



The Harvest Herald

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May 17-19, 2011

Issue #566

OKG Bread Special May 17-19

Anadama Loaf: Baking guru Peter Reinhart's version of a New England favourite. This loaf consists of whole wheat and corn flour, butter and a hint of molasses.

Regular Harvest Box

LOCAL! Rutabaga - Wild Flight Farm
LOCAL! Gold Delicious Apples - Harker's
LOCAL! Asparagus - Mobetta Farm
LOCAL! Lettuce - Wild Flight/Roots & Greens
(Lettuce may be bagged leaf mix or a whole head.)
BC! HH Tomatoes - Origino
Broccoli - CA
Carrots - CA
Jersey Sweet Potatoes - CA
Navel Oranges - CA
Bananas - MEX

Family Harvest Box Extras

LOCAL! Spring Mix - Wild Flight Farm
LOCAL! Rhubarb - Wild Flight/Pilgrim's Produce
BC! English Cucumber
Yellow Onions - CA
Mango (Tommy Atkins) - 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
Mobetta Farm - Grand Forks
MOTÉAS - Kelowna
Okanagan Grocery Artisan Bakery - Kelowna
Pilgrim's Produce - Armstrong
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 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

Theatre Kelowna presents two One Act Plays: "Duck Variations" a comedy by David Mamet and "The Sins of the Mother" a drama about alcoholism in three generations of women. May 12-21 Thurs. -Sat. 7:30PM May 15th Sun. Matinee 2PM. Mary Irwin Theatre @ Rotary Centre for the Arts. Tickets \$10-\$23 (includes all service charges) SelectyourTickets.com; 250-717-5304; Box Office at Rotary Centre for the Arts. Info: www.theatrekelowna.org

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.

Ashtanga Yoga is being offered on Sunday Nights from 6:30-7:45pm at the Rotary Centre for the Arts; drop-in for \$8! This energetic class is the perfect way to end your weekend & refresh your mind for the week ahead; for more information on this class see <http://lokayogakelowna.blogspot.com>

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.

Let's Get Gardening! Learn how to extend the harvest into early winter with one of Sustainworks' gardening classes this June! All classes offer hands-on learning and the chance to interact with the garden by tasting and harvesting produce through the day. Class sizes are small and each class includes info on organic soil preparation, watering, seed sowing, and planting techniques. Classes are held at the Cameron House Early Childhood Centre inside Cameron Park on Richter St.

- **Salad Gardening with Herbs & Edible Flowers** - Sat, June 11 from 10am-12:30pm OR Wed, June 22 from 6-8:30pm. Cost \$48.
- **Container Gardening** - Tues, June 7 from 6-8:30pm OR Wed, June 15 from 6-8:30pm. Cost \$48.
- **Keep the Veg Growing! Small Plot Gardening for an Early Winter Harvest** - Sun, June 19 from 1-5pm OR Sat, June 25 from 1-5pm. Cost \$65.

For more info, or to book your place in a class, please contact Elana at Sustainworks: 250-470-2610 or elana@sustainworks.ca.

Asparagus Carbonara

(Adapted from www.canadianliving.com)

12 oz Spaghetti
1 lb Asparagus spears, trimmed
2 Tbs Olive oil
1 small Onion, thinly sliced
1 clove Garlic, minced
2 eggs
3/4 C finely shredded Asiago cheese
1/4 C Milk
1/4 tsp Salt
1/4 tsp Pepper
1 C chopped Tomatoes

In large pot of boiling salted water, cook pasta until tender but firm, 8 to 10 minutes. Drain and return to pot, reserving 3/4 cup (175 mL) of the cooking liquid. Meanwhile, cut asparagus diagonally into 1/2-inch (1 cm) lengths; set aside.

In skillet, heat oil over medium-high heat; cook onion and garlic until slightly softened, about 1 minute. Add asparagus; cook, stirring occasionally, until tender-crisp, about 2 minutes. Remove from heat.

In small bowl, whisk together eggs, 1/2 cup (125 mL) of the cheese, milk, salt and pepper. Add to pasta along with tomatoes and asparagus; toss to coat, adding as much of the cooking liquid as desired to make sauce creamy. To serve, sprinkle with remaining cheese.

Oven Roasted Asparagus

(Adapted from www.canada.com)

1 lb Asparagus
1 Tbs Olive oil
1 tsp Salt
3 tsp Balsamic vinegar

Preheat oven to 425°F. Cut off the woody bottom part of the asparagus spears and discard. For even more tender asparagus, with a vegetable peeler, peel off the skin on the bottom 2-3 inches of the spears. Place asparagus on the baking sheet and drizzle with olive oil. Sprinkle with salt.

With your hands, roll the asparagus around until they are evenly coated with oil and salt. Roast for 10-15 minutes, depending on the thickness of your stalks and how tender you like them. They should be tender when pierced with the tip of a knife. The tips of the spears will get very brown but keep an eye on them so they don't burn. Remove the asparagus from the oven and drizzle with balsamic vinegar to finish.

About Jersey Sweet Potato

Jersey Sweet Potatoes are beautiful white-fleshed heirloom varieties of the sweet potato. They have a dry flesh and remain firm when cooked. They are more fibrous than other varieties and are not as sweet in flavour. Sweet potatoes are high in dietary fibre and vitamin A and are a good source of vitamin C, iron and calcium. Because of its hardness, the sweet potato can be cooked as any potato.

To **prepare** your sweet potatoes, scrub and peel them. Because they will darken quickly once peeled, be sure to cook them immediately or keep them covered in water until you are ready. **Store** your sweet potatoes loose in a cool, dark place, but not in the refrigerator. Because of their high sugar content, they don't last very long, so don't keep them for more than two weeks. Below are some delicious sweet potato recipes to try.

Sweet Potato Cake

(Recipe adapted from "New Jersey Life: Health and Beauty Magazine" at <http://www.njhealthandbeauty.com/recipes/sweet-potato-cake/>)

1 1/2 C whole grain Pastry flour	1 scoop natural Whey
1 Tbs Baking powder	1/2 tsp Nutmeg
1/2 tsp Ginger	2 Egg whites
1/2 C pure Maple syrup	15-oz fresh Sweet Potato puree*
1/4 C Olive oil	1/4 C Raisins
1/2 C dried Cranberries	
1 tsp Olive oil (for coating an 8-inch-square, 2-inch-high glass baking pan)	
	Topping
1/2 C raw Walnuts, chopped	1 tsp Cinnamon

*To make puree: Preheat oven to 400°F. Pierce 2 or 3 sweet potatoes all over with a fork and place them on a sheet of parchment paper. Place in upper rack of oven and bake them until tender (about 65 to 75 minutes, depending on size). Remove them from the oven. Cut them in half and scoop out the inside. Mash or puree them in a blender. Remainder not used in recipe can be refrigerated up to one week or frozen up to one month.

Preheat oven to 350°F. Combine the topping ingredients in a bowl and set aside. Combine the dry ingredients in a mixing bowl. Mix well. Combine the wet ingredients in a large measuring cup or bowl. Mix well. Add the wet ingredients to the dry and mix. The mixture should be moist. Fold in the raisins and cranberries. Pour the mixture into the oiled pan and add the topping. Spread and press the topping gently over the top of the cake with a butter knife so that it adheres to the cake.

Bake.. Remove the cake from the oven and smooth topping gently over the top of the cake. Drizzle pure maple syrup over the top. Serve warm or cool: Plain, with a Tbs of cranberry all-fruit preserves, or with a dollop of whipped cream.

Caramelized Onion Scalloped Sweet Potatoes

2 med Sweet potatoes, skin on, thinly sliced	2 C Milk
1/2 C caramelized Onion	Salt and freshly ground Black pepper

To Caramelize Onions: Peel 2 medium yellow onions, cut off the ends and cut in half (top to bottom). Slice thinly and separate the thin strips formed by cutting. Heat a non-stick skillet and add 2 Tbs olive oil. When skillet is very hot but not smoking, add onions and turn heat down to medium or medium low. Stir to coat all onion strips, and continue to cook for 20-30 minutes stirring frequently to avoid burning. When caramelized, the onions should be a golden brown color when they are done.

Add all the ingredients except sweet potatoes to a blender or food processor and puree the mixture. Place the sweet potato slices in a single layer on the bottom of a greased 9X9 casserole. Add a layer of puree then another single layer of sweet potato slices. Continue alternating layers until both are used up (should be 4 or 5 layers). Cover and bake in a preheated 375°F oven for 30 minutes. Remove the cover and bake for another 30-45 minutes (until liquid is absorbed). Serve immediately.

~ Article & Recipes Contributed by Angela Cleveland ~