



The Harvest Herald

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

March 5-7, 2013

Issue #654

OKG Bread Special Mar 5-7

Potato & Onion Rye! This loaf, a densely-textured and moist rye bread, gets its incredible flavour from both potatoes and green onions. Great for sandwiches!

Regular Harvest Box

LOCAL! Rutabaga - Wild Flight Farm
LOCAL! Fuji Apples - Harker's
Jewel Yams - CA
Cauliflower - CA
Green Leaf Lettuce - CA
Bunched Carrots - CA
Red Chard - CA
Navel Oranges - CA
Hass Avocado - MEX
Bananas - MEX

Family Harvest Box Extras

BC! Crimini Mushrooms
Yellow Potatoes - MB
Celery - CA
Broccoli - CA
Kale - CA



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green City Acres - Kelowna (see "Spinning Green" film at right!)
Harker's Organics - Cawston
Quail's Farm - Vernon
Wild Flight Farm - Mara

Egg Supply - Quail's Farm's egg production is currently down. If you are placing your order later in the weekend and you do not see eggs on the order page at the time you are placing your order, this will mean that we have already sold out for the week.

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.

Upcoming Saturday Sale Vendors for March

- **Mar 9th - Raw Delights** - Healthylicious Raw Vegan Organic Natural Food - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more...
- **Mar 9th - Café Feminina** coffee and super-sweet, cuddly felted animals, both sold by the Canadian Federation of University Women as a fund-raiser for their scholarship fund (coffee is purchased at above fair-trade prices from women's producer cooperatives, with proceeds going to fund the CFUW's scholarship program).
- **Mar 16th - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, seaweed products, healthy oils, and more! See www.realrawfood.com for more info.
- **Mar 16th - Swheatgrass FROZEN** Organic Wheatgrass Cubes! Wheatgrass is full of antioxidants, stimulates metabolism, and alkalizes the body. Locally grown, using certified organic seeds and soil, filtered water, and NO fertilizers or pesticides!
- **Mar 23rd - Wolfgang's Grain & Flour Mill** - organic whole grains and freshly milled flours.
- **Mar 23rd - SAPED** - direct fair-trade products grown and processed by indigenous peoples in Chiapas, Mexico, Guatemala, and the Philippines. Products include Arabica coffees, cacao beans, natural sugarcane, natural chocolates, medicinal spices such as cardamom, turmeric, ginger. Profits help to build projects supporting community self-reliance in producer communities.

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

World Community Film Festival Kelowna Mar 7-10! At UBC Mar 7/8 and Okanagan College Mar 9/10. Informative and inspiring films on global social, environmental, and political issues - this is Kelowna's 10th anniversary festival! Great food + baked goods avail at the college Mar 9/10 (local/organic focus)...and popcorn! Please bring your own cup. Kids short film program Sat/Sun aft too! **FREE Admission** - Donations are accepted for the Ki-low-na Friendship Centre and Inn from the Cold. Film descriptions, screening schedules @ www.worldfilmfestkelowna.net.

Local Film "Spinning Green"! One of the festival screenings will be Marc Arellano's film "Spinning Green", on the work of local SPIN farmer Curtis Stone, from Green City Acres. Sales of this documentary support the Kelowna Food Bank: <http://www.youtube.com/watch?v=fHy0Mh9DVQg>

Seedy Saturday March 9th! Sat, Mar 9th 10am to 3pm, at the Okanagan College (Kelowna Campus) in the Student Centre Pit, set up in conjunction with the World Community Film Festival (see above) Local seeds (including Certified Organic, open-pollinated, heritage varieties), swap table, garden items, kids' activities, books + more! Ask questions, find special seeds, get inspired for this year's gardening endeavours! More info @ 250 764-4810.

Spring Break CircusYoga Camp! *Kids' Yoga *Acrobatics *Circus Arts *Juggling *Theatre Games *Arts & Crafts with Anita McFarlane & Friends for ages 5-12! Thurs, Mar 14th 1-day extravaganza from 9am to 3pm for \$65 or M-F, Mar 18-22 daily from 9am to 1pm (\$200 for 5 days or drop-in for \$45/day), at the Scout Hall behind the Okanagan Mission Hall (Lakeshore & Dehart). To register, email Anita @ anita@anitamcfarlane.com.

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://www.slowfood.com>, or email krickypl@gmail.com, or call 778-363-2969. Volunteers welcome!

Red Leaf Lettuce Salad

(Adapted from www.canadianliving.com)

- 2 Tbs Wine vinegar
- 2 Tbs Orange juice
- 2 Tbs extra-virgin Olive oil
- 2 tsp Dijon mustard
- 2 tsp liquid Honey
- 1 clove of Garlic, minced
- 1 pinch Salt
- 1 pinch Pepper
- 4 C torn Red leaf lettuce
- 1 Celery stalks, thinly sliced
- 1 Carrots, thinly sliced
- 1/4 C thinly sliced sweet Onion
- 12 Cherry tomatoes, halved

In large bowl, whisk together vinegar, orange juice, olive oil, mustard, honey, garlic, salt and pepper. Add lettuce, celery, carrot, onion and tomatoes. Toss to coat.

Bulgur with Ginger and Orange

(Adapted from www.eatingwell.com)

- 2 Oranges
- 2 tsp Oil
- 2 cloves Garlic, minced
- 2 Tbs minced fresh Ginger
- 1 C Bulgur, rinsed
- 2 tsp Brown sugar
- 1/4 tsp Salt, or to taste
- 1/3 C slivered Almonds
- 2/3 C chopped Scallions
- 1 Tbs reduced-sodium Soy sauce

Zest 1 orange; reserve the zest. Juice both oranges. If necessary, add enough water to the juice to measure 1 1/2 cups total. Heat oil in a large heavy saucepan over medium-high heat. Add garlic and ginger; cook, stirring, until fragrant, about 30 seconds.

Add bulgur and stir to coat. Add the orange juice, brown sugar and salt; bring to a simmer. Reduce heat to maintain a gentle simmer, cover and cook until the bulgur is tender and most of the liquid has been absorbed, 15 to 25 minutes.

Meanwhile, toast almonds in a small dry skillet over medium-low heat, stirring frequently, until light golden and fragrant, 2 to 3 minutes.

Add scallions, soy sauce and the reserved orange zest to the bulgur; mix gently and fluff with a fork. Serve sprinkled with the almonds. Serves 4.

Watering Ourselves

When we talk about healthy eating, it focuses on just that - eating. But what often gets left out is the importance of what we are drinking, or rather not drinking. Our bodies are made of about 70% water making it an essential part of daily life. Most Canadians, however, don't get enough water throughout the day. Water transports nutrients and oxygen into our cells, moisturizes the air in our lungs, helps with metabolism, and protects our vital organs. It also regulates body temperature, detoxifies, and protects and moisturizes our joints. When we don't get enough water, these benefits are diminished, and the signs of dehydration begin.

When our bodies are lacking water, we feel symptoms such as tiredness, headaches or even migraines, constipation, muscle cramps, dry skin, irregular blood pressure, and irritability. It is recommended that, on average, women drink 9 cups (250ml/cup) per day, while men should drink 13 cups. This, of course, depends on your level of exercise and your environment (temperature and humidity). If you have a fever or are breastfeeding, the daily recommended amount should be increased.

Other sources of liquids that contain caffeine, such as coffee or tea, along with alcoholic drinks actually cause the body to lose water, while juice and pop contain high amounts of sugar. Fruits and vegetables, however, contain water that helps us reach our target water intake. Here are some recipes that feature high-water containing produce:

Red Chard Linguine

(Recipe adapted from "The Post Punk Kitchen" at www.theppk.com)

- 1/2 C Cashews, soaked in water for at least an hour
- 8 oz whole wheat Linguine
- 1/4 C to 1/2 Pinenuts
- 1 Red onion, thinly sliced
- 4 cloves Garlic, minced
- 1/2 tsp Red pepper flakes
- 1/2 tsp Salt
- Additional 1/2 C Vegetable broth
- 1 lb Red swiss chard, leaves torn into bite sized pieces, stems thinly sliced
- 1 1/4 C Vegetable broth
- Olive oil (from 1 tsp to 2 Tbs)
- 4 cloves Garlic, thinly sliced
- 1 tsp dried Thyme
- fresh Black pepper to taste
- 1/2 C dry Red wine
- 2 Tbs fresh Lemon juice

Boil water for the pasta and cook according to pasta directions. Drain the soaked cashews and then puree them with 1 1/4 C vegetable broth until completely smooth. It might take up to 5 minutes to get it really smooth. Preheat a large pan over medium heat. Toast pine nuts until browned (about 3 minutes). Remove from pan, place in a small bowl and set aside. In the same pan, saute onions in oil and a pinch of salt for about 5 minutes. Add sliced garlic and saute for two more minutes. Add minced garlic, thyme, red pepper flakes, black pepper and salt and saute for a minute more. Add swiss chard stems (reserve leaves) and saute another two minutes. Pour in the wine and vegetable broth and turn the heat up to bring to a boil. Let reduce for about 5 minutes. Lower heat and add swiss chard leaves until they are completely wilted. Add the cashew cream and lemon juice and stir until heated through. Taste for salt and pepper. By this time the pasta should be cooked and drained. Add it to the pan, turn off heat, and toss to coat. Serve as soon as you can and top with pinenuts.

Balsamic and Parmesan Roasted Cauliflower

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

- 8 C 1-inch-thick slices Cauliflower florets
- 1 tsp dried Marjoram
- freshly ground Pepper to taste
- 1/2 C finely shredded Parmesan cheese
- 2 Tbs extra-virgin Olive oil
- 1/4 tsp Salt
- 2 Tbs Balsamic vinegar

Preheat oven to 450°F. Toss cauliflower, oil, marjoram, salt and pepper in a large bowl. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more. Serves 4.

~ Article & Recipes Contributed by Angela Cleveland ~