



The Harvest Herald

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

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

November 2-4, 2010

Issue #540

OKG Bread Special Nov 9-11

Crannog Pumpernickel Loaf! Dense rye base with Pumpernickel grain fermented in organic Crannog ale. Enjoy with your favourite charcuterie or aged cheeses.

Regular Harvest Box

Local! Carrots - Notch Hill Organics
Local! Red Russian Kale - Wild Flight Farm
Local! Leek(s) - Wild Flight Farm
Local! Sieglinde Yellow Potatoes - Pilgrim's
Local! Kohlrabi - Roots & Greens Farm
Local! Corn Salad (aka mache, salad greens) - Wild Fl
Local! Cilantro - Wild Flight Farm
Local! Bosc Pears - S.M. Schneider-Brown
Local! Ambrosia Apples - Vialo Orchard (see www.organicambrosiaapples.com for fun facts!)
Local! Fuji Apples - Bite Me Organics
Local! D'Anjou Pears - McCoubrey Farms

Family Harvest Box Extras

Local! Gold Beets (bulk) - Notch Hill Organics
Local! Radishes - Wild Flight Farm
Local! Delicata Squash - Schneider-Brown
Local! Salad Mix - Little Creek Gardens
Local! Rainbow Chard - Wild Flight Farm



This Week's HomeGrown Heroes

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
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 items of poor quality, please inform us **within 48 hours**, and we'll provide a credit toward your next order.*

Next Week's Deliveries - Regular Schedule

Thursday customers: if you will be receiving a delivery next week, please DO expect your delivery to come on Thurs, Nov 11th, Remembrance Day. (We will be delivering as per usual despite the holiday.)

Blue Bin Reminders!

Bin Returns - There are currently several hundred blue bins circulating "out there"! We would love it if you could please check your homes/garages/sheds if you think you may have any Urban Harvest blue bins. Most are marked with "UH" on the bottom, and many now also say "Urban Harvest" on the lids and "UH" on the sides of the bin itself. If you do find one or more, please either leave them out for your next delivery, or contact us to schedule a pick-up if you will not be ordering in the next couple of weeks. If you plan to suspend deliveries for longer than 4-6 weeks, please contact us for a bin pick-up. Bins may also be dropped off at 806 Crowley Ave. Please attach your name to the bin if there is nobody at the warehouse when you come.

**A note from the bin fairies (aka bin washers)! Please be sure to empty your blue bin right away, removing any food "bits". Store with the lid slightly ajar (or underneath) so it can air out. Also, please store your bin away from pets, renovation projects, etc, and avoid using it for your own personal household storage needs. Many thanks for your help!

Saturday Sale Updates/Guest Vendors

- **Sat, Nov 6th** - Dawn's Agape Treats...from healthy chocolate to yummy granola, all made with whole foods, and without refined sugar
- **Sat, Nov 13th** - Kelowna Women's Resource Centre selling Café Feminino (organic, fair-trade coffee grown by women producers! Proceeds support community development + social justice projects.)
- **AND Sat, Nov 13th** - Raw Delights: Healthylicious Raw Vegan Organic Natural Food Products - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more!
- **Sat, Nov 20th** - Real Raw Foods - raw, organic nuts, seeds, dried fruit, and much more! See www.realrawfood.com for info about their products.

Community Events/Notices

Food For Thought- Food Security & Supply Public Forum Sat, Nov 6th, 7-9pm at 702 Bernard Ave (N.E. corner of Bernard and Richter). Special Guest Alex Atamenko (MP, BC Southern Interior, NDP Agriculture Critic), speaking about his report "Food for Thought" based on his 2-year study of Agriculture in Canada. "Our Goal as parliamentarians must be to work together to design and implement a National Food Policy to meet the increasing challenges we face from a changing climate, dwindling fossil food supplies, trade disruptions, and other calamities." Guest Panelists: Andrea Gunner, Agronomist, Armstrong, BC; Fred Steele, VP, BC Fruit Growers Assoc; and Heidi Osterman, True Food Foundation. For info, contact Tisha at 250-717-5828/tisha.kmndp@gmail.com.

If These Walls Could Talk Grand Re-Opening of the Laurel Packinghouse.

Community celebration Sat, Nov 6th from 10am to 2pm, admission by donation.

Fly, Thai, and Tea, 2-5pm, Nov 7th @ Trinity Yoga Centre (Gordon & Cook). Dive in to Flying Partner Yoga, nurture and be nurtured with therapeutic Thai massage flow, and then savour communiTEA! No previous yoga/massage experience required. Come on your own or with a friend. \$50 pp or \$75 for 2. www.trinityyogacenter.com.

Potato and Leek Risotto

(Adapted from www.cooksunited.co.uk/)

- 4 C Vegetable broth
- 2 C Rice
- 1 C Sparkling wine
- 1 Sweet potato, peeled, cubed, cooked
- 2 Leeks, chopped
- 1/3 C Parmesan cheese, grated
- 1 Tbs dried Thyme
- 1 Tbs dried Marjoram
- 3 Tbs Butter
- Salt and Pepper, to taste

Steam cubed potato, approximately, 15 minutes. Melt butter in a large pot over medium high heat. Add the chopped leek and season with salt. Sauté leeks for about 2 minutes. Add the rice and stir until it has absorbed the butter, 2-3 minutes. Add the sparkling wine and stir. Add the broth, 1/2 C at a time, stirring regularly. Make sure that the broth is fully absorbed by the rice before adding more. This process should take several minutes. Before you add the last 1/2 C of broth the rice should be very soft already. At this stage, you may or may not use more or less broth, or even add a bit of water instead. Season with salt and pepper and add marjoram, thyme, and sweet potato cubes. Cover the pot and reduce heat to low. Cook for further 10 minutes. To serve sprinkle with grated Parmesan cheese.

Potato Leek Gratin

(Adapted from <http://localfoods.about.com>)

- 2 Leeks
- 3 Tbs Butter, divided
- 3 lbs Potatoes
- Salt and freshly ground Black pepper
- 6 oz Gruyère or Swiss cheese, grated

Preheat oven to 375°F. Clean and chop leeks. In a medium frying pan over medium heat, melt 2 Tbsp. butter. Add leeks and cook, stirring frequently, until tender, about 3 minutes. Set aside. Rub 2-qt. baking dish or gratin pan with remaining butter. Set aside. Peel potatoes and cut into 1/4-in. slices. Cover bottom of dish with 1/4 of potato slices. Spread 1/2 of cooked leeks on potatoes and sprinkle with salt and pepper. Layer another 1/4 of potato. Sprinkle with 1/2 of the cheese. Repeat potato, leek, potato, cheese layers, sprinkling with salt and pepper at each layer. Cover dish and bake 20 minutes. Uncover and continue baking until tender when pierced with a fork and brown on top, about 25 minutes (depending on how fresh the potatoes are cooking time may take as long as 90 minutes - cover dish if potatoes and cheese become too brown). Serve hot. Makes 6 servings.

Corn Salad Creations

Corn salad, also known as lamb's lettuce, mâche, and field salad, is a delicious yet delicate salad green. It's important to remember that with a mild flavour, corn salad can easily be overpowered by herbs, spices, or dressings that are too strong. As such it should only be seasoned at the very last minute.

Here are some ideas (from www.theworldwidegourmet.com) for dressings for corn salad:

Light: olive oil, lemon, 1 Tbs Perrier, fine salt

Rustic: olive oil, aged wine or sherry vinegar, fresh garlic, sea salt, freshly ground pepper

Exotic: grape seed oil, soya sauce, sesame seeds, lemon, honey.

Decadent: Vanilla Cream Dressing - a touch of vanilla added to crème fraîche flavoured with lemon and mixed with olive oil.

Cilantro Ginger Vinaigrette

(Recipe adapted from "Stirring the Pot" at <http://mykentuckyhome-kim.blogspot.com>)

- | | |
|---|---------------------------|
| 1/2 C chopped Cilantro leaves | 1 Tbs minced fresh Ginger |
| 1 tsp Sesame oil | 3/4 C Olive oil |
| 1 Tbs Rice vinegar | 3 Tbs Lime juice |
| Sea salt and freshly ground pepper to taste | 2 tsp liquid Honey |

In a small bowl, whisk all the ingredients together. This can be made up to 2 hours in advance. Refrigerate until needed.

Aside from the delightful taste of corn salad, it is also high in nutrition. Approximately 150 grams of corn salad contains 95% of the daily recommended amount of vitamin C. Even better, corn salad boasts a third more iron than spinach and it is high in vitamin B9 which is said to have anti-fatigue, anti-stress, and anti-depressive properties.

Corn Salad and Avocado Salad with Tortilla Strips

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

- | | |
|---|---|
| 5 6-inch-diameter Corn tortillas, each cut into 3 x 1/2-inch strips | |
| 1 Avocado, cut into 1/4"-inch-thick strips | 10 C (loosely packed) Corn salad |
| 2 Tbs Lime juice | 1/4 C plus 3 Tbs extra-virgin Olive oil |
| 1 Tbs chopped Shallot | 1 1/2 tsp Honey |

Heat 1/4 cup oil in heavy large skillet over medium-high heat. Working in batches, fry tortilla strips until golden, about 2 minutes. Transfer to paper towels. Sprinkle with salt. Whisk lime juice, shallot, and honey in small bowl. Whisk in 3 tablespoons oil. Season with salt and pepper. Can be made 1 day ahead. Cool strips completely and store in airtight container at room temperature. Cover and chill dressing. Place corn salad and avocado in large bowl. Add dressing; toss. Season with salt and pepper. Top with tortilla strips.

Creamy Corn Salad Soup

(Recipe adapted from "CeltNet Recipes" at www.celt.net.org.uk/recipes)

- | | |
|---|--|
| 3 C Corn Salad | 1 large Potato, peeled and diced |
| 2 Tbs Butter | 1 C Heavy cream or Milk of your choice |
| fine sea Salt and freshly-ground Black pepper, to taste | |

Wash the corn salad then set aside a few of the leaves to garnish. Melt the butter in a heavy-bottomed pan, add the remaining corn salad and cook until wilted (about 2 minutes). Add the potatoes and fry for 3 mins more before seasoning with salt and pepper. Stir in 4 C water then bring to a simmer and cook for about 30 minutes, or until the potatoes are tender. Take off the heat and allow to cool slightly before puréeing in a blender. Return to the pan, stir in the cream and allow to heat through (but do not boil). Divide the soup between 4 small bowls, garnish with the reserved corn salad leaves and serve.