



The Harvest Herald

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

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

May 7-9, 2013

Issue #663

OKG Bread Special May 14-16

Asparagus, Prosciutto & Goat Cheese Focaccia! Light focaccia bread, with fresh asparagus, local goat cheese, and Italian prosciutto. Perfect for a May Long Weekend picnic!

Regular Harvest Box

LOCAL! Fuji Apples - Harker's
LOCAL! Rutabaga - Green Croft Gardens
LOCAL! Butterhead Lettuce - Roots/Pilgrim's
LOCAL! Chives - Wild Flight Farm
Jewel Yams - CA
Carrots - CA
Black Lacinato Kale - CA
Navel Oranges - CA
Hass Avocado (Fair-Trade) - MEX
Tommy Atkins Mango - MEX
Bananas - MEX

Family Harvest Box Extras

LOCAL! Red or Green Leaf Lettuce - Wild Flight
LOCAL! Green Garlic - Wild Flight Farm
BC! Tomatoes on the Vine - Origino
BC! English Cucumber - Origino



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green City Acres - Kelowna
Green Croft Gardens - Grindrod
Harker's Organics - Cawston
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

Mother's Day Saturday Sale! This Saturday's guest vendors offer wonderful gift options, while paying mothers in developing countries fair prices so they can support their own families/communities!

- **May 11th - KaZ Baskets** - Hand-made by weavers of a women's co-operative in Zambia, these baskets are functional and attractive, and would make a perfect gift for Mom while supporting mothers half a world away in a developing country. The Kelowna Zambia Partnership (KaZ) supports this income-generating project to allow people in the rural community of Senanga to care for themselves and others in their village - it is a 'hand up', not a handout! The partner NGO is "**Women for Change**" and they promote gender equality to allow women and girls to improve their lives with better education and health care. Locally, KaZ was honoured with the Gert Beadle Award to recognize their combined commitment to gender empowerment.
- **May 11th - Café Feminina** coffee and super-sweet, cuddly felted animals, both sold by the Canadian Federation of University Women to raise funds for their scholarship fund (coffee is purchased at above fair-trade prices from women's producer cooperatives).
- **May 18th - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, seaweed products, healthy oils, and more! See www.realrawfood.com for more info.
- **May 18th - Swheatgrass** FROZEN Organic Wheatgrass Cubes! Wheatgrass is full of antioxidants, stimulates metabolism, and alkalizes the body. Locally grown, using certified organic seeds and soil, filtered water, and NO fertilizers or pesticides!
- **May 25th - Wolfgang's Grain & Flour Mill** - organic whole grains and freshly milled flours.

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.

Have You Signed Up for Bike to Work Week?

The City of Kelowna's Bike to Work Week will run from May 27 - June 2 this year. You can find out more or sign up at www.biketowork.ca or www.smarttrips.ca. The Urban Harvest team is already rolling...Cheryl, Jen, David, Lisa, Jess, and Sam are all biking to work at least some of the time...and Christine is a steady walker! **Urban Harvest and Okanagan Street Food will be co-hosting a BTWW Satellite Station, on Sat, June 1, 9-11am!** Watch for more info in upcoming newsletters!

Community Events/Updates

Eco-Blast Kids' Camp & Concert A week of eco-fun for kids, including ecological songs inspired and taught by Voices of Nature, dance and eco-art, hands-on nature, urban agricultural, and cooking experiences, interactive teachings on water conservation, energy efficiency, and waste reduction, and locally grown and/or organic lunches, snacks, beverages. Hosted this summer by the Fresh Outlook Foundation & the Okanagan Boys' & Girls' Clubs. Aug 13-16th from 8:30am to 3:30pm. Open to kids 5-12 years old. \$129/child through the Okanagan Boys & Girls' Clubs, with registration starting May 1st. Scholarships available. Find out more at www.freshoutlookfoundation.org.

Getting Ready to Grow The Central Okanagan Food Policy Council (COFPC) keeps on growing! Last year, they started the Fruit Tree Project, involving 80 volunteers and saving over 5,000 lbs of fruit from backyard trees, which would not otherwise have been harvested! The produce was shared between home-owners, volunteers and 12 local agencies who were able to share it with their clients. This year, twice as many trees are already registered on their site! Now, a very generous local family has offered some of their farmland for the COFPC to grow fresh vegetables, to supply even more healthy food to local people in need. The local Food not Bombs (FNB) group will be joining them on the land, as they learn to garden, and of course, share food as well. Please visit the COFPC group at www.okanaganfood.com or the FNB group at www.kelownafoodnotbombs.wordpress.com/.

Blueberry-Maple Muffins

(Adapted from www.eatingwell.com)

- 1/4 C whole Flaxseeds
- 1 C whole-wheat Flour
- 3/4 C plus 2 Tbs Spelt flour
- 1 1/2 tsp Baking powder
- 1 tsp ground Cinnamon
- 1/2 tsp Baking soda
- 1/4 tsp Salt
- 2 large Eggs
- 1/2 C pure Maple syrup
- 1 C Buttermilk
- 1/4 C Oil
- 2 tsp freshly grated Orange zest
- 1 Tbs Orange juice
- 1 tsp Vanilla extract
- 1 1/2 C fresh Blueberries
- 1 Tbs Sugar

Preheat oven to 400°F. Coat 12 muffin cups with cooking spray. Grind flaxseeds in a spice mill (such as a clean coffee grinder) or dry blender. Transfer to a large bowl. Add whole-wheat flour, spelt flour, baking powder, cinnamon, baking soda and salt; whisk to blend. Whisk eggs and maple syrup in a medium bowl until smooth. Add buttermilk, oil, orange zest, orange juice and vanilla; whisk until blended. Make a well in the dry ingredients and stir in the wet ingredients just until moistened. Fold in blueberries. Scoop the batter into the prepared muffin cups. Sprinkle the tops with sugar. 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 muffins out onto a wire rack to cool slightly.

Gluten-free and Dairy-free Morning Glory Muffins

(Adapted from www.joyoushealth.ca)

- 1 C Brown rice flour
- 1/2 C Oats (gluten free)
- 2 tsp Baking powder
- 2 tsp Cinnamon
- 1/2 tsp Salt
- 2 Eggs
- 1 C unsweetened Applesauce
- 1/4 C Maple syrup (her recipe is honey.. I just personally don't bake with honey)
- 2 tsp pure Vanilla extract
- 1/2 C melted Coconut oil
- 2 C Carrots, shredded
- 1/2 C unsweetened shredded Coconut
- 1/2 C Raisins
- 1/3 C raw Pecans, chopped

Preheat oven to 350°F. Grease a muffin tin with coconut oil or line with paper muffin cups. In a large bowl combine flour, oats, baking powder, cinnamon and salt. In a separate bowl, combine eggs, applesauce, maple syrup and vanilla. Stir in coconut oil to the wet mixture. Add the dry mixture to the wet and combine, but do not overmix. Fold in the carrots, coconut, raisins and pecans. Scoop muffin mix into muffin tins. They do not rise a lot, so you can fill the batter up to the top. Bake for 30-35 minutes. Makes 12 muffins.

A Meal for Mom

Mother's Day is a day set aside to celebrate the women who have helped us become the people that we are today. What better way to show your appreciation than with a special meal. Putting a meal together requires a great deal of planning, preparing, and presenting. The effort put in sends a message of love. Here are some perfect recipes to help show your love:

Kale and Tomato Vegetarian Eggs Benedict

(Recipe adapted from "Food Network" at www.foodnetwork.com)

Blender Mustard-Hollandaise Sauce:

- 2 Tbs light Mayonnaise
- 1 tsp Lemon juice
- 2 tsp whole grain Mustard
- Pinch Cayenne pepper

Combine the mayonnaise, 1 Tbs warm water, mustard, lemon juice and cayenne pepper in a blender and process until combined. Scrape out and set aside.

Eggs Benedict:

- 1/4 C White vinegar
- 1 Shallot, thinly sliced
- freshly ground Black pepper
- 1 large ripe Tomato, cut into 4 slices
- 1 Tbs Olive oil
- 8 C Kale
- 2 whole wheat English muffins, split
- 4 large Eggs

Fill a wide pot with about 3 inches of water. Add the vinegar and bring to a low simmer. Heat the oil in a large nonstick skillet. Add the shallots and cook, stirring frequently, until golden, about 4 minutes. Add the kale, remove from the heat and stir until the kale wilts, about 2 minutes. Season with pepper. Set aside and keep warm.

Toast each English muffin in a toaster oven or under a broiler until lightly golden, about 5 minutes. Top each with a tomato slice and toast until the tomato is just slightly warm, about 1 minute. Top each muffin with the shallot-kale mixture.

Crack each egg and slip into the simmering water. Cook until the whites are at desired doneness, 3 to 5 minutes. Remove with a slotted spoon and place on each benedict. Drizzle with hollandaise and serve.

Butterhead Lettuce Salad with Chive and Pistachio Vinaigrette

(Recipe adapted from "Zenobia" at www.nutsonthenet.com)

- 1 head Butterhead Lettuce, well washed and torn into bite size pieces
- 3 Tbs Olive oil
- 3-4 Tbs fresh Chives, cut into 1 1/2 - 2 inch lengths
- 1/4 C Pistachios
- 1/4 tsp freshly ground Black pepper
- juice of 1 Lemon
- 1/2 tsp Dijon mustard
- 1/4 tsp Salt

Place the lettuce in a large serving bowl. Place the oil, lemon juice and mustard in a small bowl and mix to combine. Remove the shells from the pistachios and discard them. Add the chives, pistachio nuts, salt and pepper. Pour the dressing over the lettuce and serve immediately.

Spicy Roasted Balsamic Rutabaga, Yams and Carrots

(Recipe adapted from "Food Connections" at <http://foodconnections.blogspot.ca>)

- 2 Tbs Balsamic vinegar
- 1/4 tsp Garlic powder
- 1 medium Yam, cut into small bite-size chunks
- 1 Onion, sliced (optional)
- Salt and freshly ground pepper to taste
- 1 Tbs Olive oil
- 1 large Carrot, sliced
- 2 Rutabaga, medium dice
- Hot sauce

Preheat oven to 350°F. Combine vinegar, oil, and garlic powder. Place vegetables in a bowl and pour vinegar and oil over them and stir, coating all vegetables. Spread on a baking sheet, in one layer. Put vegetables in the oven and roast for one hour, stirring once or twice. All vegetables should be very tender. Serves 4-6.

~ Article & Recipes Contributed by Angela Cleveland ~