easter Monday is not an official stat holiday, so it does not affect freight schedules.)

Upcoming Saturday Sale Vendors

- **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, with 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?! **Interested in cooking classes with Chef Giulio?** Have a look in the City of Kelowna's Spring Recreation Guide – you'll find some listed there!
- **ASLO Apr 6th – PowerPlant Whole Foods** will be on-site demo'ing their healthy, tasty, raw, plant-based nutrition bars and spreads. This is a great chance to taste them if you haven't yet!

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

Kelowna Maple Fest 2013 Le Centre Culturel Francophone de l'Okanagan (CCFO) is hosting 2 days of entertainment for this year's Maple Fest!!

- Sat, Mar 30, 12pm-5pm: FREE Family Day in the heart of Kelowna's Cultural District, with performances, entertainment, maple taffy on snow, maple products, French crêpes, traditional pea soup, poutine, artisans and artists!
- Sat, Mar 30, 7:30pm: The gypsy-jazz trio from Québec "The Lost Fingers" and DJ Eric Lenger with "C'est Extra Kelowna" will be performing at the Laurel Packinghouse. (Ticket info below.)
- Sun, Mar 31, 11am-2pm: Maple Easter Brunch. There will be performances and traditional French-Canadian food. This will be held at the Laurel Packinghouse. (Ticket info below.)

Tickets for the Saturday evening and Sunday morning events are available at the CCFO and Mosaic Books on Bernard Ave. More info: 250-860-4074 or www.leccfo.org.

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!

It isn't Easter without some sweet treats, but they don't have to be laden with refined sugar. Here are some delicious examples.

Lemon Coconut Hemp Seed Bites

(Vegan, Gluten-Free, Refined Sugar-Free, Raw)
(Adapted from http://wholenewmom.com)

3/4 C shelled Hemp seeds
1/2 C unsweetened Coconut flakes (fine)
1/4 C Agave/Coconut nectar
1 tsp Vanilla extract
zest of 1 Lemon
pinch of Salt
2 Tbs Coconut oil
1/3 C unsweetened Coconut flakes for rolling

Take the first 6 ingredients and combine in a blender or food processor until a dough forms that is fairly smooth. Adjust sweetness to taste. Melt the coconut oil very gently over low heat until just melted. Then while the blender or food processor is running add the coconut oil in and mix until evenly distributed. Now take spoonfuls out and shape into balls. The dough will feel a little oily but don't worry, the chilled bites will not be. Put the 1/3 cup coconut flakes on a flat plate and roll each ball in the coconut. Put finished bites in the freezer for at least 1/2 an hour to firm up. Store in the fridge or freezer. Makes 22 bites.

Gluten-Free Candy Bar

(Adapted from http://wholenewmom.com)

2 Tbs Grapeseed oil
2 tsp Sea salt
2 C Pecans, chopped
1 C creamy roasted Almond butter
1/2 C Agave nectar
1 Tbs Vanilla extract
2 C Chocolate drops

Preheat oven to 500°F. Warm grapeseed oil and 1 teaspoon salt in a large saute pan over high heat. Add pecans to pan and cook for 3 minutes. Remove pecans from pan and immediately transfer to a baking sheet. Place pecans in 500°F oven for 3 minutes, remove and cool. Warm almond butter, agave, vanilla and 1/2 teaspoon salt in a saucepan over medium heat. Remove from heat and stir pecans into almond butter mixture. Spread batter into an 8 x 8 inch baking dish and freeze for at least 1 hour. Remove from freezer fridge, cut into 1 x 3 inch bars; place on small (parchment paper lined) baking sheet. Melt chocolate in saucepan over lowest heat possible. Drizzle chocolate over each bar. Sprinkle bars with remaining 1/2 teaspoon salt. Freeze and serve. Makes 18 candy bars.

Easy Easter Menu

Easter comes early this year. To help get into the Easter and spring spirit, try these wonderful recipes that help celebrate the season. Frittatas and roasted vegetables are a perfect brunch, lunch or even supper meal. They are easy to prepare and are delicious – especially when accompanied by a homemade traditional Easter bread.

Rainbow Chard Frittata

(Recipe adapted from "Meatless Monday" at www.meatlessmonday.com)

1 bunch Rainbow chard
1/2 yellow Onion, sliced
6 Eggs
1/2 C Pecorino, grated
2 Tbs Olive oil
Salt and Pepper, to taste
1 1/4 C whole Milk
Butter for the pan

Preheat oven to 400°F. Grease a pie plate or pan with a little butter. Thoroughly wash the chard. Cut off stems and chop into small pieces. Tear each leaf into large pieces. Heat large skillet over medium-high heat and add 2 Tbs of olive oil. Add sliced onion and chopped stems to the skillet and cook 4-7 minutes, or until stems are soft and onions are translucent. Add the chard leaves and cook for 1-2 minutes more, or until leaves are just wilted. Season with salt and pepper to taste. While veggies are cooking on the stove, crack the eggs into large bowl. Stir in the milk and grated pecorino. When chard is wilted, remove from veggies from heat and let sit for 5 minutes. Quickly add chard mixture to the eggs and scrape into the prepared pie plate with rubber spatula. Cook frittata at 400°F for 30 minutes. Serve room temperature or refrigerate and eat cold. Serves 4.

Oven-Roasted Cauliflower with Garlic, Olive Oil and Lemon Juice

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

5 to 6 C Cauliflower florets, about 1 1/2 inches in diameter (from 1 medium cauliflower)
1/4 C extra-virgin Olive oil
2 Tbs Lemon juice
2 Tbs grated Parmesan
1 Tbs sliced Garlic
1 tsp Salt + 1/2 tsp black Pepper
chopped Chives, for garnish

Preheat the oven to 500°F. Place the cauliflower florets in a large saute pan or a roasting pan. Drizzle the olive oil over the cauliflower, and season with the garlic, lemon juice, salt and pepper. Place the saute/roasting pan in the oven and cook for 15 minutes, stirring occasionally to ensure even roasting. Remove from the oven and sprinkle with the Parmesan. Garnish with chopped chives and serve immediately while still warm. Serves 6-8.

Easter Bread with Orange Butter

(Recipe adapted from "Taste of Home" at www.tasteofhome.com)

1 envelope (1/4 ounce) active dry Yeast
3 Eggs
1/4 C Oil
2 tsp grated Lemon peel
1/2 C Raisins
3/4 C Butter, softened
3/4 C warm Water (110° to 115°)
1/4 C Sugar
2 tsp Salt
4 to 5 C Flour
2 tsp Butter, melted
3 Tbs Orange marmalade

In a large bowl, dissolve yeast in warm water. Add the eggs, sugar, oil, salt, lemon peel and 2 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough. Turn onto a floured surface. Sprinkle with raisins; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down. Turn onto a lightly floured surface; divide dough into thirds. Shape each into a 20-in. rope. Place ropes on a greased baking sheet and braid; pinch ends to seal and tuck under. Cover and let rise until doubled, about 1 hour. Bake at 350°F for 24-28 minutes or until golden brown. Brush with melted butter. Remove from pan to a wire rack to cool. In a small bowl, combine softened butter and marmalade; serve with bread. Yield: 1 loaf (32 slices).

~ Article & Recipes Contributed by Angela Cleveland ~