



The Harvest Herald

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

November 23-25, 2010

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OKG Bread Special Nov 30-Dec 2

"Miche" is a French classic with the full flavour profile of a slow-fermented loaf, with part rye and part whole wheat sourdough. It is a delicious table bread with a long shelf life.

Regular Harvest Box

Local! Carrots - Roots & Greens Farm
Local! Purple Beets - Notch Hill Organics
Local! King Richard Leek/s (huge!) - Wild Flight
Local! Kohlrabi (smaller this week)- Roots & Greens
Local! Gold Onions - Kettle River Farm
Local! Green Kale - Green Croft Gardens
Local! Spaghetti Squash - Suncatcher Farm
Local! Bronze Beauty Bosc Pears -Schneider-Brown
Local! Pink Lady Apples - Commandeur Farm
Local! Mixed Apples - Various (local)
Local! D'Anjou Pears - McCoubrey

Family Harvest Box Extras

Local! Red Cabbage (1.5lb piece) - Wild Flight Farm
Local! Gourmet Salad Mix - Little Creek Gardens
Local! Russet Potatoes - BC
Romaine Lettuce - CA
Bananas - MEX



This Week's HomeGrown Heroes

Commandeur Family Farm - Naramata
Green Croft Gardens - Grindrod
Harker's Fruit Ranch - Cawston
Kettle River Farm - Grand Forks
Little Creek Gardens - West Kelowna
McCoubrey Farms - Winfield/Lake Country
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Schneider-Brown Farm - Cawston
Suncatcher 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.*

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 this week's delivery routes may be running behind due to winter driving conditions. And finally, please **DO** let us know if you have any troubles with food quality due to cold damage, so we can provide compensation where appropriate, and make arrangements for future deliveries. Thank you!

3 Green Holiday Ideas....and Holiday Greenery!

- ❖ **Urban Harvest Gift Certificates** - available in \$10, \$33, and \$44 denominations on our order page, or customized gift cert's available by request. Wrap one around a Little Creek dressing...or a beautiful box of MoTEAS...or a Backyard Beans coffee...or attach one to a fair-trade Zambian basket (avail at our Dec 4th Sat Sale), and you've got a perfect green gift idea!
- ❖ **Holiday Tri-Packs** - one each of Little Creek Gardens' Original, Strawberry Jalapeno, and Cherry Balsamic salad dressings in a convenient gift pack. A perfect host/hostess gift!
- ❖ **Gifts That Give** - Consider giving a card stating that you have made a donation on the recipient's behalf. It's easy to do (many charitable organizations are now able to accept donations online), and is truly green, spreading joy, not waste! Choose an organization that does work in an area you know would be of interest/concern to the receiver. Ten Thousand Villages offers a Living Gift program, where you can support families in poverty in other parts of the world, (see www.tenthousandvillages.ca and shop for Living Gifts). Do good, feel great!
- ❖ **Little Creek Holiday Greenery** - 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 Updates/Guest Vendors

- **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.
- **AND Sat, Nov 27th - Little Church Organics** sweet dried cherries (1st yr transitional to org.)
- **Sat, Dec 4th - Dawn's Agape Treats**...from healthy chocolate to yummy granola, all made with whole foods, and without refined sugar. Watch for holiday treat specials too!
- **AND Sat, Dec 4th - Kelowna-Zambia Partnership** will sell beautiful + functional woven baskets, to support women's fair-trade coops in Zambia. Buying one for yourself or for a gift ensures support of the basket weavers and their community of Lyamutinga in Senanga, western Zambia. Fill a basket with goodies from Urban Harvest (perhaps even a gift cert!) for a unique gift supporting fair-trade and sustainable agriculture!

Community Events/Notices

"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

Raw Food Class Nov 26th Certified Raw Food Chef Sandra Butler will show you how easy it is to prepare Garden Soup, Savory Crackers, Creamy Dill "Pasta", Tomato Salad, and Brownies. \$40/person/class (20% discount for repeat guests and couples wishing to learn together). Includes recipes and samples! Fri, Nov 26th, 6-9pm 2 Gallagher's Canyon Club House Auditorium. Reservation & Advance Payment required (cash, cheque, Visa, M/C). 250-862-1158 or sandrabutler@uniserve.com.

Kohlrabi Remoulade

(Adapted from www.soscuisine.com)

- 2 Kohlrabi
- 4 cloves Garlic, pressed
- 2 Tbs Mayonnaise
- 4 tsp Dijon mustard
- 1/4 C Olive oil
- 3 Tbs Lemon juice, freshly squeezed
- Salt and ground Pepper to taste

Prepare the dressing directly in the serving bowl: add the mayonnaise, mustard, pressed garlic, oil, and lemon juice, along with salt and pepper to taste. Mix well. Peel the kohlrabi, then slice it thinly, using a mandolin, or shred it using a large-holed grater. Add it to the dressing and toss. Season to taste.

Stuffed Kohlrabi with Lemon-Tarragon Sauce

(Adapted from www.alive.com)

- 2 medium Kohlrabi
- 1 Tbs Butter
- 2 Tbs extra-virgin Olive oil
- 2 cloves Garlic, minced
- 1/2 C Onion
- 1/2 C Carrot
- 1/2 C Celery
- 1/2 C Yellow or Red bell pepper
- 1/2 C Cherry tomatoes, cut in half
- 1 Tbs fresh Rosemary, chopped
- 1 C Green lentil sprouts
- 1 C cooked Brown rice
- Salt and fresh ground Pepper, to taste

Sauce:

- 1 Shallot, minced
- 1 clove Garlic, minced
- 1 Tbs Butter
- 1/4 C Vegetable stock
- 1 Tbs fresh Tarragon, chopped
- 1 Tbs fresh Lemon juice
- 1 C Whipping cream (optional)

Preheat the oven to 375°F. Peel the kohlrabi then cut out the inside flesh, making a cup. Dice the flesh and set aside. Blanch kohlrabi cups in a pot of boiling salted water for seven to 10 minutes. Drain and rinse under cold water. Dice the onion, carrot, celery and pepper. Heat butter and oil in a large pan on medium and sauté with diced kohlrabi, garlic and tomatoes until soft. Add rosemary, lentil sprouts and rice; mix thoroughly. Stuff the kohlrabi cups with the vegetable-rice mixture, season with salt and pepper and brush with olive oil. Bake in the oven for 15 minutes. To make the sauce, gently sauté shallot and garlic in butter until soft. Add vegetable stock, tarragon, lemon juice and cream, then reduce by one-third. Pour sauce onto plates, place stuffed kohlrabi on top and serve.

Eating a Rainbow: Going Green

Last week, we talked about eating a range of colours to ensure that we get a variety of nutrients from our food. This week, we focus on the colour green.

Green fruits and vegetables get their colour from chlorophyll, a natural plant pigment. Green vegetables such as spinach, green peppers, peas, cucumber and celery, contain lutein. Lutein joins forces with another chemical, zeaxanthin, found in corn, red peppers, oranges, and grapes to help keep eyes healthy. Together, these chemicals may help reduce risk of cataracts and age-related macular degeneration.

This week, we have the superstar of green food: kale. Kale contains nutrients that may help lower cholesterol (especially if you steam it), lower the risk of some cancers (including bladder, breast, colon, ovary, and prostate), provide support for the body's detoxification system at a genetic level, and has antioxidant and anti-inflammatory benefits.

Spaghetti Squash with Black Beans, Corn, and Kale

(Recipe adapted from "Eat This" at <http://fortunavirilis.blogspot.com>)

- 1 Spaghetti squash
- pinch of Salt, Cumin, and Chili powder
- 1 Red onion, chopped
- kernels from 3 ears of Corn
- 1 tsp Chili powder (or more, to taste)
- 1 bunch Kale, stems removed and leaves torn
- 4 oz can diced Green chiles
- drizzle of Olive oil
- 1 Tbs Olive oil
- 3 Garlic cloves, minced
- 1 tsp Cumin (or more, to taste)
- 4 medium Tomatoes, chopped
- 1 1/2 C cooked Black beans (or 1 can)
- juice of 1 Lime

Cut the spaghetti squash in half lengthwise. Put the squash halves in a large baking dish (cut side up) and drizzle them with olive oil and sprinkle with salt, cumin, and chili powder. Bake them at 400°F for about an hour, or until the flesh is very tender when you stick a fork in it.

While squash is cooling, heat the oil in a large skillet over medium heat. Sauté the onion, garlic, corn, cumin, and chili powder for a few minutes, until the onion is tender. Then use a fork to scrape out all of the squash flesh, and add this to the skillet along with the kale, tomatoes, beans, and chiles. Stir well, cover, and let this cook for about 10 min. Stir in lime juice before serving. Serves 5.

Kale, Chickpeas and Leeks Braised in Olive Oil

(Recipe adapted from "Evening Edge" at <http://projects.eveningedge.com>)

- 1 large Leek, white and light green part only, quartered, chopped and rinsed
- 1 heaping tsp smoked Spanish Paprika (can substitute for regular paprika)
- 1 bunch Kale, stemmed, chopped and washed in a colander
- 1 (15-oz) can Chickpeas, rinsed, or 1 1/2 cups cooked Chickpeas
- 2 heaping Tbs chopped roasted Red pepper (fresh or from a jar)
- 1/4 C Olive oil
- 2 Garlic cloves, minced
- 1 tsp Salt

In a large, heavy-bottomed, over medium-high heat, add oil. When oil shimmers, add the leek, garlic, salt and paprika and stir until leek wilts, about 1 minute. Add kale, chickpeas and red pepper and stir to combine. Cover with a tight-fitting lid and cook over medium heat for 20 to 30 minutes, checking to make sure pan doesn't scorch. If needed, add a tablespoon of water to keep a very small amount of liquid in the pan. Once kale is tender, taste and adjust seasonings, if needed. Serve hot, at room temperature or cold after a night in the fridge.

~ Article & Recipes Contributed by Angela Cleveland ~