



The Harvest Herald

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

May 22-24, 2013

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OKG Bread Special May 28-30

Buckwheat & Cranberry Loaf. A nutty-flavoured loaf made with 25% buckwheat flour, a touch of honey, and sweet cranberries.

Regular Harvest Box

LOCAL! Asparagus - Mobetta Farm
LOCAL! Romaine Lettuce - Roots & Greens Farm
LOCAL! Spinach - Roots & Greens Farm
LOCAL! Rhubarb - Notch Hills/Green Croft
Pink Lady Apples - WA
Valencia Oranges - CA
Jewel Yams - CA
Baby Bunched Carrots - CA
Tommy Atkins Mango - MEX
Bananas - MEX

Family Harvest Box Extras

LOCAL! Red Leaf Lettuce - Roots & Greens Farm
LOCAL! Rutabaga - Green Croft Gardens
BC! Tomatoes on the Vine
Broccoli - CA
Cantaloupe (Fair Trade) - MEX



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green City Acres - Kelowna
Green Croft Gardens - Grindrod
Harker's Organics - Cawston
Mobetta Farm - Grand Forks
Notch Hill Organics - Sorrento
Pilgrim's Produce - Armstrong
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Silver Lake Estate Farm - Naramata
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.

Upcoming Saturday Sale Guest Vendors

- **May 25th - Wolfgang's Grain & Flour Mill** - organic whole grains and freshly milled flours.
- **May 25th NEW! - Dolan Home Delivery**, a home delivery service operating in Revelstoke and Salmon Arm, will be offering locally-sourced, un-medicated farm meats, including *pasture raised pork & certified organic lamb* from Harmonious Homestead of Salmon Arm, *pasture raised beef* from Greenslide Cattle Co. of Revelstoke, and *grass fed bison and organic chicken* from Hills Foods Specialty meats. If you have questions or would like to pre-order, contact tim@dolanhomedelivery.com, or visit www.dolanhomedelivery.com.
- **Jun 1 - Bike to Work Week Satellite Station!** Bike to Shop + earn \$5 off your Sat Sale order!

We are open every Saturday, year-round, from 9am - 1pm at 806 Crowley Ave (north end of downtown Kelowna). Please see www.urbanharvest.ca/sale for a map to our location and our updated produce list.

Bike to Work Week Next Week!

Still time to get involved in the City of Kelowna's Bike to Work Week, from May 27-June 2! Find out more or sign up at www.biketowork.ca or www.smarttrips.ca. **Urban Harvest and Okanagan Street Food** will be co-hosting a BTWW Satellite Station, on Sat, June 1, 9-11am, with refreshments, prizes, and good times! **AND, if you bike to shop, we will take \$5 off your Sat Sale purchase!**

Summerhill Welcomes Urban Harvesters June 9th!

Summerhill Pyramid Winery is hosting an Urban Harvest Customer Appreciation afternoon on Sunday, June 9th at 4pm. You are invited to come learn more about the organic vineyard and cellar at Summerhill. Find out how they operate with organic practices...then taste a selection of their award-winning organic wines! This event is open to the entire family - kids will enjoy "tasting" local organic apple juice! Whether you come early to enjoy the winery for the entire afternoon, or just come at 4pm for the tour, Summerhill looks forward to welcoming Urban Harvest customers to their organic winery!

Community Events/Updates

Trunk Sale @ Okanagan College! Sat, May 25th from 8am-12pm in parking lot #17 (next to the Student Residences) of Okanagan College, 1000 KLO Rd. Want to trade, sell, or give away unwanted stuff? Organized by the Regional Waste Reduction Office, the Trunk Sale champions reuse + recycling, so less ends up in our landfill! Register by Wed, May 23 if you'd like to reserve a spot (you can sell right out of your trunk!), or just plan to show up and browse! 250-469-6250.

Namaste Cooking for Self-Healing! Join Sachin Sudra, an Indian practitioner in the ancient science of Ayurveda (Indian medicine), and learn to create Indian meals that assist health and wellness. May 25, 3pm - \$60. Contact Tara @ 250-878-9642.

Bee Day at Arlo's Honey Farm! Sun, May 26th from 11am to 3:30pm at 4329 Bedford Lane in South East Kelowna. Learn more about where your honey comes from, the impacts of honey bees on your health and the environment, and what YOU can do to help honey bee population!

Raw Food Workshop Series Learn how to incorporate more raw foods into your diet, for increased energy, optimal health, and superb taste! Classes take place on Sun, Jun 9th, Jun 16th, and Sept 29th from 10am to 4pm. Level 1 (Sept 9th) - Raw Foundation; Level 2 (Sept 16th) - Raw Food Homemaker; Level 3 (Sept 29th) - The Art of Dehydration. \$150/class. For more info or to register, call Guylaine at 250-469-2265, email vibrantlyhealthyonraw@gmail.com, or visit www.healthyonraw.com.

Grilled Asparagus and Spinach Salad

(Adapted from <http://blog.fatfreevegan.com>)

- 8 oz Asparagus, tough ends snapped off
- Olive oil spray
- Salt and freshly ground Pepper
- 4 oz baby Spinach
- 2 Tbs chopped Walnuts (or substitute Chickpeas)
- Smoked Paprika Salad Dressing (see below)

Set a seasoned grill pan over medium-high heat. While it is heating, snap off the tough ends of the asparagus, place it in a dish, and spray it lightly with olive oil (just a couple of quick sprays). Sprinkle with salt and pepper, and toss to distribute the oil and seasonings. Put the asparagus on the grill and cook, turning often, until just beginning to brown in places but still crisp and bright green, about 5 to 8 minutes. Remove from heat and cut spears in half. Toss the spinach with the dressing and arrange in two bowls or plates. Divide the asparagus between the two salads, and sprinkle each with a tablespoon of walnuts.

Smoked Paprika Dressing

- 2 Tbs Water
- 2 Tbs Lemon juice
- 1 tsp Miso, white organic
- 1 Tbs Mayonnaise (or vegan mayo) OR silken Tofu
- 1 Tbs White wine vinegar
- 1 clove Garlic
- 1 tsp Flax seeds, ground
- 1/2 tsp smoked (Spanish) Paprika
- small amount of sweetener to taste, just enough to offset the lemon juice

Put all ingredients into a small blender and puree until smooth. Let rest for at least a half hour to allow flavours to develop. Makes about 4 servings (enough for 4 standard-sized salads).

Orange Balsamic Asparagus

(Adapted from <http://homecooking.about.com>)

- 1 tsp Sesame seeds
- 1/4 C fresh Orange juice (about 1/2 of a large Navel orange)
- 1 Tbs Balsamic vinegar
- 1 tsp Olive oil
- Salt and freshly ground Pepper to taste
- 1 pound fresh Asparagus, ends trimmed

Toast sesame seeds in a dry frying pan until lightly golden and fragrant. Set aside. Whisk together orange juice, balsamic vinegar, and olive oil. Season with salt and freshly ground pepper to taste. Pour into a small saucepan and bring to a boil. Cook for 3 to 4 minutes until reduced by half. It should be thickened and almost syrupy. Set aside. Steam asparagus on a rack in a covered pot for 3 to 5 minutes, until you can easily pierce the thickest part of the stalk with a knife tip, but it is still firm and colorful. Top steamed asparagus with a drizzle of the reduced vinaigrette and sprinkle with toasted sesame seeds. Serves 4.

Sweet Tart Rhubarb

Besides being low in calories, rhubarb is full of dietary fiber, antioxidants, and vitamins. They are also rich in vitamin A, vitamin K, and B-complex vitamins such as niacin, vitamin B6, thiamin, and pantothenic acid. Given its tart nature, most recipes for rhubarb call for lots of sugar to sweeten it up. There are other options such as cutting down the sugar, or using a substitute like honey or fruit (often strawberries) to combat the tartness. Here are some recipes that show case rhubarb as the main feature.

Rhubarb Strawberry Crisp Recipe

(Recipe adapted "Snack Girl" www.snack-girl.com)

- 2 large stalks Rhubarb, chopped (about 3 cups)
- 1/2 lb Strawberries, hulled and sliced
- 2 Tbs Honey
- 2 Tbs Flour (optional)
- 1/4 C packed Brown sugar or equivalent sweetener
- 2 Tbs Butter or Coconut oil
- 1 C rolled Oats
- 1 tsp ground Cinnamon

Preheat the oven to 350°F. In a medium bowl mix together rhubarb, strawberries, and honey. Add flour if you want a thick "pie-like" consistency. Spoon into ramekins ensuring a good mix of strawberries and rhubarb in each one. In the same bowl, mix oats, sugar, cinnamon, and butter until crumbly. Spread over the top of the fruit. Bake for 30 minutes until rhubarb is tender and the topping is browned. Serve warm with a dollop of whipped cream (optional). Serves 8.

Rhubarb Waffles with Rhubarb Sauce

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

Sauce

- 1 1/4 lbs Rhubarb, trimmed and diced (1/4 inch), about 5 cups
- 3/4 C Sugar or equivalent of sweetener of your choice

Waffles

- 3 large Egg whites
- 1 1/4 C nonfat Milk
- 1 1/2 Tbs Oil
- 1 3/4 C Flour of your choice
- 3 Tbs Sugar or equivalent of sweetener of your choice
- 1 Tbs Baking powder
- 1/4 tsp Salt

To prepare sauce: Combine rhubarb and 3/4 C sugar in a medium saucepan and bring to a simmer over medium-low heat. Cook until the rhubarb is tender and translucent. Transfer about 1 C of the rhubarb to a small bowl with a slotted spoon, and reserve for the waffle batter. Boil the remaining rhubarb in syrup over medium heat, stirring occasionally, until slightly thickened, 5 to 7 minutes.

To prepare waffles: Whisk egg whites in a large bowl until frothy. Whisk in milk and oil. Stir in the reserved 1 C cooked rhubarb. Sift flour, 3 Tbs sugar, baking powder and salt into a medium bowl. Gently stir the dry ingredients into the egg-milk mixture just until moistened. Preheat a waffle iron. (If your waffle iron is not nonstick, brush it lightly with oil.) Fill the iron about two-thirds full. Close and cook the waffles until they are nicely browned, about 4 minutes. Repeat with the remaining batter, coating the waffle iron lightly with oil, if necessary, before cooking each batch. Serve hot, topped with the rhubarb sauce. Serves 6.

Roasted Rhubarb Salad

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

- 2 Tbs Sugar or equivalent of sweetener of your choice
- 2 C 1/2-inch pieces fresh Rhubarb
- 2 Tbs Balsamic vinegar
- 1 Tbs Oil
- 1 Tbs minced Shallot
- 1/4 tsp Salt
- 1/4 tsp freshly ground Pepper
- 8 C mixed baby Greens
- 1/2 C crumbled Goat cheese or Feta
- 1/4 C chopped Walnuts, toasted
- 1/4 C golden Raisins

Preheat oven to 450°F. Toss rhubarb with sugar in a medium bowl until well coated; let stand, stirring once or twice, for about 10 minutes. Spread in an even layer on a rimmed baking sheet. Roast until just beginning to soften, about 5 minutes. Let cool for about 10 minutes. Meanwhile, whisk vinegar, oil, shallot, salt and pepper in a large bowl. Add greens; toss to coat with the dressing. Divide the greens among 4 plates. Top with the rhubarb, goat cheese (or feta), walnuts and raisins. Serves 4.

~ Article & Recipes Contributed by Angela Cleveland ~