



The Harvest Herald

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

November 16-18, 2010

Issue #542

OKG Bread Special Nov 23-25

Sundried Olive and Arugula Pesto Ciabatta. A crusty ciabatta dotted with rich sundried olives and peppery arugula pesto. Dip into olive oil or serve with winter soups or stews.

Regular Harvest Box

Local! Carrots - Roots & Greens Farm
Local! Garlic - Notch Hill Organics
Local! Butternut Squash - Harker's Organics
Local! Kohlrabi - Roots & Greens Farm
Local! Gold Beets - Notch Hill Organics
Local! Claytonia (aka Miner's Lettuce) - Wild Flight
Local! Watermelon Radish - Wild Flight Farm
Local! Bronze Beauty Bosc Pears - Schneider-Brown
Local! Braeburn Apples - Thunder Hills Farm
Local! Spartan Apples (mini order) - Commandeur
Local! D'Anjou Pears (mini order) - McCoubrey

Family Harvest Box Extras

Local! Napa Cabbage (Chinese Cabbage) - Notch Hill
Local! Sieglinde (yellow) Potatoes - Pilgrim's Produce
Local! Gourmet Salad Mix - Little Creek Gardens
Local! Saladette Tomatoes - BC
Kiwi - CA



This Week's HomeGrown Heroes

Commandeur Family Farm - Naramata
Harker's Fruit Ranch - Cawston
Little Creek Gardens - West Kelowna
McCoubrey Farms - Winfield/Lake Country
Notch Hill Organics - Sorrento
Pilgrim's Produce - Armstrong
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Schneider-Brown Farm - Cawston
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 items of poor quality, please inform us **within 48 hours**, and we'll provide a credit toward your next order.*

Urban Harvest Supplier Appreciation Evening

This past weekend, we hosted our first ever "Urban Harvest Loves Our Suppliers" party with several of our local growers and other producers (plus our rep from Pro Organics in Burnaby!), at the cozy Mission Creek Inn on Spiers Rd. We had a wonderful time, sharing good conversation, beautiful food, photos, and even music-making (!). And it's about time...thanks to these talented, dedicated folks, we've been fortunate to make a living delivering wonderful food to wonderful people for the past 10 (almost 11) years! We've come to know many of the growers and other producers personally over the years, and we so enjoyed spending a whole evening together, as opposed to the 10-15 minute "teaser" visits we normally have during deliveries and pick-ups!

Butternut Squash

This week's butternut squash was originally to come from Schneider-Brown Farm, but unfortunately, the squash that was still beautiful last week was showing lots of black spots (some starting to show mold) when they were packing it out for us on Friday. We're grateful to Harker's Organics for connecting us to another source of squash that has, so far, held up better to storage. We do, however, suggest that you use it sooner rather than later, as it may be prone to breaking down in the same way if left too long. Thanks...and we hope you enjoy this autumn treat!

Saturday Sale Updates/Guest Vendors

- **Sat, Nov 20th - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, and much more! See www.realrawfood.com for info about their products.
- **Sat, Nov 27th - Wolfgang's Grain & Flour Mill** will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally!
- **ALSO Sat, Nov 27th - Sweet dried cherries** (1st year transitional to organic) from Naomi and Robert Bothe from Little Church Organics in Kelowna.

Community Events/Notices

Shared Harvest Okanagan - Craigs' List Style Website for Food System!

FarmFolk/CityFolk has created a new tool for the Okanagan! Already in place in Vancouver, and recently launched in Victoria and the Okanagan, the Shared Harvest website tool can be compared to an online farmer's market + food-bank rolled into one! For more info: www.sharedharvest.ca/okanagan.

29th Annual Kelowna Waldorf Christmas Faire - Sat, Nov 20th, from 10am to 3pm @ 429 Collett Rd. (off Lakeshore). Teahouse, bistro, unique handmade Christmas crafts and gifts, children's activities, storytelling, and festive interludes. Children \$.50, adults \$1.50, seniors \$1, family \$3. For more info, www.KelownaWaldorf.org or call 250-764-4130.

"Peter Pan" presented by Theatre Kelowna Society. Kelowna Community Theatre
Nov. 26 - Dec. 5th. Evenings 7:30; Matinees Sat & Sun. 2pm. SelectyourTickets.com; 250-762-5050; Prospera Place Box Office. Adults: \$20; Student/Senior: \$18; Kids 12 & under \$10; Family of Four \$40; groups 10+ 10% discount + \$3.75 service charge (all seats) Info: www.theatrekelowna.org

True Nature Yoga Holiday Schedule **Intro to SEDONA Method (4 part series) starts
Mon, Nov. 29th, 5:30pm. **Gorgeous Groovy Goddess Gathering (potluck feast, intuitive card readings, jewelry + art sale, and more!) @ Malachite Midwives, 1955 Bowes St, Sat. Dec. 4th, 6pm. **Solstice Meditation, Sun. Dec. 19th, 3pm. **New Year's Eve Meditation & Intention Circle, Fri, Dec 31st, 4:30pm. **Hatha & Yin yoga classes thru holiday season. **Contact:** Virginia @ 250-300-YOGA or truenatureyoga@live.ca. See 'True Nature Yoga' Facebook Group for full schedule...

Curried Oven-Dried Apple Slices

(Adapted from www.homemakers.com)

- 2 Tbs each Lemon juice and water
- 2 tsp mild Curry paste
- 8 Apples, cored

Preheat oven to 200°F. Stir lemon juice with water and curry paste until smooth. Slice cored apples very thinly. Brush all over on both sides with curry mixture. Spread apples out in one layer on baking trays. Bake in oven for 2 to 3 hours, turning occasionally, until crisp and light brown. Makes 8 servings.

Baked Apples with Raisins and Cinnamon

(Adapted from www.homemakers.com)

- 4 large Apples
- 1/2 C dark Raisins
- 1/4 C Sugar
- 1/4 tsp ground Cinnamon
- 1 and 1/2 C Apple cider
- 2 Cinnamon sticks

Preheat your oven to 375°F. Using a melon baller, hollow out the apples, starting at the stem end and working toward the blossom end. Make sure not to pierce the bottom of the apples, or the raisins will fall out.

Put the apples in an 8 X 8-inch baking dish, and put a tablespoon of raisins in each apple cavity. Mix the sugar and ground cinnamon together, and then sprinkle over the apples. Pour the cider around the apples, add the cinnamon sticks to the cider, and stick the pan in the oven. Bake until the apples are soft (they should be tender when pierced with a paring knife), about 45 minutes. Be careful not to overbake; you don't want the skins to split.

Using tongs, move the apples to a serving tray. Pour the cider into a saucepan, place over medium heat, and simmer for about 10 minutes, or until the cider has reduced by half; this is your sauce. Remove the cinnamon sticks, spoon a tablespoon of sauce over each apple, and serve.

Apple Pie in a Glass

(Adapted from www.brighthub.com)

- 1 Apple
- 1/2 C Apple cider
- 1/2 tsp Apple pie spice*
- 2 Tbs unsweetened Applesauce
- 2 tsp Honey

Cut your apple in fourths and remove the core, but don't peel it, then cut into inch-size chunks. Put the cider, applesauce, spice, sweetener and apple chunks in a blender and process until smooth. If it's warm outside, you can chill your smoothie, but this smoothie also tastes good hot.

*1/2 tsp ground cinnamon, 1/4 tsp ground Nutmeg, 1/8 tsp ground Allspice, 1/8 tsp ground Cardamom

Eating a Rainbow – Starting with Red and Orange

Eating food that has each colour of the rainbow provides us with an array of vitamins and nutrients. This week, we have beets (red) and butternut squash (orange).

Both squash and beets contain folate, vitamin C, copper, and dietary fiber while beets are also a good source of magnesium, iron, and phosphorus. Butternut squash, with its rich orange flesh and nutty flavour, is an excellent source of vitamin A. It is packed full of potassium and manganese and is a source of omega-3 fatty acids, thiamin, vitamin B5, vitamin B6, and niacin.

Butternut Squash and Cider Soup

(Recipe adapted from "Sassy Radish" at www.sassyradish.com)

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| 1 Shallot, thinly sliced | 1 clove Garlic, minced |
| 3 C peeled, seeded, and cubed Butternut squash | 3/4 C Vegetable broth |
| 3/4 C Apple cider | 1/2 tsp Cinnamon |
| 1/2 tsp Cumin | 1/2 tsp Cayenne |
| 1/4 C Sour cream | 1 Tbs Lemon juice |
| 2 tsp chopped Cilantro | Salt and cracked Black pepper |
| Cumin Sour cream (1/4 C sour cream with 1/4 tsp cumin) | |

In a medium saucepan over low heat, add shallot, garlic and 1/4 cup vegetable broth. Cook until the shallot and garlic are softened, being careful not to burn them, 3-5 minutes. Add the squash and the remaining vegetable broth and bring to a boil. Add cinnamon, cumin, and cayenne. Reduce the heat, cover, and simmer until the squash is soft, about 20 minutes. With a potato masher, press the squash down until semi-pureed, then add the cider and with an immersion blender puree the soup until smooth. Add the sour cream and the salt, and continue to puree. If soup looks too thick, you can thin it down with more broth or with more cider. Add 1 tablespoon lemon juice and stir. Ladle the soup into 4 bowls. Garnish with cumin and lime sour cream, chopped cilantro, and cracked black pepper. Serves 4.

Beet and Kohlrabi Latkes with Horseradish Sour Cream

(Recipe adapted from "The Daily Page" at www.thedailypage.com)

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| Sauce: | |
| 1/2 C Sour cream | 1-1/2 Tbs prepared Horseradish |
| 1 Scallion, chopped | pinch of Salt |
| Latkes: | |
| 1 medium-small Kohlrabi | 1 large or 2 small Beets |
| 1 small Onion | 1 Egg, beaten |
| 2-3 Tbs Flour | Salt and Pepper |
| Cooking oil | |

Mix sauce ingredients in a bowl. Peel kohlrabi, beets and onion. Coarsely grate the vegetables. Place them in a strainer and press out liquid. Transfer vegetables to a bowl and mix them with egg, flour, and salt and pepper to taste. The mixture should cling together loosely. Heat a large, heavy skillet over medium flame for a few minutes. Generously film the bottom of the skillet with cooking oil and let it heat until hot but not smoking. For each latke, spoon 1/3 cup of the mixture into the skillet and press it out flat. Fry latkes until cooked through, 5-7 minutes per side. Serve with sauce. Makes 2-4 servings.

Watermelon Radish Chips with Cumin Salt

(Recipe adapted from "Jane Spice" at www.janespice.com)

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| 4- 6 Watermelon radish | 1 tsp coarse Salt |
| 1/2 tsp ground Cumin | 2 C Vegetable oil for frying |

Peel the watermelon radish and thinly slice. Heat two cups of vegetable oil in small pot. When hot, toss a handful of radish, making sure that you don't crowd the pot. Fry for approximately 8-10 minutes until really brown. You'll be tempted to take them out earlier, but you need them to crisp up. Place a paper towel on a plate, take fried watermelon chips out and place in a single layer—this helps to dry and crisp up the watermelon radish. Mix salt and cumin and season radish chips. Continue until done. Season each batch separately and set aside. Serves 4-6.

~ Article & Recipes Contributed by Angela Cleveland ~