



# The Harvest Herald

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May 31 – June 2, 2011

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## OKG Bread Special June 7-9

Multigrain Hearth Loaf! After roasting, soaking, and fermenting the most precious seeds - flax, millet, and sunflower - they are added to a 100% whole wheat base. Baking this incredible mixture creates a dense, flavourful loaf perfect for toast and sandwiches!

## Regular Harvest Box

LOCAL! Romaine Lettuce - Roots & Greens Farm  
LOCAL! Spinach - Roots & Greens Farm  
LOCAL! Spring Mix - Notch Hill Organics  
LOCAL! Rhubarb - Pilgrim's Produce/Notch Hill  
LOCAL! Radishes (long, cone-shaped) - Roots & Greens  
LOCAL! Spartan Apples - Harker's (refrigerate, pls!)  
Carrots - CA  
Broccoli - CA  
Valencia Oranges - CA  
Zucchini - MEX  
Bananas - ECUA

## Family Harvest Box Extras

LOCAL! Leeks - Notch Hill Organics  
LOCAL! Pac Choi - Wild Flight Farm  
LOCAL! Asparagus - Mobetta Farm  
BC! Tomatoes on the Vine



## This Week's HomeGrown Heroes

Harker's Organics - Cawston  
Honest Food Farm - Cawston  
Mobetta Farm - Grand Forks  
Notch Hill Organics - Sorrento  
Pilgrim's Produce - Armstrong  
Roots & Greens Farm - Grindrod  
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.

## Saturday Sale Guest Vendors

- **Sat, June 18 - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, and much more! See [www.realrawfood.com](http://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, June 25 - 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

**East Meets West Orphan's Foundation** proudly presents **Purbayan Chatterjee**, renowned Sitar player, in a fundraiser for medical and educational support for abandoned children in Kolkata, India. 6pm Sat, June 18 at Volcanic Hills Winery, 2845 Boucherie Rd. West Kelowna. Wine, Food, Art Auction, Music! Tix \$50 - please call Mohini 250-878-6271 OR Scott 250-864-5087. Event sponsors are Volcanic Hills Estate Winery + CBC News.

**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](mailto:elana@sustainworks.ca).

**Fit n Healthy - Get a Taste of the Healthy Life!** Healthy cooking demos and tastings (Energy Boosting Smoothies, "Can't Believe It's Healthy" Chocolate Chewy Balls, and Simply Satisfying Souddough Bread), nutritional and fat loss tips, advice from fitness expert Cailla Patterson, and special guest vendors (Organically Clean, Cape de Hoop Tea). First 20 people are invited! Sun, Jun 26<sup>th</sup> from 1-4pm at 1102 Long Ridge Dr. Free - by donation to the Kelowna Food Bank. [www.fitnhealthy.com](http://www.fitnhealthy.com).

**Social Potluck** is looking for Glenmore residents who love good stories, local food and community to take part in an interactive performance project that trades food for stories in order to create a performance. Performer Gabriel Newman wants to make you dinner in exchange for a story. In return, he will create a show about the stories collected. Dinners in June; Performance in July. Interested? Visit [socialpotluck.blogspot.com](http://socialpotluck.blogspot.com) to find out more!

## Rhubarb Smoothie

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

- 1 1/2 C Rhubarb
- 2 Tbs Vanilla sugar (you can use regular sugar or another sweetener, I'm sure)
- 1/4 C Water
- 1 frozen Banana (I always keep chunks of banana in the freezer)
- 2 Tbs Coconut milk (not light)
- splash of Lemon juice
- 1/2 tsp Cinnamon
- pinch of Vanilla powder
- Almond milk

Place the rhubarb, sugar, and water in a saucepan and bring it to a boil. Simmer it, stirring occasionally, for about 15 or 20 minutes, until the rhubarb has broken down. Let the rhubarb cool, and chill it in the fridge. Put the rhubarb and next 5 ingredients in a blender, adding enough almond milk to get your smoothie to blend. Garnish with a sprinkle of cinnamon and enjoy. Makes 3-4 servings.

## Sugar-Free Banana Bread

(Adapted from [www.whole-body-detox-diet.com](http://www.whole-body-detox-diet.com))

- 1/3 C Coconut oil (melted and cooled)
  - 2 ripe Bananas
  - 1/4 C Agave nectar
  - 1 tsp Cinnamon
  - 1 1/2 C Oat flour
  - 1/4 C Arrowroot powder (or tapioca starch)
  - 1/2 tsp Baking soda
  - dash of Salt
  - about 1/3 C water
  - 1/2 C crushed Walnuts (optional)
- Topping (optional)**
- 1/3 C crushed Walnuts
  - 1/2 tsp Cinnamon
  - 1 Tbs Agave nectar

Preheat oven to 350°F. Melt coconut oil in a sauce pan on medium low heat and set aside to cool. Mash bananas in a large mixing bowl. Add agave nectar and cinnamon and stir well. Whisk in cooled liquid coconut oil. Combine dry ingredients in a small bowl and add them to the wet ingredients. Stir well. Stir in enough water (about 1/3 cup) to reach the consistency of a loose batter. Stir in walnuts. Oil the pan(s) and then pour in the batter leaving room for some rise. Mix up topping and spoon it onto the top of the batter. Bake at 350°F for about 45 minutes for a loaf or 25 minutes for muffins. Test with a knife or toothpick - it will come out clean when the bread is done. Makes 8-12 muffins or 1 loaf pan.

## On-the-Go Breakfast

This week is Bike-to-Work/School week. If your bike and helmet are still sitting in the back of the garage, it's time to break them out and dust them off. Being prepared will help the journey be even more enjoyable. So, allow yourself extra time to get where you need to go and have a healthy breakfast that will give you an extra boost of energy. Here are some great on-the-go recipes for your journey.

## Almond-Honey Power Bar

(Recipe adapted from "Eating Well" at [www.eatingwell.com](http://www.eatingwell.com))

- |   |                                    |
|---|------------------------------------|
| 1 C old-fashioned Rolled oats             | 1/4 C slivered Almonds             |
| 1/4 C Sunflower seeds                     | 1 Tbs Flaxseeds, preferably golden |
| 1 C unsweetened whole-grain puffed Cereal | 1 Tbs Sesame seeds                 |
| 1/3 C Currants                            | 1/3 C chopped dried Apricots       |
| 1/3 C chopped golden Raisins              | 1/4 C creamy Almond butter         |
| 1/4 C Turbinado sugar                     | 1/4 C Honey                        |
| 1/2 tsp Vanilla extract                   | 1/8 tsp Salt                       |

Preheat oven to 350°F. Coat an 8-inch-square pan with cooking spray. Spread oats, almonds, sunflower seeds, flaxseeds and sesame seeds on a large, rimmed baking sheet. Bake until the oats are lightly toasted and the nuts are fragrant, shaking the pan halfway through, about 10 minutes. Transfer to a large bowl. Add cereal, currants, apricots and raisins; toss to combine. Combine almond butter, sugar, honey, vanilla and salt in a small saucepan. Heat over medium-low, stirring frequently, until the mixture bubbles lightly, 2 to 5 minutes. Immediately pour the almond butter mixture over the dry ingredients and mix with a spoon or spatula until no dry spots remain. Transfer to the prepared pan. Lightly coat your hands with oil and press the mixture down firmly to make an even layer (wait until the mixture cools slightly if necessary). Refrigerate until firm, about 30 minutes; cut into 8 bars.

## Banana Bran Muffins

(Recipe adapted from "Eating Well" at [www.eatingwell.com](http://www.eatingwell.com))

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 2 large Eggs                        | 2/3 C packed light Brown sugar    |
| 1 C mashed ripe Bananas, (2 medium) | 1 C Buttermilk                    |
| 1 C Wheat bran                      | 1/4 C Canola oil                  |
| 1 tsp Vanilla extract               | 1 3/4 C Flour                     |
| 1 1/2 tsp Baking powder             | 1/2 tsp Baking soda               |
| 1/2 tsp ground Cinnamon             | 1/4 tsp Salt                      |
| 1/2 C Chocolate chips, (optional)   | 1/3 C chopped Walnuts, (optional) |

Preheat oven to 400°F. Coat 12 muffin cups with cooking spray. Whisk eggs and brown sugar in a medium bowl until smooth. Whisk in bananas, buttermilk, wheat bran, oil and vanilla. Whisk flour, baking powder, baking soda, cinnamon and salt in a large bowl. Make a well in the dry ingredients; add the wet ingredients and stir with a rubber spatula until just combined. Stir in chocolate chips, if using. Scoop the batter into the prepared muffin cups (they'll be quite full). Sprinkle with walnuts, if using. Bake the muffins until the tops are golden brown and spring back when touched lightly, 15 to 25 minutes. Let cool in the pan for 5 minutes. Loosen edges and turn out onto a rack to cool slightly before serving.

## Broccoli Blueberry Smoothie

(Recipe adapted from "Smoothie Web" at [www.smoothieweb.com](http://www.smoothieweb.com))

- |                        |                        |
|------------------------|------------------------|
| 1 C frozen Blueberries | 1/2 C steamed Broccoli |
| 1 C Cranberry juice    | 1/2 C Yogurt           |

Blend and combine to make 1 smoothie. Add strawberries or blackberries for an additional burst of nutrition.