



The Harvest Herald

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

November 1-3, 2011

Issue #589

OKG Bread Special Nov 8-10

Chocolate & Espresso Loaf! Rich chocolate dough filled with an espresso fudge and big chunks of dark Callebaut chocolate. Pair with a cappuccino for a perfect breakfast!

Regular Harvest Box

LOCAL! Green Curly Kale - Wild Flight Farm
LOCAL! Acorn or Carnival Squash - Notch/Wild Fl
LOCAL! Orange Carrots - Notch Hill Organics
LOCAL! Leeks - Wild Flight Farm
LOCAL! Red Potatoes - Notch Hill (see note at right)
LOCAL! Parsnips - Roots & Greens Farm
LOCAL! Yellow Onions - Roots & Greens Farm
LOCAL! Empire Apples - Thunder Hill Farm
LOCAL! Red Starcrimson Pears (petitel) - Harker's
LOCAL! D'Anjou Pears - Claremont Ranch Organics
Valencia Oranges - CA

Family Harvest Box Extras

LOCAL! Kohlrabi - Wild Flight/Roots
LOCAL! Beets - Roots & Greens Farm
LOCAL! Red Cabbage - Roots/Notch
LOCAL! Gala Apples - Bite Me Organics
BC! HH Tomatoes
Romaine Lettuce - CA



This Week's HomeGrown Heroes

Bite Me Organics - Kelowna
Claremont Ranch Organics - Lake Country
Green City Acres - Kelowna (not certified organic - items are available as add-ons only, not regular items)
Harker's Organics - Castown
Notch Hill Organics - Sorrento
Roots & Greens Farm - Grindrod
Thunder Hill Farm - Kelowna
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.

This Week's Potatoes... Ugly but Tasty!

This week's potatoes from Notch Hill Organics have a fair bit of scab on the skin, but they are lovely and tasty inside...and they come at a great price! (Notch Hill is offering them to us at about 60% of their regular price, so we are offering a 2lb order as a 1* item this week instead of the usual 2* item.) In addition to providing great value to you for local, certified organic potatoes, offering these #2 potatoes allows us to further support our local growers, which is a key value for our business. Thank you for your support in this regard!

Saturday Sale Guest Vendors

- Sat, Nov 5th - **Sin Grano Ancient Grains Bakery** (Kelowna) - gluten-free breads and other treats!
- Sat, Nov 12th - **Raw Delights** (Kelowna) - Healthylicious Raw Vegan Organic Natural Food2 - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more...
- Sat, Nov 19th - **Real Raw Foods** (Naramata) - raw, organic nuts, seeds, dried fruit, and more... PLUS **Organically Clean** (Kelowna) - hand-mixed, natural cleaning supplies, soaps, lotions, shampoos, conditioners, and more
- Sat, Nov 26th - **Wolfgang's Grain & Flour Mill** (Armstrong) - organic whole grains + freshly-milled flours (local when possible)

**For more details about our Saturday Sales - location, hours, produce available, etc, please visit our Warehouse Sales page at www.urbanharvest.ca/sale.

Community Events

Fabulous Finds - An Artisan & Collectors' Holiday Show! Fri, Nov 4 (4-9pm) and Sat, Nov 5 (10am to 4pm) at Summerhill Pyramid Winery, 4870 Chute Lake Rd. Free admission! New artists + collectors are joining the roster, as well as returning favorites. A great place to get your Christmas shopping started, in a great environment where you can enjoy organic wine while you shop!

40-Day Health Challenge Join Dr's Tim & Suzie Wood of Mission Family Chiropractic as they lead you through a free 40-day health challenge, encompassing dietary changes (but NOT dieting!), exercise, personal time/stress management, and more. The first of three info sessions takes place this Thurs, Nov 3rd. For more information, contact 250-712-0900 or drtim@missionchiropractic.ca.

The Black Mountain/Belgo Residents Association 1st AGM Mon, Nov 7th @ 1884 Birkdale Ave (Okanagan Premium Builders Showhome) to talk about the past year and the year ahead, elect directors, and visit with the neighbours! Doors open at 6, meeting starts at 6:30, mix & mingle til 9! Enjoy House of Rose wine samples (or bottled water and tea) - all by donation. We will also have a small silent auction as a fundraiser. Looking forward to visiting with the neighbours! For more info, contact www.bmbra.ca

Evening of Chant Join the Healing Arts Association of the Okanagan (HAAO) in an evening of song with easy to follow chanting. Just for the JOY of it! Wed, Nov 9th, 7-9pm, upstairs at the Mekong Restaurant (1030 Harvey Ave at Gordon). Led by Marie-Jeanne www.thehealthartist.com. RSVP to healthartist@shaw.ca (optional - you can also attend without RSVP'ing).

Kelowna Waldorf School Christmas Faire Sat, Nov 19th, 10am - 3pm, at the Kelowna Waldorf School, 429 Collett Rd. in the Mission. A delight for the senses for all ages - wonderful food, hand crafts, artisan market, cafe, bistro and countless children's activities. Not to be missed!!

Martin's Lemon-Parsnip Soup

(Adapted from www.homemakers.com)

- 1 Tbs Butter
- 1 Onion, peeled and chopped
- 2 Tbs chopped fresh Thyme
- 1 tsp finely grated Lemon peel
- 1/2 tsp Salt
- 1/2 tsp Pepper
- 6 C peeled, chopped Parsnips
- 10 C Vegetable broth
- 1 Tbs Lemon juice
- Thyme sprigs
- Lemon slices

Heat butter in a large saucepan set over medium heat. Add the onion, thyme, lemon peel, salt and pepper. Cook, stirring often, for 5 minutes. Add the parsnips; cover and reduce heat to medium-low. Simmer, stirring occasionally, for 10 minutes or until parsnips are tender.

Stir in broth and bring to a boil. Cook, stirring, for 20 to 25 minutes or until parsnips are very soft. Transfer parsnip mixture to a blender or food processor in batches. Purée until smooth.

Stir in lemon juice and bring to a boil. Taste and adjust seasoning if necessary. Serve in soup cups garnished with thyme and lemon. Makes 8 servings.

Spicy Apple Parsnip Cake

(Adapted from www.cookingwithcream.com)

- 1 1/2 C Flour (of your choice)
- 1/2 C granulated Sugar
- 1 Tbs ground Ginger
- 2 tsp Baking powder
- 1 1/2 tsp Cinnamon
- 1/2 tsp Salt
- 1/2 tsp Nutmeg
- 1 tsp Allspice
- 1/2 tsp ground Cloves
- 3 Eggs
- 1/2 C Oil
- 1/2 C Milk
- 1 tsp Vanilla
- 1 C Apple, peeled and grated
- 1 C Parsnip, peeled and grated
- 1/2 C chopped Walnuts, optional

Preheat oven to 350°F. Spray a 9x13 inch pan with cooking oil spray (or coat lightly with butter and flour).

In medium bowl, combine flour, sugar, ginger, baking powder, cinnamon, salt, nutmeg, allspice and cloves. Set aside. In large mixing bowl, beat eggs, oil, milk and vanilla. Stir dry ingredients into wet ingredients just to combine, being careful not to over-mix. Stir in apple, parsnip and walnuts (if using).

Pour batter into pan (it will be thick) and bake for 20-25 minutes or until fork inserted in center comes out clean. Cool cake on rack. Serve cake plain, with a sprinkle of icing sugar or a cream-cheese style icing of your choice. Makes 12 servings.

Perfect Parsnips

Parsnips have been cultivated since Roman times, although their popularity decreased with the introduction of the potato. While parsnips look like large white carrots, they actually have more potassium and folate than the average carrot. Parsnips also have protein, vitamin C, and fibre making them a great addition to any meal. Here are some delicious parsnip recipes to try:

Middle Eastern Spiced Carrots and Parsnips

(Recipe adapted from "Canadian Living" at www.canadianliving.com)

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|------------------------------|----------------------------|
| 5 large Carrots | 5 large Parsnips |
| 3 Tbs extra virgin Olive oil | 1 Garlic clove, minced |
| 2 Tbs Wine vinegar | 1 tsp Paprika |
| 1/2 tsp ground Cumin | 1/4 tsp Salt |
| 1/4 tsp Pepper | 2 Tbs minced fresh Parsley |

Peel and cut carrots and parsnips into sticks. In saucepan of boiling salted water, cover and cook carrots and parsnips just until tender, about 5 minutes. Drain. Meanwhile, in a skillet, heat oil over medium heat; fry garlic, stirring occasionally, until softened, about 2 minutes. Add vinegar, paprika, cumin, salt and pepper; cook, stirring, until fragrant, about 2 minutes. Add carrots and parsnips; cook, stirring, until hot, about 1 minute. Toss with parsley. Makes 8 servings.

Baked Autumn Vegetables with Barley and Wild Rice

(Recipe adapted from "Homemakers" at www.homemakers.com)

- 2 C each Sweet potato, Squash, Parsnips and Celeriac/celery root, peeled and cut into large, bite-size chunks
- 1 C Wild rice
- 1/4 C Butter
- 2 C chopped Onions
- 1 C Pearl barley
- 1 tsp Salt
- 1/4 tsp Pepper
- 3 C Vegetable broth
- 1 C Apple cider
- 1 lb Mushrooms, halved or quartered if large (optional)

Rinse wild rice in a strainer under cold running water. Place in a saucepan, add 4 cups (1 L) water, cover and bring to a boil. Reduce heat and boil gently for 10 minutes. Drain and reserve. Preheat oven to 375°F. Melt butter over medium heat in a large skillet. Add onions and cook until softened. Stir in barley and wild rice. Transfer mixture to a 16-cup (4 L) baking dish or roasting pan. Spread vegetables and mushrooms (if using) over grains. Sprinkle with salt and pepper. Pour in broth and cider. Cover with lid or foil. Bake in preheated oven for 60 to 75 minutes or until barley and rice are tender (the rice should be slightly chewy). Makes 8 to 12 servings.

Parsnip and Leek Soup

(Recipe adapted from "Fine Cooking" at www.finecooking.com)

- 3 C chopped Leeks, white and light green parts only, rinsed and drained
- 1 lbs Parsnips, peeled, quartered, and cut into 1-inch pieces
- 2 Tbs Olive oil
- 1 tsp coarse Salt, more to taste
- 1/4 C dry Sherry or dry White wine
- 6 C homemade or low-salt canned Broth
- 3 sprigs fresh Thyme
- 2 small Bay leaves, broken in half
- 1/2 tsp white Peppercorns, lightly crushed
- 1/4 C Heavy cream (optional)
- 2 Tbs chopped fresh Thyme, for garnish

Heat the 2 Tbs of oil in a wide soup pot over medium heat. Add the leeks, season lightly with salt, and cook gently until the leeks have softened and just begin to turn golden, 8 to 10 min. Add the parsnips and continue to cook, stirring occasionally, until the parsnips are fragrant, about 2 min. Add the sherry, increase the heat to medium high, and cook until most of the liquid has evaporated. Add the broth. Tie the thyme sprigs, bay leaves, and peppercorns together in a cheesecloth sachet and toss it into the pot. Partially cover the pot, bring to a boil, immediately lower the heat, and simmer partially covered until the parsnips are soft enough to mash against the side of the pot with a wooden spoon. Remove from the heat and let cool for about 5 min. Discard the sachet. Using a stand or hand blender, purée the soup in batches, being sure to combine a mix of broth and solids in each batch. Rinse the soup pot, return the blended soup to the pot, taste, and adjust the seasonings. If you're using the cream, add it now. Garnish each bowl with croutons and a pinch of fresh thyme.

~ Article & Recipes Contributed by Angela Cleveland ~