



The Harvest Herald

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May 10-12, 2011

Issue #565

OKG Bread Special May 17-19

Maple & Oatmeal Loaf! This whole grain loaf features organic steel-cut oats, flax seeds, maple syrup, and a hint of cinnamon. An excellent breakfast bread!

Regular Harvest Box

BC! Alfalfa Sprouts - Eatmore Sprouts
BC! English Cucumber
Local! Gala Apples - Harker's
Red Onions - CA
Jewel Yams - CA
Broccoli - CA
Carrots - CA
Romaine Lettuce - CA
Navel Oranges - CA (mini order)
Desert Ruby Grapefruit - CA
Bananas - MEX

Family Harvest Box Extras

Local! Chives - Wild Flight Farm
Local! Baby Salad Turnips (with greens!) - Wild Flight
Local! Spring Salad Mix - Wild Flight Farm
BC! White Button Mushrooms
Beets - CA
Green Peppers - MEX



This Week's HomeGrown Heroes

Backyard Beans - Summerland
Blackbird Farm- Cawston
Carmel's Alpine Goat Cheese Artisan - Kelowna
Gort's Gouda - Salmon Arm
Harker's Organics - Cawston
Honest Food Farm - Cawston
Little Creek Gardens - West Kelowna
Master Bakery - Kelowna
MOTÉAS - Kelowna
Okanagan Grocery Artisan Bakery - Kelowna
Roots & Greens Farm - Grindrod
Wild Flight Farm - Mara
Wild Mountain Honey - Armstrong

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.*

Saturday Sale Guest Vendors

- **Sat, May 14 - BC Spot Prawns!** Sustainably harvested (with the Ocean Wise stamp of approval), flash-frozen at sea, from the Powell River area. Prawn tails in 1lb containers.
- **Sat, May 21 - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, and much more! See www.realrawfood.com for more info about their products.
AND Organically Clean - locally made + organically formulated cleaning solutions, including shampoo/hair conditioner, hair gel, liquid body wash + household cleaners + laundry/dish soap.
- **Sat, May 28 - Wolfgang's Grain & Flour Mill** will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally,
AND BioLive Germinated Products with a wide variety of unique sprouted grain products.

Community Events/Notices

Spokes & Laces - Mountain Biking & Trail Running Camp for Women (beginner to intermediate level), May 14/15th in Kelowna. This is the first of its kind. There is no woman's camp in BC that offers both Trail running & Mtn biking for beginners to intermediate at such a great price. This camp will set you in motion with all the tools needed. In addition you will get knowledge on nutrition and strength to make your off road training a success! For more details: <http://www.bettyqohard.com>

Raw Food Class - Are you looking for a way to get started with a Raw Food Diet? On a gluten-free raw vegan diet, people lose weight, experience improved health, cleanse and detox naturally, gain energy, and develop a more youthful appearance. By contrast, the average North American diet is full of additives and preservatives, devoid of nutrients. Raw foods contain all the enzymes, nutrients and immune boosting qualities that a processed diet lacks. Trinity Yoga's **Raw Food Class** will teach you how simple and delicious Raw Food can be! On the menu: Hot and Sour Soup, Creamy Kale Salad, Walnut-Carrot Nori Rolls, Chard Rolls with Cashew Cheez, Date Almond Balls, Brownie Balls. To register: 250-448-2512 or info@trinityyogacenter.com. \$30 + HST.

Climate Smart in Kelowna - Climate Smart provides training and tools for local businesses to measure and profitably reduce their greenhouse gas emissions. They have trained nearly 400 organizations to cut costs by cutting carbon. Training sessions begin in Kelowna, **May 18** and **June 15** and run throughout the summer. For a limited time, subsidies for the program are available NOW from FortisBC. For more info, contact Sean Mcfetridge at sean@climatesmartbusiness.com or visit www.climatesmartbusiness.com.

Workshop with Yoga Master Yogi Amrit Desai Fri, May 20th - 5pm Yoga, 7-9:30pm Lecture. Sat, May 21st - 7am Yoga, 10am-noon with Yogi Desai, 2-5pm with Yogi Desai, 5pm Yoga. Sun, May 22nd - 7am Yoga, 10am-noon with Yogi Desai, followed by special meditation opportunity with Yogi Desai. Cost: \$210+HST for full weekend, or \$40+HST for Friday night lecture. Location: First Lutheran School on Lakeshore Rd. Call Trinity Yoga Centre @ 250-448-2512 for registration or visit <http://trinityyogacenter.com/blog/community/yogi-amrit-desai-zero-stress-yoga-zone-weekend-seminar/> for more info.

Okanagan Women At Play! Enjoy yourself fully AND support a great cause! Register online and choose your top "funshops" - from watercolour painting to hoola hoop dancing to bellyfit grooving with a live female DJ...and TONS more - at www.africantouch.org/okwomenatplay. Okanagan Women at Play is a joint fundraiser for JCI Okanagan and the African Touch Education Fund Society. African Touch is a registered Canadian Charity that trains individuals in the skills of massage therapy and supports them to obtain and sustain gainful employment within their African communities.

Ginger-Carrot Sauce

(Adapted from <http://www.dianaskitchen.com>)

- 1 large Carrot, peeled and thinly sliced
- One 3-inch piece fresh Ginger, chopped, plus 1 teaspoon finely grated fresh Ginger
- 1 C fresh Carrot juice
- 2 Tbs Sugar
- 1 Tbs Water
- 2 Tbs Mustard powder
- 1/4 tsp Asian sesame oil
- Salt

In a saucepan, steam the carrot until tender, about 8 minutes. Let cool. In a food processor or blender, pulse the chopped ginger until minced. Scrape into a small sieve set over a medium bowl and press to extract the juice; discard the solids. Stir the carrot juice into the ginger juice.

In a small saucepan, combine the sugar and water and bring to a boil. Remove from the heat and whisk to dissolve the sugar. Let cool. Whisk in the mustard powder, then cover and let stand for 5 minutes. Whisk in some of the carrot-ginger juice to loosen. Transfer the mixture to a blender. Add the remaining carrot-ginger juice and steamed carrot and puree. Transfer the sauce to a bowl. Stir in the grated ginger and sesame oil and season with salt. Transfer the sauce to jars and refrigerate.

Coconut Curry and Orange Sauce

(Adapted from www.artofliving.ca)

- 2 tsp Vegetable oil
- 3 C sliced Onion
- 1 1/2 C sliced Red bell pepper
- 1 C light Coconut milk
- 3 Tbs Orange juice concentrate
- 2 tsp Brown sugar
- 2 tsp Fish or Oyster sauce
- 1 tsp Curry powder
- 1 1/2 tsp crushed fresh Garlic
- 2 tsp minced fresh Ginger
- 2 tsp minced, seeded Jalapeño peppers or 1 1/2 tsp Chili paste (or to taste)

In a large skillet, add the vegetable oil and place over medium heat. Add the sliced onion and sauté until lightly browned, about 8 minutes. Add the bell pepper and cook for 4 more minutes. To make the sauce, combine the coconut milk, juice concentrate, sugar, fish sauce, curry, garlic, ginger and jalapeño in a bowl, mixing well. Add to the onion and pepper mixture, reduce the heat to low and cover. Simmer for 15 minutes. Serve over pasta, chicken, tofu, or fish.

Turning up the Heat

Steaming vegetables is a quick and nutritious way to enjoy them. Unlike boiling, frying, or baking, steaming helps to retain the vitamins and nutrients in the vegetables. If you keep the vegetables whole or in large portions during steaming, you will retain even more nutrition. Eating steamed vegetables helps to improve digestion, boost the immune system, lower the risk of high cholesterol, and facilitate detoxification.

Steaming is simple. Cut up the veggies, place them in a steamer over water. Bring to a boil. It is important to monitor their progress so that they don't overcook. If you are steaming two different kinds of vegetables at once, begin steaming the harder vegetable first and add the second later on. Don't forget to save the water left in the pot. You can use it as a drink or as a base for stock or sauces. While most vegetables are delicious steamed and served plain, you may wish to add a topping. Here are some ideas for you to try (from www.greenwala.com):

- sprinkle on a pinch of salt or dulse flakes
- top with your favorite dried herbs
- toss a little bit of oil, soy sauce, or red wine vinegar
- squeeze on lemon or lime juice

Steamed Vegetable Medley

(Recipe adapted from "The World's Healthiest Foods" at www.whfoods.com)

- 1 C thinly sliced Carrot
 - 1 medium Onion, sliced thick
 - 2 C chopped Greens, stems removed
 - 1 C Broccoli
- Mediterranean Dressing:**
- extra virgin Olive oil to taste
 - 1 Tbs fresh Lemon juice
 - *1 tsp Soy sauce, optional
 - 1 medium clove Garlic, pressed
 - Salt and cracked Black pepper to taste

Chop onion and press garlic and let sit for 5-10 minutes. Bring lightly salted water to a boil in a steamer with a tight fitting lid. Add carrots and onions. Cover, and steam for 3 minutes. Add greens and broccoli, and steam for another 5 minutes. Remove vegetables from steamer and place in bowl. Toss with dressing ingredients. Serves 2.

Thai Spiced Steamed Vegetables

(Recipe adapted from "Natural Candida Cure" at www.candida-cure-recipes.com)

- Use approximately 6-8 cups of raw vegetables of your choice
- 3/4 tsp Thai Chile paste (red or green, both are wonderful)
- 4 Tbs virgin Coconut oil
- sliced Scallions or Cilantro for garnish

Cut the vegetables into bite sized pieces. Place a steamer basket in a large pot. Fill the bottom of the pot with a small amount of water. Add vegetables and cover. Place on high heat until they begin to steam. Reduce heat to low and let steam for 2-3 minutes more (to the tenderness you desire). When they're done, transfer them to a large mixing bowl. Take 2 tablespoons of the hot water and mix it together with the chile paste in a small bowl. Drizzle this mixture over the steamed vegetables and add coconut oil. Gently toss it all together and serve immediately, garnished with the scallions or cilantro.

Curry Honey Sauce for Steamed Vegetables

(Recipe adapted from "Cooks.com" at www.cooks.com)

- 1 1/2 C Mayonnaise
- 3 Tbs Honey
- 3 Tbs Lemon juice
- 3 tsp Curry powder

Combine mayonnaise, lemon juice, honey and curry powder. Serve over your favourite steamed vegetables.