



The Harvest Herald

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

March 27-29, 2012

Issue #608

OKG Bread Special April 3rd-7th

Paska Bread! In celebration of Easter...a wonderful 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!

Regular Harvest Box

LOCAL! Corn Salad (winter salad green) - Wild Flight

LOCAL! Carrots - Green Croft Gardens

LOCAL! Celeriac (Celery Root) - Wild Flight

LOCAL! Fuji Apples - Harker's

Jewel Yams - CA

Rainbow Chard - CA

Navel Oranges - CA

Celery - MEX

Avocado - MEX

Bananas - MEX

Family Harvest Box Extras

LOCAL! Red Onions - Similkameen River Organics

LOCAL! Parsnips - Similkameen River Organics

LOCAL! Ambrosia Apples - Harker's

BC! Crimini (brown button) Mushrooms

Broccoli - CA

Green Leaf Lettuce - CA

Seeking Evening Delivery Driver/Warehouse Assistant!

With a fair bit of turnover in our recent evening drivers (all of them superb though, thank goodness!), we are now seeking a longer-term evening delivery person for Tues, Wed, and Thurs evening deliveries. Wed/Thurs shifts will begin right away - Tuesdays will begin later in May when Nigel's semester ends and he's ready to move on (sniff, sniff!). Hours are approximately 3-10pm, with duties including packing and delivering orders, and warehouse clean-up/prep. Must be comfortable carrying 40-50 lb boxes on a regular basis, working independently and efficiently, driving our delivery van in all weather conditions, and doing less-than-glamorous "grunt work". Clear, responsible communication, a good dose of common sense, a positive attitude, and consistent attention to quality are important attributes. Ideally, you will come with a passion for organic food and community, and an active concern for the environment...but we think we can convert you if not! We offer fair pay, access to organic produce, a friendly working environment, and an opportunity to express your values and make a meaningful contribution. Please apply to order@urbanharvest.ca by THURS, MAR 29TH (midnight) with a relevant resume, references, and a letter of interest outlining your key strengths, skills, experience, AND how this job will fit for you over the next couple of years. Selected applicants will be contacted for an interview.

Saturday Sale Updates/Guest Vendors

- **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

*****Community Kitchens Meet-Up #2 -SUNDAY!** 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, OR come to a face-to-face meet-up at the Urban Harvest Warehouse (806 Crowley Ave) Sun, Apr 1, 2-3:30pm. RSVP to order@urbanharvest.ca OR join the Facebook event "Community Kitchen Meet-Up #2" by Sat, Mar 31st.

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.

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 info, see www.earthday.ca/hometown. 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.



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

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.*

Cranberry Bulgur Pilaf

- 2 Tbs Olive oil
- 1 1/2 C chopped Onions
- 3 Garlic cloves, pressed or minced
- dash of Salt
- 1 Orange
- 1/2 tsp crumbled dried Rosemary (or 1 1/2 teaspoons chopped fresh)
- 1/2 C Bulgur
- 1/2 C Water or Vegetable broth
- 1/2 C dried Cranberries (or currants or raisins)
- 1 Tbs Soy sauce
- 1 Tbs Lemon juice
- 2/3 C chopped toasted Pecans, Walnuts, or Almonds (optional)

In a saucepan on medium heat, warm the oil, add the onions and garlic, sprinkle with salt, and cook until softened, about 10 minutes. While the onions cook, grate the orange peel and juice the orange. Add the rosemary, orange zest, and bulgur to the onions and cook for a minute, stirring. Add the orange juice, water or vegetable broth, and dried cranberries, cover, and cook on low heat until all the liquid is absorbed, about 10 minutes. If the bulgur is still crunchy, add 1/4 cup of hot water and cook for a few minutes longer. Remove from the heat. Stir in the soy sauce and lemon juice. Add nuts if you like, and more soy sauce and/or lemon juice to taste. Serves 4-6.

October Bitter Sweet Salad

- Cranberry Vinaigrette
- 1/2 C extra-virgin Olive oil
- 3 Tbs Cider vinegar or White wine vinegar
- 2 tsp Sugar
- 1/4 C dried Cranberries (craisins)
- 1 tsp Salt
- 1/4 tsp ground Black pepper
- Salad
- 8 C mixed field Greens, rinsed
- 2 to 3 firm but ripe Bartlett pears, cored and thinly sliced (about 4 cups)
- 3 Tbs fresh Lemon juice
- 2 C peeled and shredded or thinly sliced Turnips or Celery heart stalks, sliced on the diagonal
- 1/4 C dried Cranberries (craisins)
- 1/4 C crumbled Goat cheese or blue cheese (optional)

Combine the vinaigrette ingredients in a blender or food processor and whirl until the dried cranberries are finely minced and suspended in the dressing. Set aside. Tear the salad greens into bite-sized pieces and arrange on individual plates or on a large platter. Toss the pear slices and lemon juice together in a bowl to evenly coat the pears and prevent discoloration; then arrange them on the greens. Top with the turnip or celery heart slices and sprinkle on the cranberries. Finish with the crumbled cheese, if using. Shake up or stir the Cranberry Vinaigrette and drizzle it evenly over the salad just before serving. Serves 8.

Cooking with the Classics

Nestled in the hills of Ithaca, New York, is a restaurant that focuses on healthful natural food cuisine. This restaurant, which has been named one of the "thirteen most influential restaurants of the 20th Century," has been creating and serving vegetarian meals to customers since 1973. In addition to the restaurant, the chefs and employees have created twelve cookbooks that can be found throughout the world.

If you haven't guessed already, it's the Moosewood Restaurant and its beloved cookbooks. If you are not already familiar with their amazing recipes, here are a few to get you started. Check out their website for more (www.moosewoodcooks.com). And if that's not enough, check out our local bookstores to get a copy of one (or more!) of their cookbooks.

Pasta Fagioli

- 1 large Onion, chopped
- 2 Carrots, sliced into half moons
- 5 leaves of Chard (tough stems removed, and coarsely chopped)
- 15-oz can Cannellini (white kidney beans) with liquid (or 1 cup cooked dried beans)
- 2 Tbs chopped fresh Basil leaves (1 teaspoon dried)
- 3 Tbs Olive oil
- 2 Celery stalks, sliced
- 2 Garlic cloves, minced
- 2 small Zucchini, sliced into half moons
- 3 C chopped Tomatoes with liquid (28-ounce can)
- 1/4 C chopped fresh Parsley
- Oregano (optional)
- freshly ground Black pepper to taste
- 1 lb short, chunky Pasta (ziti, spirals, or shells)
- grated Parmesan (optional)
- Olive oil (optional)

Heat the olive oil in a large pot. Sauté the onion, carrots, and celery for a few minutes. Add the garlic, zucchini, and any dried herbs you're using. Sauté, stirring occasionally. A few minutes later add the chard and cook until just wilted. Mix in the tomatoes and white beans. Add water to make it the consistency you like. Flavour with parsley, fresh herbs, and black pepper. Simmer gently for 15 to 20 minutes while you cook the pasta.

Cook the pasta al dente in a large pot of boiling water. Drain. In individual pasta bowls, serve pasta topped with the "bean soup." If desired, top with grated Parmesan and drizzle on a little olive oil. Serves 6.

Dixie Burgers

- 1 Tbs Vegetable oil
- 1 C chopped Onions
- 4 Garlic cloves, minced or pressed
- pinch of Salt
- 2 C grated raw Sweet potatoes
- 1/3 C minced Celery
- 1/4 tsp dried Thyme
- 1/4 tsp ground Allspice
- 1/2 C minced Red bell peppers
- 2 C stemmed and finely chopped Chard
- 1 Tbs Soy sauce
- 1/4 tsp ground Black pepper
- 1 1/2 C cooked Black-eyed peas (15-ounce can, drained)
- 4 oz firm Tofu (optional)

Preheat the oven to 350°F. Generously oil a baking sheet. Heat the oil in a frying pan. Add the onions, garlic, and salt and sauté on medium-high heat for 10 minutes, until the onions are soft and translucent. Add the grated sweet potatoes, celery, thyme, and allspice and cook for 5 minutes, stirring often. Add the bell peppers and the chard, cover, and cook on medium-low heat for another 5 minutes, until the greens are just tender. Remove from the heat and stir in the soy sauce and black pepper.

Meanwhile, in the bowl of a food processor, pulse the black-eyed peas and, if using, the tofu until the peas are mashed, but not smooth. Combine the sautéed vegetables with the mashed mixture and form into 4 patties. Bake on the prepared baking sheet for 20 minutes or until firm. Serves 4.