The Harvest Herald

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

November 22-24, 2011 Issue #592

OKG Bread Special Nov 29-Dec1

Raisin & Walnut Rosa Lina! This wild yeast sourdough is made using 10% Wolfgang's whole wheat flour, roasted walnuts, and raisins. This crusty, bubbly loaf is the bakers' pride and joy.

Regular Harvest Box – All Local!

LOCAL! Daikon Radish – Wild Flight Farm
LOCAL! Delicata Squash (mini) – Kettle River
LOCAL! Beets – Notch Hill Organics
LOCAL! Carrots – Notch Hill
LOCAL! Rutabaga – Wild Flight Farm
LOCAL! Green Cabbage (piece) – Roots & Greens
LOCAL! Granny Smith Apples – Thunder Hill Farm
LOCAL! Bronze Beauty Bosc Pears – Schneider-Brown
LOCAL! Fuji Apples – Bite Me Organics
LOCAL! D'Anjou Pears – Claremont Ranch
Valencia Oranges - CA

Family Harvest Box Extras

LOCAL! Red Onions – Roots & Greens Farm
LOCAL! Red Potatoes – Pilgrim's Produce/BC
LOCAL! Green Kale – Green Croft Gardens
LOCAL! Parsnips – Roots & Greens Farm
BC! HH Tomatoes
Romaine Lettuce - CA

This Week's HomeGrown Heroes

Bite Me Organics – Kelowna
Claremont Ranch Organics – Lake Country
Green Croft Gardens - Grindrod
Kettle River Farm – Grand Forks
Harker's Organics – Cawston
Notch Hill Organics – Sorrento
Pilgrim's Produce - Armstrong
Roots & Greens Farm – Grindrod
Schneider-Brown Farm - Cawston
Thunder Hill 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.*

Jack Frost is Here!

Brrrr….it's a chilly week! We would like to thank those of you who have contacted us with special cold-weather delivery notes to help keep your produce safe from cold-damage, and we are also appreciative of efforts to keep walkways, etc, clear, well-lit, and free of ice - thank you for your concern! We would also like to apologize in advance as our delivery routes may run a little later when winter driving conditions are in effect. If you do have any quality issues related to cold damage, please let us know so we can provide compensation as needed, and make arrangements for future deliveries.

Little Creek Holiday Greenery!

For the next 3 weeks, our order page will offer Holiday Greenery from Little Creek Gardens - a lovely mix of decorative greenery @ $22/box (6 each, fir boughs, pine boughs, Oregon grape, rose hips + pine cones). Bring holiday cheer to your home!

Saturday Sale Guest Vendors

- Sat, Nov 26th - **Wolfgang's Grain & Flour Mill** (Armstrong) - organic whole grains + freshly-milled flours (local when possible) AND **BC Spot Prawns!** Sustainably harvested (with the Ocean Wise stamp of approval), flash-frozen at sea, from the Powell River area. Prawn tails (1 lb pkgs).
- 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/Notices

Provincial Consultation on Pesticides The Province of BC currently has a special committee investigating the need for further regulation of the use of pesticides for cosmetic purposes. To learn more, fill out an e-questionnaire, or make an online submission, visit: http://www.leg.bc.ca/pesticidescommittee/ For more information about the Canadian Cancer Society's position on cosmetic pesticide use as well as their action alert for the BC-Yukon Region, please visit cancer.ca, select BC/Yukon and then select "BC Government consultation on cosmetic pesticides is underway." (link located on left side of screen)

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.

Sweet Pickled Daikon Radish

(Adapted from www.foodnetwork.com)

1 C Rice vinegar
1 C Water
1 C Sugar
1/4 tsp Turmeric
1 lb Daikon radish
1/4 C Salt

In a small saucepan over medium heat add the vinegar, water, sugar, and turmeric. Bring to a boil, stirring to dissolve the sugar. Remove from heat and allow it to cool. Meanwhile, peel the daikon radish and slice into 1/4-inch thick rounds. (If your daikon is very large, slice the rounds into semicircles.)

Place in a colander with salt and mix well. Place the colander over a bowl and let drain for 1 hour. Rinse the salt off with a couple of changes of water and dry the daikon well. Put into a sterilized glass jar.

Pour the cooled brine through a coffee filter (or a cheesecloth lined strainer) into the jar to cover the radish slices. Refrigerate at least 4 hours, preferably overnight. Will keep for about 2 weeks.

Beijing Radish Salad

(Adapted from www.mariquita.com)

1 medium Daikon radish
2 Tbs Rice or Balsamic vinegar (or a combination)
1 Tbs Soy sauce
1 tsp Sugar
2 tsp Sesame oil
2 Garlic cloves, finely chopped

Wash and julienne radishes. They can be peeled or not as you like. Mix together the rest of the ingredients and toss the radishes with the dressing.

Daikon Radish Remoulade

(Adapted from www.mariquita.com)

1 lb Daikon radish, peeled
3 Tbs Dijon-style mustard
4 Tbs Olive oil
1 tsp Wine vinegar
1/4 C minced fresh Parsley leaves

Cut the daikon into 2-inch-long fine julienne strips or grate it coarse. Rinse a large bowl with hot water, dry it, and in it whisk the mustard with 3 tablespoons hot water.

Add the oil in a slow stream, whisking until the dressing is emulsified, and whisk in the vinegar and salt and pepper to taste. Add the daikon strips and the parsley and toss the mixture well. Serves 6.

Delightful Delicata Squash

Delicata squash is a favourite in my house. Aside from its beauty, its oblong shape and rich firm flesh make it perfect for stuffing, although it can also be braised, steamed, boiled, or stewed. It is the perfect shape to be cut into rings and then roasted with oil and herbs and spices. And don't forget to roast the seeds for a delicious snack.

Delicata squash is a good source of fiber, and can provide some vitamin A, C and some B vitamins as well. If you want to maintain the flavour and nutritional value of your squash, keep it out of the refrigerator. The fridge is too humid for winter squash (those with a hard shell) and it will deteriorate quickly if stored there.

Roasted Delicata Squash Stuffed with White Beans, Greens and Sage

(Recipe adapted from "Eggs on Sunday" at http://eggsonsunday.wordpress.com)

2 Delicata squash, halved and seeds scooped out (don't forget to roast them!)
1 15-oz can small White beans (such as navy beans), drained and rinsed
about 4 large handfuls Greens of your choice - washed and spun dry
1 large Garlic clove, minced
1 Tbs minced fresh Sage leaves
1/4 C grated Parmesan cheese
extra-virgin Olive oil
1/2 C fresh Breadcrumbs

Preheat oven to 350°F. Place the squash halves (cut side up) on a sheet pan or in a baking dish. Drizzle the surfaces with some olive oil, and season with salt and freshly ground black pepper. Bake in the oven until the flesh is tender when pierced with a knife or fork, about 1 hour. Remove the squash halves from the oven and set aside.

Filling: heat a little extra-virgin olive oil in a saute pan over medium heat until hot, then add the minced garlic and saute for about 30 seconds, until fragrant. Add the greens and sauté until wilted. Add white beans and continue cooking until the beans are heated through. Stir in the chopped fresh sage, season with salt and freshly ground black pepper, and set aside to cool slightly.

Preheat the oven to 425°F. In a small bowl, mix together the breadcrumbs and grated parmesan cheese. When the bean and green mixture has cooled slightly, stir half of the breadcrumb mixture into it. Divide this filling mixture between the cooked squash halves, mounding it in each. Sprinkle the remaining breadcrumb and cheese mixture over the top of the filled squash halves. Drizzle some olive oil over the top of each squash half. Return the pan to the oven and bake the squash halves until the topping is golden, about another 15 minutes or so (check a little bit before so the topping doesn't burn. Serves 4.

Roasted Delicata Soup

(Recipe adapted from "A Chow Life" at http://achowlife.com)

2 lbs Delicata squash, halved and seeded
4 C low Vegetable broth
Sea salt, and freshly ground Pepper to taste
1 Tbs crumbled Blue cheese (optional)
1 medium Shallot, finely diced
1 tsp fresh Rosemary, chopped
3 Tbs Butter

Preheat the oven to 350°F. Place the squash halves on baking sheet with open sides up. Divide one Tbs of the butter among them and put it into the various cavities. Roast in the oven for approximately 30 -40 minutes (depending on the thickness of the squash) until the inside of the squash is soft and can be easily removed. Remove from oven. Set aside to cool briefly.

In a stock pan on the stove, melt the remaining butter over medium to low heat. Add the shallot and rosemary and cook until the shallot is soft and fragrant, but not browned (about 4-5 minutes). Add the 4 cups of stock and increase the heat to medium-high. Scoop out the cooked squash into bit sized chunks and add it to the soup. Cook the squash in the soup for about 15 minutes until the stock is slightly reduced and the flavors come together. Remove from heat. Blend the soup mixture until smooth in batches in a blender or using a hand mixture. Season with salt and pepper to taste. Pour soup into bowls to serve. Top each bowl with a tsp of blue cheese and stir it into the soup. Serves 4.

~ Article & Recipes Contributed by Angela Cleveland ~