



The Harvest Herald

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

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

November 14-16, 2012

Issue #621

OKG Bread Special Nov 20-22

Buttermilk and Barley Loaf. A tasty loaf which benefits from the nutty character of barley grains and the richness of Blackwell buttermilk. Satisfying!

Regular Harvest Box

LOCAL! Arugula - Wild Flight Farm
LOCAL! Butternut Squash - Kettle River Farm
LOCAL! Yellow Onions - Kettle River Farm
LOCAL! Tatsoi - Wild Flight Farm
LOCAL! Leeks - Wild Flight Farm
LOCAL! Green Curly Kale - Wild Flight Farm
LOCAL! Bronze Beauty Bosc Pears - Shirlee Mae
LOCAL! Fuji Apples - Bite Me
LOCAL! Mixed Apples (Empire, Pink, Granny) - Various
LOCAL! D'Anjou Pears - Claremont Ranch Organics

Family Harvest Box Extras

LOCAL! Radishes - Notch Hill/Wild Flight
LOCAL! Russian Blue Potatoes - Green Croft Gardens
LOCAL! Asian Hosui Pears - Harker's
Broccoli - CA
Zucchini - MEX
Bananas - MEX



This Week's HomeGrown Heroes

Bite Me Organics - Kelowna
Blackbird Organics - Cawston
Claremont Ranch Organics - Lake Country
Green City Acres - Kelowna
Green Croft Gardens - Grindrod
Harker's Organics - Cawston
Kettle River Farm - Grand Forks
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Shirlee Mae Schneider/Moses Brown - Cawston
Sweet Haven Farm - Tappen
Thunder Hills 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.*

Baskets Handmade in Zambia

Giving a "hand up" rather than a "hand-out" is the principle behind the work of *Women for Change* (WfC), the *Zambian partner of Kelowna Zambia Partnership* (KaZ). WfC reaches out to rural communities and helps them work towards a better future by encouraging the people to find their own strengths and desires. The people in Lyamutinga in the Senanga District already knew how to make beautiful basketry. They just needed guidance and avenues for marketing. KaZ is one of those avenues and we will bring these functional and attractive baskets to Urban Harvest on **Saturday, December 1st**. As the KaZ Basket Lady, I have always enjoyed the shoppers at Urban Harvest as they are people who care where their food is coming from, as well as appreciate the concept of fair trade, knowing that the basket weavers are getting a good price for their work. *Looking forward to December 1st, with all best wishes, Mary, KaZ Basket Lady* ☺

Saturday Sale Guest Vendors - Upcoming

- **Nov 17th -Real Raw Foods** - raw, organic nuts, seeds, dried fruit, seaweed products, healthy oils, and more! See www.realrawfood.com for more info.
- **ALSO Nov 17th - Swheatgrass FROZEN Organic Wheatgrass Cubes** - for sampling and for sale! Wheatgrass is full of antioxidants, stimulates metabolism, and alkalizes the body. Add a frozen cube of wheatgrass to your daily smoothie or dissolve a cube in water or juice. Locally grown, using certified organic seeds and soil, filtered water, and NO fertilizers or pesticides!
- **Nov 24th - Wolfgang's Grain & Flour Mill** - organic, local when possible, whole grains and freshly milled flours.
- **Dec 1st - Kelowna-Zambia Partnership** See article above.
- **ALSO Dec 1st -Joolz Power Balls and 9-Bars!** High protein snacks made with all organic ingredients by Julia Deck, personal trainer and fitness instructor. Wheat free, gluten free, and perfect for pre- and post-workout nutrition. Kids love them, too!

Community Events/Notices

Rancho Vignola Annual Public Sale! Amazing fresh, new-crop nuts, seeds, dried fruits, and treats at Parkinson Rec Centre, from 10am to 5pm Sat/Sun, Nov 17/18.

Annual Waldorf Christmas Faire this Saturday! Celebrate the festive season and participate in children's activities such as crafts, candle-dipping, storytelling and puppet shows, purchase natural, hand-made Christmas gifts from local artisans and enjoy baked goods, a coffee house, a bistro and BBQ'd treats. Children \$0.50, Adults \$1.50, Seniors \$1.00, Family \$3.00. 10am to 3pm at the Kelowna Waldorf School, 421 Collett Rd. More info @ <http://www.kelownawaldorf.org/>.

ISEE Solutions Tootie Toy Sale: Okanagan College Centre for Learning (between KLO Road and the KSS campus) - De-clutter, Recycle and Save! Drop off your unused or unwanted toys on Saturday, November 17th from 10-3 and then return on Sunday, November 18th from 10-3 to purchase new-to-you toys for only \$2! All proceeds go toward children and youth education and empowerment programs in Uganda. For more info please visit: www.iseesolutions.org

Music for Royalty! Early Music Studio presents *Music from the Royal Courts of Europe with* Susan Adams, harpsichord and Clive Titmuss, lute play. At one time only privileged aristocrats had access to performances by professionals on fine instruments. Now anyone may listen to the music of Bach, Couperin and Weiss played live, unplugged, and in a quiet place ideally suited to its enjoyment. Saturday, November 17 7:30 pm at Bottega, 4485 Sallows Road, in South-East Kelowna. Tickets at Mosaic Books and online at brownpapertickets.com; ticket reservations by phone at 250 769 2884. More information: www.earlymusicstudio.com.

Stuffed Baked Apples

(Recipe adapted from "Food.com" at www.food.com)

- 4 large Fuji apples, cored
- 1 Tbs Lemon juice
- 3/4 C Brown sugar
- 1/4 C quick-cooking Oatmeal
- 1/4 tsp Nutmeg
- 1 tsp Cinnamon
- 4 Tbs Butter, cut into pieces
- 1/8 C Raisins, chopped
- 1/2 C chopped Nuts (eg: walnuts or pecans)

Sprinkle cored apples with lemon juice. Mix next 7 ingredients and pack stuffing into center of cored apples. Bake at 425°F for 20 minutes. Transfer apples to small bowls with a spoon and serve.

Brie, Apple, and Arugula Quesadillas

(Adapted from www.myrecipes.com)

- 1 Tbs Dijon mustard
- 2 tsp Apple cider
- 3 (10-inch) Flour tortillas
- 6 oz Brie cheese, rind removed and cut into 1/4-inch-thick slices, divided
- 1 Fuji apple, cored and cut into 1/4-inch-thick slices (about 1/2 pound), divided
- 3 C Arugula, divided
- 3/4 tsp freshly ground Black pepper, divided

Combine mustard and cider in a small bowl; stir well. Heat a large skillet over medium heat. Spread each tortilla with about 1 1/2 teaspoons mustard mixture. Place 1 tortilla, mustard side up, in pan.

Arrange one-third of cheese slices over half of tortilla; cook 1 minute or until cheese begins to melt. Arrange one-third of apple slices over cheese; top with 1 cup arugula. Sprinkle with 1/4 teaspoon pepper. Fold tortilla in half; press gently with a spatula. Cook 2 minutes on each side or until golden brown. Remove from pan.

Repeat procedure twice with remaining 2 tortillas, cheese, apple slices, 2 cups arugula, and 1/2 teaspoon pepper. Cut each quesadilla into 4 wedges.

Comfort Food at its Best

With the time change and the first snow fall, many of us are already seeking comfort food. A warm cozy casserole or a thick hearty stew warms the body during the dark, cold nights. Lucky for us, we have leeks in our baskets this week.

Last week, we looked at the benefits of alliums (onion family). Leeks are included in this group so they add a unique combination of flavonoids, and sulfur-containing nutrients. Leeks are the perfect addition to any casserole, soup, or stew because of their mild oniony flavour - they are not overpowering but add a wonderful flavour.

Leek, Potato and Spinach Stew

(Recipe adapted from "Eating Well" at www.eatingwell.com)

- 2 C chopped Leeks (about 2 leeks), white and light green parts only, rinsed well
- 1 Tbs extra-virgin Olive oil
- 1/8 tsp Salt
- 1 lb new or small Potatoes, halved and thinly sliced
- 8 oz Spinach, stemmed and chopped (about 8 C)
- 1 15-oz can Cannellini beans, preferably no-salt-added, rinsed
- 1/2 C chopped fresh Herbs, such as dill, chervil, chives and/or parsley
- 4 cloves Garlic, thinly sliced
- 1 C dry White wine
- 4 C Broth
- 1 bunch Scallions, sliced

Heat oil in a Dutch oven over medium heat. Add leeks and cook, stirring occasionally, until the leeks are tender, about 5 minutes. Add garlic and salt and stir until fragrant, about 20 seconds. Add wine, cover and bring to a boil over high heat. Uncover and cook until the wine is almost evaporated, about 4 minutes. Add potatoes and broth; cover and bring to a boil. Stir in spinach and scallions and cook, covered, until the potatoes are tender, about 5 minutes. Remove from the heat and stir in beans. Cover and let stand for 1 minute. Divide among 6 soup bowls and sprinkle each portion with herbs. Serves 6.

Risotto with Butternut Squash, Leeks, and Basil

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

- 4 C Butternut Squash, peeled and cut into 1/2-inch cubes
- 3 C Leeks, washed and cut into 1/2-inch-wide slices (white and pale green parts only)
- 3 Tbs Olive oil, divided
- 2 C Arborio rice
- 1 C chopped fresh Basil
- 3/4 C freshly grated Parmesan cheese plus additional (for serving)
- 1 Tbs chopped fresh Thyme
- 4 14-oz Cans (or more) Vegetable broth

Heat 2 Tbs oil in heavy large pot over medium-high heat. Add squash and sauté until beginning to soften and brown around edges, about 5 minutes. Transfer squash to medium bowl. Reduce heat to medium; add remaining 1 tablespoon oil, leeks, and thyme to same pot and stir until tender but not brown, about 5 minutes. Add rice and stir 1 minute.

Add 1 cup broth and simmer until absorbed, stirring frequently, 3 to 4 minutes. Add remaining broth a half cupful at a time, allowing each addition to be absorbed before adding next, stirring often, about 15 minutes. Return squash to pot.

Continue to cook until rice is just tender but still very creamy, stirring gently and often, about 10 minutes longer (about 25 minutes total cooking time). Remove from heat. Stir in basil and 3/4 cup freshly grated Parmesan cheese. Season to taste with salt and pepper. Transfer to large bowl and serve with additional Parmesan cheese. Serves 6.