



The Harvest Herald

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

March 6-8, 2012

Issue #605

OKG Bread Special March 13-15

Almond Milk Batard! Almonds are soaked, pureed, and strained, and the resulting almond milk is incorporated into this lightly textured loaf. Enjoy toasted, buttered, and topped with apricot jam!

Regular Harvest Box

LOCAL! Green Cabbage - Wild Flight Farm
LOCAL! Carrots - Green Croft Gardens
LOCAL! Celeriac (Celery Root) - Wild Flight Farm
LOCAL! Pink Lady Apples - Harker's
Red d'Anjou Pears - WA
Broccoli - CA
Romaine Lettuce - CA
Navel Oranges - CA
Zucchini - AZ
Tomatoes - MEX
Bananas - MEX

Family Harvest Box Extras

LOCAL! Yellow Onions - Similkameen River
LOCAL! Ambrosia Apples - Harker's
LOCAL! "Corn Salad" (salad green) - Wild Flight Farm
BC! Crimini (brown button) Mushrooms
Cauliflower - CA
Jewel Yams - CA



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green Croft Gardens - Grindrod
Harker's Organics - Cawston
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Similkameen River Organics - Cawston
Sweet Haven Farm - Tappen
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.*

Sin Grano Bakery Closed for Spring Break

Please note that Sin Grano Ancient Grains Bakery will be closed from March 9th to 25th, so you will not see their gluten-free breads, muffins, or brownies on our order list during that time.

Community Events/Notices

World Community Film Festival The World Community Film Festival takes place March 8-11th this year! Films will be screened at UBC Okanagan and at Okanagan College (KLO Campus). See <http://www.worldfilmfestkelowna.net> for schedule/film descriptions. This event is supported by Okanagan College's Department of Communications and UBC Okanagan's Cultural Studies Department, and spearheaded by a dedicated group of volunteers. The film program this year features an outstanding selection of 35 documentary films from around the world. The Travelling World Community Film Festival is known for the incredible breadth of topics covered as well as for the first class quality of the productions screened - these are films that are sure to educate, entertain and inspire on topics spanning environmental, social justice, and human rights issues. **Admission to films is FREE: Donations are accepted for the Ki-low-na Friendship Centre and Inn from the Cold.**

**A special Family Program will be hosted on Saturday + Sunday afternoon at Okanagan College as well.

Kelowna Seed Swap is back! Certified Organic local seeds, swap table, garden items.

Local honey, childrens activities, books, food and more. Great for the entire family. Saturday March 10th at Okanagan College Campus, 1000 KLO Road 10:00 to 3:00. Information 250 764-4810. While at the swap, check out the Travelling World Community Film Festival. www.worldfilmfestkelowna.net

Vegan Potluck & Screening of Film "Fat, Sick & Nearly Dead" Saturday, March 10th at 5:30pm at the EECO Centre in Mission Creek Park (2363A Springfield Rd.). Please bring a vegan (no animal products) dish, enough for 6-8 servings, with serving utensil, ingredient list, and your own cutlery/dishes. Prizes for the best main course and the best dessert! \$2 entry fee to help cover rental cost. \$7 if you do not bring a dish to share. Questions? Not sure what to bring? Contact Lauren at 250-766-2589 ext 100, or at lauren@beelineweb.com. Hosted by the Okanagan Vegetarian (and Vegan) Table. For more info, see www.okveg.com.

Theatre Kelowna presents "Perfect Wedding" ~ A rollicking comedy & touching love story! Black Box Theatre March 8-18. shows Thurs-Sat. 7:30pm; Sat/Sun 2pm. Tickets can be purchased at www.SelectyourTickets.com; 250-762-5050; Prospera Place Box Office & at the door. Advance \$20 Adult; \$18 Student/Senior; 10% discount groups 10+ (plus service charges). ALL DOOR TICKETS \$25. Info: www.theatrekelowna.org. More info at 250-862-8673.

1-day Raw Food Dehydration Class - The Art of Low Temperature Baking!

Sunday March 25th from 11am to 5pm. Learn how to make your own Gluten-free bread, crackers, pizza, kale chips and more! For more info see <http://therawfoodpath.com> or call Guylaine @ 250-469-2265.

Community Kitchens Meet-Up #2- NEW DATE!

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 to find or start a group, OR come to a face-to-face meet-up at the Urban Harvest Warehouse (806 Crowley Ave) on Sunday, April 1st (NEW DATE!) from 2-3:30pm. Please RSVP to order@urbanharvest.ca OR join the Facebook event "Community Kitchen Meet-Up #2" by March 30th.

Broccoli Fritters with Lemon

(Adapted from <http://meatlessmediterranean.blogspot.com>)

1 lb Broccoli (about 1 small head of broccoli or 2 broccoli crowns)
2 Eggs
1/2 C Milk
1 C Flour
1 tsp Baking powder
1/2 tsp Salt
freshly ground Black pepper to taste
2-4 Tbs Olive oil, divided
1 or 2 Lemons, cut into wedges

Preheat oven to 250°F. Cut the broccoli into medium-size florets. Cook the broccoli florets in boiling water until tender. Drain. Coarsely chop the broccoli florets and set aside.

In a large bowl, whisk the eggs until well beaten. Whisk in the milk, and then whisk in the flour, baking powder, salt, and pepper. Whisk until smooth. Add the broccoli, and stir to coat all of the broccoli with the batter.

Heat 1 or 2 Tbs of the olive oil in a large skillet over medium to medium-high heat. Use just enough oil to lightly coat the bottom of the skillet. Do not let the oil get too hot, or the fritters will brown too quickly on the outside and remain uncooked inside.

In batches, drop the broccoli mixture into the skillet by tablespoonfuls, as many as will fit in the skillet at one time. Cook until the underside is golden, about 4-8 minutes. Turn the fritters and press down gently with a spatula to slightly flatten them. Cook until the other side is golden, about 4-8 more minutes. Add more oil as needed in between batches to keep the bottom of the pan lightly oiled.

Transfer cooked fritters to a baking sheet lined with paper towels to drain any excess oil.

Keep cooked fritters warm in the oven until all fritters are finished. Serve with lemon wedges for squeezing over the fritters as desired.

Waiting for Spring

Spring break for the school kids is just around the corner. With it, comes the time change as we "spring" forward. While the thoughts of spring are all around us, the weather does not seem to be cooperating. If you can't beat it, join it. Here are some delicious soup recipes to keep us warm through the last few weeks (or more!) of winter.

Roasted Carrot and Celeriac Soup

(Recipe adapted from "Rock Recipes" at <http://rockrecipes.blogspot.com>)

1 large Celeriac, peeled and cut into 1" cubes
6 large cloves Garlic, unpeeled
Salt and Pepper to season
3 lbs Carrots cut in 1 inch lengths
3 Tbs Olive oil

Toss all of the above together and roast in a single layer on a cookie sheet in a 350°F oven until the vegetables are fork tender, about 45 minutes. You may need to take the garlic cloves out before this time if they have completely softened. Transfer the roasted vegetables to a large pot and add:

1 tsp Cinnamon
1/2 tsp Sea salt
1 to 1 1/2 litres of Vegetable stock
1 tsp ground Thyme
1/2 tsp freshly ground Pepper

Simmer over medium low heat for about a half hour before pureeing the soup in a standard blender or using an immersion blender. Taste the soup and do a final seasoning with salt and pepper before finishing the soup by adding the juice of half a lemon and 2 Tbsp honey, then Stir well and serve:

Rustic Cabbage Soup Recipe

(Recipe adapted from "101 Cookbooks" at www.101cookbooks.com)

1 Tbs extra virgin Olive oil
1/2 lb Potatoes, skin on, cut 1/4-inch pieces
1/2 large yellow Onion, thinly sliced
1 1/2 C White beans, precooked or canned (drained and rinsed well)
1/2 medium Cabbage, cored and sliced into 1/4-inch ribbons
extra-virgin Olive oil for drizzling
a big pinch of Salt
4 cloves Garlic, chopped
5 C Stock
1/2 C Parmesan cheese, freshly grated

Warm the olive oil in a large thick-bottomed pot over medium-high heat. Stir in the salt and potatoes. Cover and cook until they are a bit tender and starting to brown a bit, about 5 minutes. Stir in the garlic and onion and cook for another minute or two. Add the stock and the beans and bring the pot to a simmer. Stir in the cabbage and cook for a couple more minutes, until the cabbage softens up a bit. Season as needed. Serve drizzled with a bit of olive oil and a generous dusting of cheese. Serves 4.

Curried Apple and Zucchini Soup

(Recipe adapted from "The Heart and Stroke Foundation" at www.heartandstroke.on.ca)

2 Tbs Olive oil
1 large Onion, chopped
2 C Water
3 C diced (unpeeled) Zucchini
1/2 tsp Salt
2 Apples, peeled, cored and chopped
1 to 3 tsp Curry powder
2 Vegetable broth
1/4 C Brown rice
1 C Milk

In saucepan, heat olive oil over medium-high heat; sauté apples and onion for 5 minutes or until softened. Sprinkle with curry powder; cook, stirring, for a few seconds. Pour in water and broth; bring to boil. Add zucchini, rice and salt. Cover and simmer over low heat until zucchini and rice are very soft and soup is slightly thickened. In batches, pour into blender or food processor; blend until smooth. Return to pan and add milk; heat through.