



The Harvest Herald

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

November 15-17, 2011

Issue #591

OKG Bread Special Nov 22-24

Apricot & Lavender Milk Loaf. Light milk bread dough dotted with apricots and a hint of fragrant lavender. Toast, butter, and serve with a cup of cocoa.

Regular Harvest Box - All Local!

LOCAL! Cipollini Onions - Notch Hill
LOCAL! Russet Potatoes (#2-grade) - Notch Hill
LOCAL! Salad Turnips (try raw!) - Roots & Greens
LOCAL! Mixed Colour Carrots - Notch Hill
LOCAL! Kale (Green or Lacinato) - Wild Flight
LOCAL! Leeks - Wild Flight
LOCAL! Arugula - Wild Flight
LOCAL! Bronze Beauty Bosc Pears - Schneider-Brown
LOCAL! Asian Pear(s) - Harker's
LOCAL! Mixed Apples - Bite Me/Thunder Hill/Vialo
LOCAL! D'Anjou Pears - Claremont Ranch

Family Harvest Box Extras

LOCAL! Mini Winter Squash - Kettle River/Notch
LOCAL! Celeriac (Celery Root) - Roots/Wild Flight
LOCAL! Red Beets - Roots & Greens
BC! HH Tomatoes
Leaf Lettuce - CA
Valencia Oranges - CA



This Week's HomeGrown Heroes

Bite Me Organics - Kelowna
Claremont Ranch Organics - Lake Country
Kettle River Farm - Grand Forks
Harker's Organics - Cawston
Notch Hill Organics - Sorrento
Roots & Greens Farm - Grindrod
Schneider-Brown Farm - Cawston
Thunder Hill Farm - Kelowna
Vialo Orchard - Cawston
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.

New! Gluten-Free Baking from Sin Grano Bakery!

Sin Grano Ancient Grains Bakery specializes in gluten-free bread and baked goods. Sin Grano takes full advantage of the goodness and high nutritional content of ancient grains such as quinoa, buckwheat, sorghum, millet, pulses and amaranth.

Zoë Nixon is the owner of Sin Grano. After her family members were diagnosed as gluten-intolerant, they tried the gluten-free rice breads available at grocery stores and found them to be stale and unpalatable. Having a love of baking, Zoë was inspired to create delicious breads for her family to enjoy. Finding that ancient grains were a much better and healthier substitute for rice, Zoë knew she had struck gold! Zoë has made it her mission to create delicious and nutritious bakery goods for all of Kelowna to enjoy. Sin Grano Ancient Grains Bakery is Gluten-free without compromise!

Please note: if you have other food sensitivities or allergies in addition to gluten, or if you follow a vegan diet, please check the ingredients listings (listed with the item on our order page) carefully.

Saturday Sale Guest Vendors

- 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)
- Sat, Dec 3rd - **Kelowna-Zambia Partnership** - hand-woven basketry, textiles, and the chance to support the community development work of the Kelowna-Zambia Partnership in Zambia

**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

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!!

Amnesty International Film Night This month's film night features the film, "Burma VJ: Reporting from a Closed Country", a documentary filmed by video journalists, of the 2007 uprising, led by Buddhist monks, against the military regime in Burma. Film clips were smuggled out of Burma and broadcast internationally and back into Burma by satellite. Fri, Nov 25th at 7:30 p.m. at Okanagan College Theatre (1000 KLO Road), Admission by donation. For more info: 250-769-4740.

More Business of Being Born "Explore Your Options: Doulas, Birth Centres & C-Sections" Maternity Care Westside invites you to view this new film by Ricki Lake and Abbie Epstein (*Business of Being Born*) with a post-film panel discussion and refreshments. Thurs, Dec 1, from 6-9pm at Maternity Care Westside, 853 Anders Rd (W Kelowna). Appies @ 6:30pm, film @ 7pm, panel discussion @ 8:30pm. RSVP to Katie at events@maternitycarewestside.com. Cost: \$5.

Santa Skate December 3rd! 'Santa Skate' at the Capital News Centre on Sat, Dec 3rd, from 2 - 3:30pm. Santa will be on the ice from 2:15-3:15pm - bring your camera! Minimum donation \$20 per family. "Bee" part of a good cause! All proceeds go to local families in need. For more info, contact sales@avalonsunsetcandles.com or 250-861-3918.

Cream of Arugula Soup

(Adapted from www.graciousbowl.com)

2 Tbs Butter
2 medium Red onions (or 1 large), finely chopped
3 Celery stalks, finely chopped
2 whole Garlic cloves
4 C Vegetable stock
1 lb Arugula, rinsed well with stems removed
1/2 C Cream
Salt and Pepper to taste

Melt butter in a stockpot over medium heat. Add red onions, celery, and garlic. Simmer until vegetables are soft, about 15 minutes. Add vegetable stock and arugula leaves. Bring pot to a boil, partially cover, and heat until arugula is wilted, about 10 minutes. Add cream.

Puree soup to desired consistency using an immersion blender or do so in batches with a food processor and then pour it back into the stockpot. Season to taste with salt and fresh ground pepper.

Optional: Serve garnished with a little arugula leaf, a sprinkle of goat cheese, or some pancetta. Serves 2-4.

Sweet Harvest Pear and Carrot Soup

(Adapted from www.care2.com)

2 Tbs Sunflower oil
2 medium Onions, chopped
6 medium Carrots, peeled and chopped
6-8 C Vegetable broth
4 medium Pears, cored, peeled, and chopped
2 tsp chopped fresh Thyme leaves
Pinch of grated Nutmeg
Salt and freshly-ground Pepper, to taste
Yogurt or Crème fraiche for garnish (optional)

In a soup pot, saute the onions in the oil for 2 minutes. Add the carrots and cook for another 3 minutes, stirring constantly. Add the broth, pears, thyme, and nutmeg. Bring to a boil and simmer for 10-15 minutes until the pears are tender.

Working in batches, process the soup in a blender or food processor. Season with salt and pepper to taste and garnish with yogurt or crème fraiche, if desired. Serve hot.

Warming up with Arugula

Arugula is a wonderfully spicy green that is native to the Mediterranean, but grows wild all over North America. It contains copper, iron, as well as small amounts of calcium, potassium, manganese and phosphorus. It is most nutritious when it is eaten raw, but it can also be used in casseroles and soups. Since the cold weather is upon us, here are a few warming arugula dishes to help take the chill off.

White Bean, Potato, and Arugula Soup

(Recipe adapted from "Epicurious" at www.epicurious.com)

2 bunches Arugula, tough stems removed, cut into 1-inch strips (about 3 cups)
1 large Russet potato, peeled & diced (2 cups) 2 1/3 C Great Northern Beans (about 1 lb)
2 Bay leaves 6 Tbs Olive oil
3 large fresh Rosemary sprigs 10 Garlic cloves, chopped
6 C (or more) Veggie stock 1 tsp dried crushed Red pepper
1/4 C plus 2 Tbs Olive oil 2/3 C (packed) grated Parmesan cheese

Place Great Northern beans in large pot. Pour enough water over beans to cover by 4 inches. Let soak overnight. Drain beans and return to pot. Pour enough water over beans to cover by 4 inches. Add 2 bay leaves and bring to boil. Reduce heat to medium-low. Add 3 tablespoons olive oil and fresh rosemary sprigs and simmer uncovered until beans are barely tender, about 30 minutes. Heat 3 tablespoons olive oil in another large pot over medium heat. Add russet potato pieces and sauté until brown in spots, about 8 minutes. Add half of garlic and sauté until beginning to color, about 3 minutes. Add 6 cups stock and boil until potato pieces are falling apart, about 10 minutes. Pour beans and cooking liquid into potato mixture. Bring to boil; reduce heat and simmer just until beans are tender, about 10 minutes. Season soup generously with salt and pepper. Stir 2 bunches arugula into soup. Heat remaining 2 tablespoons olive oil in heavy small skillet over medium heat. Add remaining chopped garlic and dried crushed red pepper; sauté until golden. Add to soup and simmer 5 minutes. Make Parmesan oil: Blend 2/3 C grated Parmesan cheese and 1/4 C Olive oil in processor until smooth. Stir Parmesan oil into soup.

Orecchiette and Arugula Casserole

(Recipe adapted from "Not Eating Out in New York" at <http://noteatingoutinny.com>)

1 1/2 C Orecchiette pasta 1 bunch Arugula, stems trimmed
1 C whole Milk 1/2 C Heavy cream
1/4 C grated Parmigiano-Reggiano 1/2 C grated Fontina
2 Tbs Basil pesto 1/4 C Pine nuts
1 Tbs Butter 1 Tbs Flour
pinch of Nutmeg (optional) pinch of Cayenne pepper (optional)
Sea salt and Black pepper to taste

Cook the pasta according to the box's directions to al dente. Drain, reserving the cooking water, and refill the pot with the water. Bring to a boil again, and drop in the washed and trimmed arugula to blanch for 30 seconds. Remove with tongs and place immediately into an ice water bath. Drain, and roughly chop the greens. Preheat oven to 375°F. Drain the pot and cook the butter and flour over medium-low heat, stirring until bubbly and evenly dispersed. Add the milk and cream and keep stirring over medium heat until it begins to bubble and thicken. Add the Parmigiano, pesto, spices, salt and pepper. Next add the drained pasta and arugula and the pine nuts. Taste for seasoning. Divide mixture into two greased individual au gratin dishes or small, oven-proof bakeware. Top evenly with the grated Fontina. Bake at 375°F for approximately 30-40 minutes, or until top is lightly browned. Let cool before serving. Serves 2.

~ Article & Recipes Contributed by Angela Cleveland ~