



# The Harvest Herald

(Ph/Info-line) 868-2704 (Email) [order@urbanharvest.ca](mailto:order@urbanharvest.ca)

Place Orders On-line at: [www.urbanharvest.ca](http://www.urbanharvest.ca)

March 8-10, 2011

Issue #556

## OKG Bread Special March 15-17

Honey Rye Batard! This shorter, broader baguette-style loaf has a crispy crust and a moist interior. Fashioned with a mild rye sourdough base and a touch of local honey!

## Regular Harvest Box

Local! Carrots - Green Croft Gardens  
Local! Beets - Wild Flight Farm  
Local! Yellow Onions - Similkameen River  
Local! Watermelon Radish - Wild Flight Farm  
Local! Fuji Apples - Harker's  
BC! D'Anjou Pears  
Jewel Yams - CA  
Broccoli - CA  
Romaine Lettuce - CA  
Navel Oranges - CA (mini order)  
Bananas - MEX

## Family Harvest Box Extras

BC! English Cucumber  
Bacon Avocado - CA (*Ripen at room temp, use when fruit yields to pressure. Skin may look mottled/spotty, but the inside should be a creamy pale green!*)  
Green Kale - CA  
Ruby Grapefruit - CA  
Cara Cara (pink flesh navel) Oranges - CA (mini order)  
Red Bell Pepper - MEX



## This Week's HomeGrown Heroes

Green Croft Gardens - Grindrod  
Harker's Organics - Cawston  
Honest Food Farm - Cawston  
Intentional Peasants - Edgewood (NOT certified org.)  
Kettle River Farm - Grand Forks  
Quail's Farm - Vernon  
Similkameen River Organics - Cawston  
Sweet Haven Farm - Sorrento  
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, Mar 12 - Raw Delights** - Healthlicious Raw Vegan Organic Natural Food Products - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more... **AND - Kelowna Women's Resource Centre** selling Café Feminino (organic, fair-trade coffee grown by women producers! Proceeds support community development + social justice projects.)
- **Sat, Mar 19 - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, and much more! See [www.realrawfood.com](http://www.realrawfood.com) for info about their products
- **Sat, Mar 25 - Wolfgang's Grain & Flour Mill** will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally,
- **Sat, Apr 2 - Kelowna Zambia Partnership** will sell beautiful AND functional woven baskets, to support women's fair-trade coops in Zambia,

## Community Events/Notices

**Kelowna Community Seed Swap March 12<sup>th</sup>** Discover rare, unusual and Certified Organic local seed, great food, lots of garden ideas! Bring your own saved seed for the swap table, a chance to participate and perpetuate family treasures. Held in partnership with the Travelling World community Film Festival. 10am to 3pm, Sat, Mar 12th at Ok College Student Services Building, 1000 KLO Road.

**2011 Travelling World Community Film Festival - March 10-13<sup>th</sup>** Featuring 32 documentary films from over 25 countries, covering environmental, social justice and human rights issues. These are films that are sure to educate, entertain and inspire! Supported by the UBC-O Student Union, UBC-O Cultural Studies Dep't and Okanagan College's Dep't of Communications, as well as a dedicated group of volunteers. Okanagan residents of all ages are invited to enjoy this year's films. An exciting new addition to this year's film festival is the special **Family Programme**, with 10 films geared to younger audiences to be included in the Sat and Sun afternoon line-ups. Admission to all films is FREE, and donations are gratefully accepted for the Kelowna Women's Resource Centre and the Ki-low-na Friendship Centre. **More info can be found at:** <http://www.worldfilmfestkelowna.net>.

**David Suzuki Presents in Kelowna Mar 31<sup>st</sup>** Canada's most distinguished and important environmentalist will present his "Message from an Elder on the Challenges of the 21st Century". For decades, Dr. David Suzuki has sounded the alarm, and raised the awareness of millions of Canadians and people around the globe, as to the grave and imminent challenges facing our earth. Dr. Suzuki titled his This highly-acclaimed scientist commands the attention of politicians, the captains of industry, as well as officials at the United Nations, with his reasoned, scientifically-based arguments for fundamental changes in the way we protect, extract and consume our rapidly-depleting natural resources. Urban Harvest is a proud sponsor of this exciting event! Dr. Suzuki's presentation takes place on Thurs, Mar 31<sup>st</sup> at the Kelowna Community Theatre. Doors open at 6:30pm; presentation begins at 7:30pm. Be sure to purchase your tickets early at Leo's Videos, Mosaic Books, and Choices Markets, or call 250-863-1300.

**8<sup>th</sup> Annual Wearable Art Gala Apr 2<sup>nd</sup>** 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. The Wearable Art Gala features creative experimentation with hair, jewelry, accessories and original one-of-a-kind wearables using everything from computer keyboards and teabags to string licorice and bubble wrap. Sat, Apr 2<sup>nd</sup>, 8pm at the Alternator Centre for Contemporary Art, 421 Cawston Ave. Tix at <http://selectyourtickets.com> or contact [info@alternatorgallery.com](mailto:info@alternatorgallery.com).

**Spring Fabulous Finds!** This is a unique show promoting local artisans and vintage collectors in a great environment where customers can enjoy organic wine while they shop. Could there be a better way to welcome spring? Friday, Mar 25, 4-9pm, and Saturday, Mar 26, 10am to 4pm, at Summerhill Winery (4870 Chute Lake Road).

## Beet Thoren (Beet Stir Fry with Coconut)

(Adapted from [www.zimbio.com](http://www.zimbio.com))

- 4 fresh, large Beets (about 2 lbs.), boiled, peeled and coarsely grated
- 2 Garlic cloves, peeled and crushed
- 1 fresh Serrano (green) or Thai chili, split/cut in half lengthwise
- 1 C finely dried, grated, unsweetened Coconut
- 1 tsp Salt
- 1 tsp ground Cumin
- 1/4 tsp ground Cayenne pepper
- 1/4 tsp ground Turmeric
- 1/3 C Water
- 2 Tbs Olive oil
- 1 tsp Mustard seeds
- 2 whole dried Red chilies
- 10-12 fresh Curry leaves (if you can't find curry leaves, substitute w/2 bay leaves.)
- 1 Tbs uncooked long-grain Rice

Wash and trim the beets. Cook the unpeeled beets in boiling, salted water until tender. Drain and let them cool. Peel the beets and grate them. Set aside. In a small bowl, combine the coconut, garlic, serrano chili, salt, cumin, cayenne and turmeric with the water to make a thick paste. Set aside. In a large wok, heat the olive oil over medium-high heat. Add the mustard seeds, dried red chilies, and curry leaves, and cover. When the mustard seeds begin to pop, add the rice and stir until the rice just turns opaque, about 5 seconds. Add the grated beets and cook over moderate heat, stirring occasionally, until barely softened. Reduce the heat to medium, add the coconut mixture and cook, stirring occasionally, until the beets are tender, about 5 minutes. Remove from the heat and check the salt. Serve at once.

## Watermelon Radish Ratatouille

(created and shared by Urban Harvest customer Marika Haspeck - a special recipe repeated from last week)

- 1 Watermelon Radish (large)
- 1 or 2 Tomatoes
- 1 Apple for each tomato
- 1 1/2 C Water
- 2 cloves elephant Garlic
- 1 small Onion
- 3 Tbs Olive oil
- 1/4 C Apple Cider Vinegar
- 1 1/2 tsp Salt
- 1 tsp Chili powder (ground chili)
- 4 shakes of Tabasco
- 1 tsp Caraway seeds

Preheat oven to 400°F. Thinly slice watermelon radish. In a blender, combine the remaining ingredients and blend until well mixed and fairly smooth. In a casserole dish of your choice, alternately layer 1 cm of radish with 1/3 cup of sauce, ending with a sauce layer. Cover and bake at 400°F for 1 hour. The radish will be tender but not soggy. If you prefer it to be softer, cook no more than 10 minutes at a time longer.

## Stirring it Up

Stir fries are an easy and wonderful way to combine your favourite ingredients into one big delicious dish. Here are some tips to help make your stir fry a success (<http://busycooks.about.com>):

- Have all of the ingredients prepared ahead of time. There is no time to stop to chop or measure or mix once the stir-fry process has begun.
- Make sure that the sauces are mixed before you start cooking. Since the sauce is usually added last, stir it just before pouring it into the wok or skillet so all the ingredients are combined.
- Make sure that the food is cut into approximately equal sizes so they cook at the same time.
- Start with the longest-cooking foods, like the meat and hard vegetables like onions and carrots.
- The food must be moved continually around the hot skillet so it cooks evenly and doesn't burn. Don't stop cooking and don't walk away from the stovetop.
- Be creative - try to come up with new food combinations for your stir fry.

## Sweet Ginger Broccoli Stir-Fry with Tofu

(Recipe adapted from "Hub Pages" at <http://hubpages.com>)

### Marinade:

- a generous splash of Rice vinegar
- 1/2 tsp Orange zest
- 2/3 block of extra-firm Tofu
- Rice wine or cooking sherry up to the level of the tofu
- 1 tsp minced Ginger
- 1 small dollop of Thai chili sauce

### Sweet Ginger Orange Sauce:

- 3 Tbs Rice wine or cooking Sherry
- 1 tsp Rice vinegar
- 2 Tbs Hoisin sauce
- 2 Tbs minced fresh Ginger root
- 1/2 C fresh squeezed Orange juice
- 2 tsp Soy sauce
- 1 tsp Sesame oil
- 1/2 to 1 tsp Thai chili sauce

### Stir-fry:

- 2 heads of Broccoli
- 1 Carrot
- 1/2 of a medium-sized Onion
- 4-6 Tbs Vegetable or Peanut oil

Cut the tofu into 1/2 inch thick triangles. Gently press between woven cloths to remove excess moisture. Dry-fry over medium heat with no oil, pressing with a spatula frequently. It is done when firm and golden on both sides. Stir together the marinade ingredients, adding the tofu. Wash and chop all of your vegetables. For the broccoli, use only the flowerets. Once the tofu has marinated for twenty minutes, start the rice cooking according to the instructions for the variety you are using. Prepare the sauce by mixing all of the ingredients together well.

When the rice has only another five minutes left to cook, start the stir-fry. Heat a well-seasoned wok until smoking over medium-high to high heat (or use a large pan if you do not have a wok). Add about 4-6 Tablespoons vegetable or peanut oil to the wok, then add the drained tofu and the vegetables. Stir-fry over high heat just until the broccoli is tender but still slightly crunchy. Cut the heat and toss the stir-fry with the sauce. Serve over rice.

## Yam Stir-fry

(Recipe adapted from "BNet" at <http://findarticles.com>)

- 2 lbs Yams, peeled and cut into 1/2-inch cubes
- 1/2 C golden Raisins
- 1 Tbs Honey
- 1/4 tsp each ground Cloves and ground Nutmeg
- About 1/4 C roasted, salted Almonds
- 2 Tbs Oil
- 1/2 C Orange juice
- 1 C Vegetable broth
- 1/2 C sweetened, shredded dried Coconut

To a 10- to 12-inch frying pan over medium-high heat, add oil. When oil is hot, add yam cubes; stir often until tender-crisp to bite, about 7 minutes. Stir in raisins, orange juice, honey, 1/2 cup broth, cloves, and nutmeg. Cover and simmer gently 10 minutes. Add remaining 1/2 cup broth; cover and simmer until yams are tender to bite and most of the liquid is absorbed, about 25 minutes total. Stir in shredded coconut, and pour the yam mixture into a bowl. Sprinkle with almonds. Serves 8.