



The Harvest Herald

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

March 29-31, 2011

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OKG Bread Special Apr 5-7

Sweet Potato & Bacon Loaf! Enjoy a delightful balance of sweet, smoky, and savoury elements in this new creation, which features sweet potatoes and oven-roasted bacon bits on a light sourdough base. Excellent for grilled cheese sandwiches or paninis!

Regular Harvest Box

Local! Carrots - Green Croft Gardens
Local! Rutabaga - Wild Flight Farm
Local! Watermelon Radish - Wild Flight Farm
Local! Sweet Orin Apples - Harker's
Red Potatoes - MB
Red Chard - CA
Broccoli - CA
Green Leaf Lettuce - CA
Bacon Avocado - CA
Navel Oranges - CA
Bananas - MEX

Family Harvest Box Extras

Local! Red Onions - Similkameen River Organics
Local! Mixed Apples - Harker's/Commandeur
Sweet Potatoes (white fleshed) - CA
Hot House Tomatoes - MEX
Asparagus - MEX



This Week's HomeGrown Heroes

Green Croft Gardens - Grindrod
Harker's Organics - Cawston
Honest Food Farm - Cawston
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, Apr 2 - Kelowna Zambia Partnership** will sell beautiful AND functional woven baskets, to support women's fair-trade coops in Zambia...with special prices on older stock (a great opportunity to buy an Easter Basket!).
- **Sat, Apr 9 - Raw Delights:** Healthylicious Raw Vegan Organic Natural Food Products - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more... + **Kelowna Women's Resource Centre** selling **Café Feminino** (organic, fair-trade coffee grown by women producers! Proceeds support community development + social justice projects.)

Notice of Upcoming Egg Shortage

Beginning the week of April 10th, our main egg supplier, Quail's Farm, will be closing down for a period of several weeks. We will continue to have a very limited supply of certified organic eggs from Honest Food Farm; however, we will need to sell these on a first-come, first-served basis, so if you do not see eggs listed on our website when you place your order, this will indicate that we do not have any more available for that week. We may be able to help direct you to farm-direct sources in the interim - ask us if you'd like help. We sincerely apologize for any inconvenience!

Community Events/Notices

David Suzuki in Kelowna This Thursday! Canada's most distinguished and important environmentalist presents his "Message from an Elder on the Challenges of the 21st Century". Urban Harvest is a proud sponsor! 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.

Rafe Mair Presentation on "Rivers, IPPs, Oil Tankers, Salmon and Democracy", Sunday, April 3 at First United Church, 721 Bernard (at Richter). Presented by Common Sense Canadian; sponsored by Council of Canadians and BC Citizens for Public Power. For info: 250-769-1977.

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.

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. 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.

Community Garden Plots Available! Central Okanagan Community Gardens (COCG) is building a new community garden this spring at the **Shannon Woods Park** on the Westside. Plots are provided to gardeners at a cost of \$15/season, which also includes access to water, compost bins, tools, and info. COCG is a non-profit society with 8 gardens located throughout the Central Okanagan. To enquire about a plot in the new Shannon Woods garden, contact Nathalie Begin @ 250-768-1141.

Banana Custard Oat Bars

(Adapted from www.ifeed.tv/print/124785)

For the Oat bars:

- 2 Tbs dark Brown sugar
- 2 Tbs Butter, at room temperature
- 3 Tbs Oil
- 1 C Whole wheat flour
- 1/2 tsp ground Cinnamon
- 1/4 tsp Salt
- 1 C old-fashioned or quick-cooking Rolled oats

For the Filling:

- 1/2 C coarsely chopped dried Apple or Pear
- 1/2 C hot Water
- 2 large Bananas, peeled and cut into 1-inch pieces
- 1 large Egg
- 2 large Egg whites
- 3 Tbs Honey
- 1/4 tsp ground Ginger

Preheat the oven to 375°F. Lightly grease a 9" x 9" x 2" baking pan. In a food processor, whirl the sugar, butter, and oil until smooth. Add the flour, cinnamon, and salt, then process, using on/off pulses, until the texture resembles coarse meal. Add the oats and process until just combined. Set aside 1/2 C of the mixture for the topping and press the remainder into the prepared pan. Bake the crust for 20 minutes.

Meanwhile, prepare the filling. In a small bowl, soak the apple in the water for 15 minutes, then drain. Place the bananas, egg, egg whites, honey, and ginger in the processor and blend until smooth. Add the apples and pulse just until combined. Pour the banana mixture onto the hot crust; sprinkle the remaining 1/2 cup oat mixture evenly over the top. Return to the oven and bake 15 minutes more or until set in the center. Let stand in the pan on a rack until warm, then cut into 16 squares. Will keep, tightly wrapped and refrigerated, for up to 4 days. You can freeze these as well.

No Bake Almond Cereal Bars

(Adapted from www.best-ever-cookie-collection.com)

- 1 C Almond butter
- 1 C Brown rice syrup
- 3/4 C chopped Walnuts
- 1 C dried Cranberries or Cherries
- 3 C puffed Cereal, such as Kashi 7 Grain Puffs
- 1/4 C raw Pumpkin seeds
- 3/4 C Sunflower seeds
- 1/3 Quinoa flakes

Lightly coat a 13x9-inch baking pan. In a large saucepan, heat almond butter and rice syrup over low heat until bubbles begin to form. Quickly stir in walnuts, fruit, seeds, cereal, and quinoa flakes until well combined. When the mixture is cool enough to handle, press into the prepared pan and cool completely. Cut bars into desired size and shape and wrap pan tightly or wrap bars individually for on-the-go convenience.

Grab-and-Go Nutrition

A granola bar is a quick and easy snack to grab as you rush out the door. Unfortunately, that convenience comes with a price. Store-bought granola bars offer little in terms of nutrition. Even the bars that offer whole grains are often high in fat and sugar and low in everything else. Those that do offer some dietary benefits are often expensive. The good news is that homemade granola bars are easy and inexpensive to make. They freeze well and are perfect for those grab-and-go days.

Homemade Fruit Bars

(Recipe adapted from "Eating Well" at www.eatingwell.com)

Basic Fruit Bar Crust:

- 1 C chopped Nuts (walnuts, pecans, almonds or hazelnuts) or old-fashioned Rolled oats, divided
- 3/4 C Whole-wheat pastry flour
- 1/4 C Sugar
- 4 Tbs Butter, cut into small pieces
- 2 Tbs Oil
- 1/4 tsp Almond extract
- 3/4 C Flour of your choice
- 1/2 tsp Salt
- 1 large Egg
- 1 tsp Vanilla extract

To prepare crust: Combine 3/4 cup nuts (or oats), whole-wheat flour, flour of your choice, sugar and salt in a food processor; pulse until the nuts are finely ground. Add butter; pulse until well incorporated. Whisk egg, oil, 1 teaspoon vanilla and almond extract in a small bowl. With the motor running, add the mixture to the food processor. Process, then pulse, scraping down the sides, if necessary, until the mixture begins to clump, 30 to 45 seconds (it will look crumbly).

Measure out 1/2 cup of the mixture and combine in a bowl with the remaining 1/4 cup chopped nuts (or oats). Set aside for the topping.

Preheat oven to 400°F. Grease a 9-by-13-inch baking dish. Transfer the dough to the prepared baking dish. Spread evenly and press firmly into the bottom to form a crust.

Using this basic crust recipe, try adding the following:

Apple Cinnamon Filling

- 6 C diced peeled Apples, divided
- 1/4 C Sugar
- 1 1/2 tsp ground Cinnamon
- 1/2 C Apple cider or Orange juice
- 1/2 C Flour
- 1 tsp Vanilla extract

To prepare fruit filling and assemble bars: Combine 4 cups apples, cider (or orange juice), sugar and flour in a large saucepan. Bring to a simmer over medium heat, stirring constantly, until the mixture is very thick, 4 to 5 minutes. Stir in the remaining 2 cups apples, cinnamon and 1 teaspoon vanilla. Spread the fruit filling over the crust. Sprinkle the reserved topping over the filling. Bake the bars at 400°F for 15 minutes. Reduce oven temperature to 350°F and bake until the crust and topping are lightly brown, 25 to 30 minutes more. Let cool completely before cutting into bars, at least 1 1/2 hours. You can store these in the refrigerator for up to 5 days or freeze them.

Mixed Fruit Filling (follow directions from above)

- 6 C chopped Peaches, Nectarines, Plums and/or Cherries (any combination, fresh or frozen), divided as above
- 1/2 C Orange juice
- 1/2 C Flour
- 1/4 C Sugar
- 1 tsp Vanilla extract

Dried Fruit Filling (follow directions from above)

- 3 1/4 C diced mixed Soft dried fruit (about 16 ounces), divided (2 1/2 C + 3/4 C)
- 1 1/2 C Apple cider
- 1/2 C Flour
- 1/4 C Sugar
- 1 tsp Vanilla extract