



The Harvest Herald

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November 20-22, 2012

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OKG Bread Special Nov 27-29

Sesame & Anise Loaf. This fragrant loaf is seasoned with a hint of anise and topped with crunchy, nutty-sesame seeds. Enjoy with local fruit jams/jellies.

Regular Harvest Box (all local)

LOCAL! Claytonia - Wild Flight Farm
LOCAL! Beets - Wild Flight Farm
LOCAL! Red Onions - Kettle River Farm
LOCAL! Daikon (see recipes!) - Wild Flight Farm
LOCAL! Sieglinde Yellow Potatoes - Roots & Greens
LOCAL! Green Curly Kale - Wild Flight Farm
LOCAL! Asian Hosui Pears (sooooo yummy!) - Harker's
LOCAL! Fuji Apples - Bite Me/Thunder Hills
LOCAL! Spartan Apples - Thunder Hills
LOCAL! D'Anjou Pears - Claremont Ranch (delicious!)

Family Harvest Box Extras

LOCAL! Buttercup Squash - Kettle River Farm
LOCAL! Green Cabbage (piece) - Wild Flight Farm
Broccoli - CA
Red Leaf Lettuce - CA
Bananas - MEX



This Week's HomeGrown Heroes

Bite Me Organics - Kelowna
Blackbird Organics - Cawston
Claremont Ranch Organics - Lake Country
Green City Acres - Kelowna
Harker's Organics - Cawston
Kettle River Farm - Grand Forks
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Shirlee Mae Schneider/Moses Brown - 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 of poor quality, please inform us **within 48 hours**, and we'll provide a credit for your next order.*

What To Do With A Bounty Of Local Kale?!

Yes, we have more lovely local kale this week! We hope you've been enjoying it, but just in case you're needing some inspiration...on our Urban Harvest Facebook page a couple of weeks ago, I invited customers to share their favourite ways to use kale, posting: "Kale in this week's boxes again! I want to make sure we continue to buy fresh local greens while they're still available. So...my question to all of you is this: What is your favourite way to use kale? Maybe your ideas will inspire others to give it a try for the first time...or to revisit it!"

And here are some of the MANY replies! *Kale Chips *Dutch Stomput (potatoes, kale, sausage) *Roasted butternut squash and kale with almond pecan "parmesan" *Kale-Potato soup *Minestrone Soup with chopped kale *Kale smoothies! *Kale Saute with Garlic/Olive Oil *Kale-Pistachio ice cream smoothies (!) *Kale salad and Portuguese kale soup (both served at the Lake Country Coffee House!) *Marinated kale (served over a chopped salad or cooked beans) *Steamed kale, chopped fine and added to soups, stews, spaghetti sauces and more (my own favourite way to feed it to our 4 year-old!)

What Is The Central Okanagan Fruit Tree Project?

The Fruit Tree Project is a project of the Central Okanagan Food Policy Council. Says member Casey Hamilton, "Our goal is to turn backyard fruit trees into a valuable source of food for the community by harvesting otherwise wasted fruit. The Fruit Tree Project and Summerhill Winery have worked together to salvage wild (untended) unsprayed MacIntosh apples from an Okanagan orchard and turn them into DELICIOUS pasteurized apple juice!" Volunteers from the Fruit Tree Project will be setting up a guest vendor table at our Nov 24th Saturday Sale (see below). See www.okanaganfood.com for more info about the Fruit Tree Project or the Central Okanagan Food Policy Council!

Saturday Sale Guest Vendors - Upcoming

- Nov 24th - **Wolfgang's Grain & Flour Mill** - organic, local when possible, whole grains and freshly milled flours.
- **ALSO Nov 24th - The Fruit Tree Project** volunteers will be selling 5L boxes of apple juice from this season's volunteer gleaned efforts! \$16 per 5L box.
- **Dec 1st - Kelowna-Zambia Partnership** Functional, attractive handwoven baskets from rural Zambia, marketed by the Kelowna-Zambia Partnership (KaZ). KaZ helps the weavers get a good price for their work, supporting a better future for rural Zambian communities.
- **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

Summer Gate Winery @ Summerland Festival of Lights! Summerland's 25th Festival of Lights will take place on Fri, Nov 30th, with live entertainment, Santa arrival (5pm), live ice carving, kid zone, food and Christmas vendors, fireworks/music display (8:30pm), and more! www.summerlandchamber.com. Of special note for organovino-philes: **SummerGate Winery** (certified organic vineyard) will be hosting a pop-up tasting store for the event at 10122 Main Street from 5-10pm. (Learn more about SummerGate Winery at www.summergate.ca.)

Amnesty Film Night Amnesty International Kelowna will show the film, "Into the Current: Burma's Political Prisoners". This documentary tells the story of Burma's prisoners of conscience and their efforts to free the country from dictatorship. Bo Kyi, a former political prisoner, now in Thailand, operates a secretive but very effective underground network of practical support for the prisoners and their families, taking their stories to the international arena. Fri, Nov 30th, 7:30pm . in Room H-115, Okanagan College, 1000 KLO Road, Admission by donation. More info: 250-769-4740.

Roasted Beet, Red Onion, & Goat Cheese Salad with Honey-Oregano Vinaigrette

(Adapted from www.kitchentreaty.com)

1 lbs Beets, ends trimmed
1/4 Red onion, very thinly sliced
8 C Spring greens and/or baby Spinach
4 oz Goat cheese, sliced into four coins

Dressing:

2 tsp Honey
2 tsp Dijon mustard
2 Tbs Apple cider vinegar
1/4 C Olive oil
2 tsp fresh chopped Oregano
Salt and pepper

Preheat the oven to 425°F. Scrub the beets and roast in the oven for about 50 minutes until tender. Place the beets in a medium bowl. Cut into 1-inch pieces right in the bowl. Whisk together the honey, Dijon mustard, apple cider vinegar, olive oil, and chopped fresh oregano. Season to taste with salt and pepper. Pour half the vinaigrette over the beets and gently toss. Cover and chill in the refrigerator for at least an hour and up to 24 hours. Swish red onion in a bowl of cold water and rinse to remove any bitterness. Add more water and a few cubes of ice. Refrigerate for an hour or so. Toss greens in remaining vinaigrette and divide between four separate plates. Top with beets and add a coin of goat cheese. Sprinkle with red onion and top with a sprinkling of fresh ground pepper and a few extra bits of fresh oregano, if you have it. Serves 4.

Roasted Beets, Red Onion and Feta Quinoa with Lemon Oregano Vinaigrette

(Adapted from www.tastespotting.com)

2 large Red beets
Oil for roasting
2 C Red Quinoa, cooked
1/2 Lemon, juiced and zested
1/4 C Olive oil
2 Oregano sprigs, small leaves
pinch of Salt, pepper
1/4 Red onion, super thinly sliced
handful Feta, crumbled

Preheat oven to 400°F. Peel beets, cut in half lengthwise, and rub down with a little bit of oil. Then roast in 400°F oven until tender, about 40 minutes. While the beets are roasting, whisk together lemon juice, olive oil, oregano, pinch of salt, pepper, and lemon zest. Toss the quinoa, red onion in a bowl to combine. When the beets are done, allow to cool enough to handle. Dice the beets and toss into the bowl with quinoa. Drizzle everything with the lemon juice and olive oil vinaigrette. Toss gently to combine. Add the feta cheese last to the top if you want the cheese to stay white, or toss it in if you don't mind that it will turn pink from the beets. Garnish with additional lemon zest.

Discovering Daikon Radish

Daikon radish looks like a carrot - but it is anything but sweet. This white root vegetable is spicy and tart and is often found in Japanese and Chinese cuisine. Its pungent flavour can be enjoyed raw, pickled, or cooked. The white pigment in the daikon radish is called anthoxanthin which is an antioxidant that is believed to lower cholesterol and blood pressure. The Daikon radish is most often eaten along meaty dishes because it is thought to help in the digestion and breakdown of oil, fatty animal protein, and dairy. Here are some ways to enjoy Daikon radish (according to www.fruitsandveggiesmorematters.org)

A New Kind of Coleslaw. Enjoy shredded radish instead of cabbage in your next batch of homemade coleslaw.

Roast 'em! Add a cubed daikon radishes to your next pot roast or pan of roasted veg.

Slow Cooked. Place daikon radishes in a baking pan or slow cooker with carrots, onions, garlic, low-sodium seasonings, low-sodium vegetable broth, lean meat and all of your favorite vegetables. Turn on low and let the juices and flavors start mixing!

Add More Vitamin C! Mix one cup of fresh or frozen mango with 1/4 cup carrot juice, sneak in 1/4 cup of daikon radish, and add a handful of ice cubes. This adds vitamin C without changing the flavor!

As a Substitute. Use daikon radishes in any recipe that calls for radishes. Substitute them in our Apple-Beet Salad, Chicken Tortas, or our Herb Potato Salad recipes.

Baked, Boiled or Steamed. Use daikon radishes any way you would use a carrot, and then some. Try them baked or boiled in stews and soups or in a stir fry. Also try them lightly steamed with olive oil, salt or lemon juice for flavor.

Eat 'em Raw. Slice daikon radishes and eat raw with a dip or peanut butter or add shredded raw Daikon radishes to salads.

Glazed Daikon Radish with Walnuts

(Recipe adapted from "Meatless Monday" at www.meatlessmonday.com)

4 C Daikon radish, cut into bite-sized pieces
1 Tbs light Miso
1/3 C raw Walnuts
2 tsp Coconut oil
1 Tbs Agave nectar
Daikon radish tops, chopped

Place the coconut oil in a frying pan over medium-high heat. Sauté the radish slices in the pan, stirring occasionally, for 4-6 minutes, or until they are slightly softened. Place the miso and the agave nectar together in a large bowl and stir until well combined. Add the sautéed radishes and walnuts. Toss well to coat. Spread the radish tops around the pan evenly and cover. Take the pan off the stove and set aside for 3-5 minutes, or until the Daikon's greens wilt. Remove the frying pan's lid and pour any steam on the lid back into the pan. Pour the radish tops and any liquid that has accumulated into the bowl with the radishes and walnuts. Mix until all ingredients are well combined and the veggies are coated in agave glaze. Divide into servings and enjoy. Serves 8.

Pan Fried Daikon Cake

(Recipe adapted from "Cheap Like Me" at www.cheaplikemeblog.com)

1 1/2 C Daikon radish (grated)
1 clove Garlic (minced)
1 Egg (beaten)
1/2 tsp ground Black pepper
1/2 tsp chile-garlic sauce (such as Sriracha)
2 tsp Salt
1/2 Red onion (chopped)
1/2 C Italian seasoned Bread crumbs
1/2 tsp Paprika
1 1/2 C Vegetable oil for frying

Place the daikon in a bowl and sprinkle with the salt. Refrigerate for 30 mins. Drain daikon. Stir in the garlic, onion, egg, bread crumbs, pepper, paprika, and chili garlic sauce. Mix well. Form into 8 small, round patties. Pour oil into a large skillet. Heat over med heat. Fry patties in the hot oil until firm and nicely brown, about 3 minutes per side. Drain on paper towels and serve.