



The Harvest Herald

(Ph/Info-line) 868-2704 (Email) order@urbanharvest.ca

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May 3-5, 2011

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OKG Bread Special May 10-12

Olive Flatbread - a thinly stretched sourdough, topped with a green olive tapenade and dotted with both Kalamata and sundried olives. Great to share and tear!

Regular Harvest Box

Local! Green Garlic (like green onions) - Wild Flight
Local! Rutabaga (small) - Wild Flight Farm
Local! Ambrosia Apples - Harker's
BC! Crimini (brown button) Mushrooms
Broccoli - CA
Carrots - CA
Celery (small) - CA
Navel Oranges - CA
Desert Ruby Grapefruit - CA
Zucchini - MEX
Bananas - MEX

Family Harvest Box Extras

Local! Chives - Wild Flight Farm
Local! Parsnips - Similkameen River Organics
BC! HH Tomatoes
Green Leaf Lettuce - CA
Haden Mangoes - 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
MOTIAS - Kelowna
Okanagan Grocery Artisan Bakery - Kelowna
Roots & Greens Farm - Grindrod
Similkameen River Organics - Cawston
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.

2011 Green Business Awards

Urban Harvest is honoured to have been one of the sponsors of last week's 2011 Green Business Awards. The ceremony provided an interesting look at some of the businesses in our community that are making strides to "green" their businesses, for their bottom line AND the planet!

Small Business Category - Waterfront Restaurant & Wine Bar

Medium Business Category - Ricardo's Kitchen

Large Business Category - Pushor Mitchell LLP

Innovator Award - Champion Marine

Sustainability Leader of the Year Award - Sysco Kelowna

Representing Urban Harvest as sponsor of the Small Business Category, I was thrilled to have the opportunity to present the Small Business award to Mark Filatow, Chef & Sommelier at of Waterfront Restaurant & Wine Bar. Mark and his team offer a "fresh, continually evolving menu which reflects all that the Okanagan has to offer", and their commitment to sustainability is at the heart of their way of doing business...from buying directly from farmers whenever possible (often with a bike and trailer!) to taking peels and scraps home to compost! Congratulations, Waterfront Wine & Restaurant Bar!

Saturday Sale Guest Vendors

- **Sat, May 7** - no guest vendors - just us!
- **Sat, May 14 - Raw Delights:** Healthylicious Raw Vegan Organic Natural Food Products - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, **AND 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.

Community Events/Notices

Sunshine Farm Annual Plant & Seed Sale Rare and Heirloom Certified Organic Plants and seeds. Many varieties of Tomatoes, eggplant, herbs flowers, and more. 10am to 4pm, Friday, May 6th @ 2225 Saucier Road. For more info: 250 764-4810 or visit www.sunshinefarm.net.

Kelowna Waldorf School May Day Celebration and Open House, 429 Collett Road, Kelowna, BC, 1 - 3pm, Friday, May 6th - Community Event Open to the Public. Events include: Maypole Dancing, Grade School Games, Early Childhood Events, "Frog King" Puppet Show at 2pm, Tours of the School @ 2:30. Info @ 25-764-4130, speak with Pam MacRae.

Live, Laugh, Love...The Heart Sings! Performance by the Okanagan Festival Singers, Sat, May 7th, 7:30pm at the First Lutheran Church, 4091 Lakeshore Rd. Featuring Barber's Agnus Dei, Josh Groban's Lullaby, Toto's Africa, and much more! Adults \$15, Students \$10, available at Paramount Music (1769 Harvey Ave), or from choir members. More info: www.ofsingers.com, or phone Claire at 250-764-5188.

Meet the Peace - An Info Session About the Impacts of the Site C Dam

Do you know where our BC energy comes from? Do you know what the province's plans are to expand our energy capacity? HINT: It's not green or clean power! On May 9th, come learn about the consequences of the six billion dollar Site C Mega Dam project and hear first hand from people most directly impacted by the project. If you care about climate change, food security, Indigenous Rights and wilderness areas or are curious about energy demands in the province, this is a must attend event. **Mon, May 9th, 7-9pm**, at the Okanagan College KLO Campus Lecture Theatre - S building (1000 KLO Rd.) For more info: <http://wildernesscommittee.org/sitec>

Maple Grapefruit Crepes

(Adapted from www.mrbreakfast.com)

- 1/4 C Butter
- 2 Tbs Flour
- 1/2 C Grapefruit juice
- 1 Grapefruit, peeled and sectioned
- 1/4 C pure Maple syrup

Place completed crepes (see recipes above) on a plate with a piece of wax paper between each crepe to prevent sticking.

In medium saucepan, melt the butter. Stir in flour followed by the grapefruit juice and maple syrup. Bring mixture to a boil and allow it to boil for one minute - stirring often until sauce has a syrup-like consistency. Remove from heat and allow to cool for one minute. Add grapefruit sections.

Arrange folded crepes on serving plates and top with mixture.

Cheese and Mushroom Crepe Recipe

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

- 1 1/2 lbs fresh Mushrooms (cleaned and sliced)
- 1/2 C Green onions (chopped)
- 1/2 C Butter
- 1 1/4 Tbs fresh Basil (chopped fine)
- 1 1/2 tsp Vegetable Bullion
- 1 1/2 C Water
- 1/4 C Flour
- 1/2 C dry White wine
- 1 C heavy Cream
- Salt and pepper to taste
- 1 1/2 C Swiss cheese (grated)

Preheat oven to 375°F. Sauté mushrooms and green onions in 1/4 cup of the butter. Add basil and cook until mushrooms are limp. Set aside.

Mix bullion in the water. Melt the remaining 1/4 cup butter in saucepan. Add flour and cook approximately 2 minutes. Slowly add bullion mixture, wine and cream. Salt and pepper to taste. Cook over medium heat, stirring constantly, until the sauce thickens. Do not allow to boil. When the sauce is ready, pour 1/3 over the mushroom mixture and allow to cool slightly. Reserve remaining sauce.

Fill crepes with mushroom mixture and fold, seam down, in a greased, oven-proof serving dish. Pour remaining sauce over the completed crepes and top with Swiss cheese. Bake for approximately 20 minutes or until cheese is bubbly. Serve with croissants and a fresh garden salad with vinaigrette dressing.

Having Fun with Mom

This Sunday is Mother's Day - a day to show your appreciation for your mom. This celebration does not have to be extravagant and commercial. Preparing a meal as a gift is a unique idea that can be made to fit anyone.

One popular dish during this time of year is the crepe. There are many different types of crepes and endless fillings to choose from. Below are three basic crepe recipes (some savoury, some sweet) and some delicious fillings your mom is sure to love.

Basic Buckwheat Crepes

(Recipe adapted from "Bon Appetit" at www.bonappetit.com)

- 1 1/4 C Buckwheat flour
- 1/4 C Oil, plus additional for skillet
- 1 1/4 C (or more) Water
- 3 large Eggs
- 3/4 C nonfat Milk
- 1/4 tsp Salt

Place flour in medium bowl. Whisk in eggs, 1/4 cup oil, milk, 1 1/4 cups water, and salt. Heat 10-inch-diameter non-stick skillet over medium-high heat; brush pan with oil. Add 1/4 cupful batter to skillet; tilt to coat bottom. Cook crepe until golden on bottom, adjusting heat to prevent burning, 30 to 45 seconds. Using spatula, turn crepe over; cook 30 seconds. Transfer to plate. Repeat with remaining batter. Can be made 1 day ahead. Cover; chill. Makes 12 crepes.

Beetroot Crepes

(Recipe adapted from "All Recipes" at <http://allrecipes.com>)

- 1 Beet, cooked
- 1 C Milk
- 1 Tbs Oil
- 2 tsp ground Cinnamon
- 2 Oranges, quartered
- 1 C Flour, sifted
- 1 Egg
- 1 tsp white Vinegar (optional)
- 1/4 C white Sugar

In a blender or food processor, pulse the cooked beet, flour, milk, egg, oil, and vinegar until smooth. Pour the batter into a bowl and set aside for 30 minutes. Combine the cinnamon with the sugar and mix well. Heat an oiled non-stick skillet over medium heat. Pour in enough batter to cover half of the skillet. Tip and rotate the skillet until the batter covers the entire area. Cook until the batter turns from wet to moist, and the edges begin to curl away from the sides of the skillet. Turn the crepe over, and continue cooking until lightly golden on the other side. Place the crepe onto a plate, and cover with a kitchen towel to keep moist. Repeat with the remaining batter, lightly oiling the skillet as needed to keep the crepes from sticking. Sprinkle the cinnamon sugar over the pancakes. Roll up the crepes and serve with the orange quarters.

Dessert Crepes

(Recipe adapted from "All Recipes" at <http://allrecipes.com>)

- 4 Eggs, lightly beaten
- 2 Tbs Butter, melted
- 2 Tbs white Sugar
- 1 1/3 C Milk
- 1 C Flour
- 1/2 tsp Salt

In large bowl, whisk together eggs, milk, melted butter, flour, sugar and salt until smooth. Heat a medium-sized skillet or crepe pan over medium heat. Grease pan with a small amount of butter or oil applied with a brush or paper towel. Using a serving spoon or small ladle, spoon about 3 tablespoons crepe batter into hot pan, tilting the pan so that bottom surface is evenly coated. Cook over medium heat, 1 to 2 minutes on a side, or until golden brown. Serve immediately. Serves 8.