



The Harvest Herald

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May 8-10, 2012

Issue #614



Time to sign your team up for Bike to Work Week at smartTRIPS.ca,

(May 28-Jun 3). If you live in the South Pandosy area, you can also join in the smartTRIPS pilot program!

Register online, and start tracking your car-free trips - for fun, for health, for the environment...and prizes!

OKG Bread Special May 15-17th

Potato Batard! A moist and mild sourdough with roasted organic potatoes. The perfect sandwich bread for your May long weekend!

Regular Harvest Box

LOCAL! Green Cabbage - Wild Flight Farm

LOCAL! Green Garlic (use like gr onions) - Wild Flight Farm

LOCAL! Asparagus - Mobetta Farm

LOCAL! Fuji Apples - Harker's

Yellow Onions - CA

Jewel Yams - CA

Rainbow Chard - CA

Carrots - CA

Valencia Oranges - MEX

Bananas - MEX

Family Harvest Box Extras

LOCAL! Rhubarb - Wild Flight Farm

LOCAL! Leaf Lettuce Mix - Wild Flight Farm

Broccoli - CA

Kiwi - CA

Tomatoes - MEX

Ataulfo Mango - MEX



This Week's HomeGrown Heroes

Blackbird Organics - Cawston

Green City Acres - Kelowna (*non certified organic*)

Harker's Organics - Cawston

Mobetta Farm - Grand Forks

Quail's Farm - Vernon

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.*

Holiday Schedule Week of May 20th!

If you will be receiving a delivery for the week of May 20th, following the Victoria Day holiday, please expect your delivery one day later in the week than usual. (The Monday holiday affects freight schedules, which means that we need to push our deliveries back by one day.) Thanks!

Non-Browning GMO Apples? What do YOU think?

Okanagan Specialty Fruit has applied to release their genetically modified, non-browning apple on the market. If you would like to learn more or express your views, please see:

<http://www.inspection.gc.ca/plants/plants-with-novel-traits/notices-of-submission/okanagan-specialty-fruits-inc-/eng/1335141426301/1335142810470>. If this is something that concerns you, perhaps take a moment to let your MP know that this is not what you want to see in the food system.

Community Events/Notices

What to Eat: Designing Your 'Personal Diet'! by Angela Wright, RNCP of Align Nutrition. Paleo vs Vegan? Whole Grains vs Gluten-Free? Dairy vs Dairy Alternative? Healthy for All vs Healthy for you? 2-hr interactive workshop to dissect many of the 'healthy lifestyle' diets, find pros + cons, determine commonalities, talk about the importance of an individual's digestion, allergies, and intolerances, and put together your own **personal whole food value system**. Emerge with a checklist of the foods that will make up your 80%! Thurs, May 10th 6:30-8:30pm, at The Woman's Place - 123-1889 Springfield Rd. Members & female non-members welcome; \$20 incl HST. Register at TWP or by phone at 250-762-7255. More info at www.alignnutrition.com.

Conduit Collective Presents Fertility Festival 2012! Occurring in various zones all around the Summerhill Pyramid Winery grounds. Art gallery in the vineyard, d.j.s dancing, art installation in the pyramid, open circle drumming/acoustics and storytelling around the fire in the Makwala Kekuli, folk music/poetry, multi-nursery seedling sale, activist alley, band stage and crafters venue, organic food, beer and wine. Email conduitcollective@gmail.com with questions, or to get involved! Tix at the door - \$15 regular, \$10 students, \$5 artists, kids free.

Mystical Markets - Love Your Mom Day Mystical Market Day - Sun, May 13 from 11am - 4pm at the Okanagan Mission Community Hall. There will be flowers, chocolates, pampering, gifts and giveaways, plus the final appearance of African Shamans, Papa Wango and Djaly. Contact Kathy Reid at 778-478-2171 kathy@mysticalmarkets.com www.mysticalmarkets.com.

All That Jazz with the Anna Jaczyn Trio The Kelowna Ducks Unlimited Chapter invites you to a "Ladies Only Affair", a charity fundraising event supporting wetland conservation. Friday, May 25th, at the Laurel Packinghouse (corner of Ellis & Cawston downtown). 6pm cocktails, 7pm dinner, with raffles & auctions to follow. Tix \$70, email Sue Scantland @ scantlandclan@gmail.com.

Raw Food Immersion Level 1 Class June 2nd, 5-8pm at the EECO Centre in Mission Creek Park. \$99 or 2 ppl/\$160. Instructed by Motoko Mitchell, graduate of the Raw Foundation Culinary Arts & Nutrition Institute, and certified raw food chef/educator and nutrition and lifestyle coach.

Breastfeeding Cafe Connect with other breastfeeding (or expecting) moms in a relaxed, non-judgemental, supportive, and informative space! Enjoy a free tea/coffee while discussing challenges or concerns, sharing triumphs, and swapping "secrets" you have discovered on your breastfeeding journey. To connect, look up Kelowna Breastfeeding Café on Facebook, or pop in on the 1st Tues of each month at Kelowna Community Resources from 10am to noon, OR the 3rd Thursday of each month at Malachite Midwifery from noon-2pm.

Black Bean Yam Burger Patties

(Adapted from www.veganmischief.com)

- 1 medium Yam (or sweet potato)
- 1/4 C White rice
- 1 medium Yellow onion, diced
- 3 cloves Garlic, minced
- 2 Tbs Oil
- 1 can Black beans (2 C)
- 2 tsp Garlic powder
- 2 tsp Onion powder
- 2 tsp Cumin
- Salt and Pepper, to taste
- 1/4 C Soy sauce
- 1 Tbs Sesame oil
- 1/4 C Cornmeal or flour, plus more for dredging

Peel and cube the yam. Toss it in olive or vegetable oil and roast it, tossing once, for about 30 minutes. Cook rice according to directions.

Heat a skillet over medium-low heat and add the onion. Saute about 5 minutes, then add the garlic, and continue sautéing until the onion has softened. Drain and rinse the beans in a strainer and then put them in a big bowl. Mash them until there are no whole beans left. Add the onions and garlic. Mix in garlic powder, onion powder, cumin, salt and pepper, soy sauce, and sesame oil. Taste and adjust seasonings. For a variation, try adding some peanut butter and ginger. Add the cooked yams and rice; stir until combined. Taste again and adjust seasonings as necessary. Add 1/4 cup cornmeal for gluten-free burgers or flour if that's not a concern. Stir.

Chill the burger mixture for 1 hour in the fridge. Form the patties from about 1/4 cup burger mix. Roll it into a ball and pat it flat with clean hands. Dredge in cornmeal or flour. Fry lightly in oil on each side, or bake on parchment paper, before grilling, or bake/fry completely to use in a burger.

Yam Smoothie

(Adapted from www.allrecipes.com)

- 2 medium Yams
- 3 C Vanilla Yogurt
- 1 C Milk
- 2 C Ice cubes
- 1 tsp Honey
- 1 ripe Banana, sliced

Cook yams until tender. Cool, peel and dice. Combine the yams, yogurt, milk, ice cubes, honey and banana in the container of a blender. Blend until smooth. Serves 8.

Asparagus Tips

Our delicious local asparagus has arrived. Asparagus is considered a sign of spring and its vibrant colour, unique shape, and wonderful flavour add a little something special to every dish. But, to get the most out of asparagus, it must be prepared properly.

Because it is grown in sandy soil, the first step is to wash your asparagus. To prepare small spears, you may or may not need to trim the bottoms off. Larger asparagus spears can be peeled or will need to have their woody ends removed.

Asparagus can be boiled, steamed, blanched, microwaved, stir-fried, roasted or grilled. Whichever way you choose, take care not to overcook it. Asparagus will turn bright green when ready, but it can quickly turn mushy and have less flavour. Here are some great recipes that highlight the delicate flavour of asparagus.

Stir Fried Asparagus with Ginger and Cashews

(Recipe adapted from "Cooking Nook" at www.cookingnook.com)

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| 10 oz Asparagus, cut into 1 1/2" pieces | 1/4 C Cashews, chopped |
| 1/2 Tbs Vegetable oil | 1 tsp Sesame oil |
| 1/2 Tbs fresh Ginger, finely chopped | 1/2 Tbs Soy sauce |

Heat the oil together in a wok or fry pan. Cook the ginger for 1 minute, stirring often. Add the asparagus and cook for 4 minutes, until barely tender and still bright green. Stir in soy sauce and cashews and continue cooking for 2 more minutes to heat through. Serves 3.

Roasted Chickpeas and Asparagus with Mint

(Recipe adapted from "Asparagus Recipes" at www.asparagusrecipes.net)

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| 1 lb Asparagus, cut into 1/2 -inch pieces | 1 (15-oz) can Chickpeas, dried and soaked |
| 2 Tbs Olive oil | 1 tsp Sesame oil |
| 1/2 tsp Sea salt | 1/2 tsp Black pepper |
| 2 Tbs chopped fresh Mint | 1 Tbs Lemon juice |

Preheat oven to 400°F. In a large bowl, toss asparagus and chickpeas with oils, salt, and pepper to taste. Spread evenly on a baking sheet and place on the center rack of the oven for 10 minutes. Stir, flip, toss, etc. the vegetables and put back in the oven for another 5-10 minutes or until the asparagus is tender but not mushy and the chickpeas have started to caramelize. Remove and toss with fresh mint and lemon juice.

Asparagus Risotto

(Recipe adapted from "Asparagus Recipes" at www.asparagusrecipes.net)

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| 1 lb Asparagus, thick ends removed, spears chopped | |
| 1/4 C unsalted Butter | 1 Shallot, finely chopped |
| 1/4 C Rice | 1 C dry White wine |
| 1/4 C grated Parmesan cheese | Salt and Black pepper, to taste |

Bring a large pot of water to a boil. Add asparagus and cook until slightly softened, 3 to 4 minutes. Reserve 2 cups cooking water and set aside. Drain asparagus and rinse under cold water. Set aside. Melt butter in a medium saucepan over medium heat. Add shallot and cook until softened but not browned, 3 to 5 minutes, stirring. Add rice and cook 3 minutes, stirring. Add wine, bring to a boil over high, then reduce to a simmer. Cook until liquid is almost evaporated, stirring to prevent burning, 6 to 8 minutes. Add reserved cooking water 1/4 cup at a time to saucepan, allowing each batch of liquid to be cooked out before adding the next 1/4 cup. Continue until the total 2 cups of cooking liquid has been used, stirring almost constantly. The process should take 15 to 20 minutes. Add reserved asparagus and cheese to saucepan; stir to incorporate and warm through. Season with salt and pepper and serve immediately.

~ Article & Recipes Contributed by Angela Cleveland ~