The Harvest Herald

(Ph/Info-line) 868-2704 (Email) order@urbanharvest.ca
Place Orders On-line at: www.urbanharvest.ca

November 27-29, 2012 Issue #643

OKG Bread Special Dec 4-6

Onion & Poppy Seed Rye. A dense loaf is baked with 70% stone-milled rye grain, fragrant green onions and specks of poppy seed. Great with Leberwurst!

Regular Harvest Box (all local!)

LOCAL! Claytonia – Wild Flight Farm
LOCAL! Mixed Baby Beets (gold, red, chioggia)– Notch
LOCAL! Yellow Onions – Kettle River Farm
LOCAL! Red Chieftain Potatoes – Green Croft
LOCAL! Butternut Squash – Curly Willow Farm
LOCAL! Mixed Colour Carrots – Notch Hills
LOCAL! Watermelon Radish (try it raw!) – Wild Flight
LOCAL! Bronze Beauty Bosc Pears – Shirlee Mae
LOCAL! Ambrosia Apples – Vialo Orchard
LOCAL! Pink Lady Apples (mini order) – Bite Me
LOCAL! D'Anjou Pears (mini order) – Claremont Ranch

Family Harvest Box Extras

LOCAL! Red Cabbage – Wild Flight Farm
LOCAL! White Salad Turnips – Notch Hill
Red Leaf Lettuce – CA
Kiwi - CA
Bananas – MEX

This Week's HomeGrown Heroes

Bite Me Organics - Kelowna
Blackbird Organics – Cawston
Claremont Ranch Organics – Lake Country
Curly Willow Farm - Enderby
Green City Acres – Kelowna
Green Croft Gardens - Grindrod
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
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 of poor quality, please inform us ***within 48 hours****, and we'll provide a credit for your next order.*

Green Holiday Ideas!

- **Little Creek Holiday Greenery!** Bring holiday cheer to your home! As in past years, Little Creek Gardens is offering a lovely mix of decorative greenery @ $20/box (6 each, fir boughs, pine boughs, Oregon grape, rose hips + pine cones). Available on our order page under the Gift Cert's, Donations & Holiday Specials heading!
- **UH Gift Certificates – A Green Gift Idea!** Urban Harvest Gift Certificates are available in $10, $33, and $44 denominations on our order page (under the Gift Cert's, Donations & Holiday Specials heading), OR you may request a custom gift certificate in any amount. Wrap one around a Little Creek Dressing, a beautiful MOTEAS tea/tisane, or Backyard Beans coffee, et voila! (May be redeemed towards home deliveries OR at our Saturday Sale.)
- **Gifts That Give!** Urban Harvest invites you to consider supporting our weekly deliveries to the Kelowna Women's Shelter and/or The Bridge Family Services Society! Over the past several holiday seasons, many of you have given generously, and as a result, we have been able to deliver weekly boxes since December of 2007 to the Women's Shelter, and since April 2010 to the Bridge's Parent Place! To maximize donations, we offer a $10 discount on each delivery order, as well as weekly "free shops" at our Saturday Sale. When donations run out, we cover 100% of the cost of deliveries. If you'd like to contribute, simply click to add a $20 donation on our order page (under the "Gift Cert's, Donations & Holiday Specials heading), or contact us if you'd like to donate a different amount. You may also transfer star credits if you wish – just let us know!

Saturday Sale Guest Vendors - Upcoming

- **Dec 1st – Kelowna-Zambia Partnership** Functional, attractive handwoven baskets from rural Zambia, marketed by the Kelowna Zambian 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!
- **Dec 8th – Raw Delights** - Healthylicious Raw Vegan Organic Natural Food – dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more…
- **ALSO Dec 8th – Bernie's Blackberries** - FROZEN blackberries, grown in South East Kelowna. Please note: these are NOT organic, but are grown without the use of sprays. $4 per litre bag.

Community Events/Notices

Summer Gate Winery @ Summerland Festival of Lights! Summerland's 25th Festival of Lights is this Friday, Nov 30th, with live entertainment, Santa arrival (5pm), live ice carving, kid zone, food + craft vendors, fireworks display (8:30pm), and more! www.summerlandchamber.com. **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. Fri, Nov 30th, 7:30pm . in Room H-115, Okanagan College, 1000 KLO Road, Admission by donation. More info: 250-769-4740.

Community Event for Kelowna's North End! Residents + lovers of Kelowna's unique North End neighbourhood are invited to attend a community open house on Sat, Dec 1 from 1 – 4 PM to talk to a group of UBC students who are creating an art package for newcomers to the neighbourhood. The open house will be held at the Justice Institute of BC's Okanagan campus, 825 Walrod St. Free refreshments, families and kids welcome! Come share what's important about your neighbourhood!

Basic Roasting Vegetables

(Adapted from http://kitchen-parade-veggieventure.blogspot.ca)

1 lb Vegetables
1 Tbs Olive oil (or more, to taste)
Salt and freshly ground Pepper

Preheat oven to 400°F. Wash the vegetables well under running water. Trim the vegetables, cutting away stems and roots and any rough edges. If needed, peel. Cut the vegetables into pieces of even size, smaller pieces for faster cooking, larger pieces for longer cooking. In a large bowl, toss vegetables in oil. Season with salt and pepper and turn again. Arrange the vegetables in a single even layer, separating the pieces to allow for airflow between.

Place in the oven. Roast for 30 - 60 minutes, checking halfway through to toss and check on doneness, after that checking every 5 minutes until done. The vegetables are done when they are cooked through, the centers soft and creamy and the outer edges golden and crispy. Serve hot as a side dish. Serves 4.

Goat Cheese Polenta with Roasted Veggies and Fried Egg

(Adapted from http://cupcakemuffin.blogspot.ca)

1 medium Carrot, peeled and sliced 1/4-inch thick, on the diagonal
1/2 small Onion, cut into wedges
1/2 small Red bell pepper, cut into bite-sized pieces
1/3 Lemon, cut into thin wedges
Olive oil
Salt blend, such as Sumac Pepper Salt, or salt and pepper
1/4 C Polenta
1/2 C Water, more as needed
Salt and Pepper
1 Tbs creamy Goat cheese, plus more to serve
1 fresh Egg

Preheat the oven to 450°F. Toss the veggies and lemon with the olive oil and a generous sprinkle of the salt blend (or salt and pepper). Place on a foil-lined baking sheet. Roast in the oven, stirring occasionally, until caramelized and tender.

Meanwhile, place the polenta and water in a small, non-stick pot and bring to a boil over medium-high heat, stirring constantly. Lower the heat to a simmer, and cook, stirring frequently, until tender. Add more water as needed. Stir in 1 Tbs goat cheese until melted. Season to taste with salt and pepper. When the veggies and polenta are a minute or so from being finished, cook the egg however you like it. Scrape the polenta into a bowl. Top with the egg, and dot with additional goat cheese. Scoop the vegetables off of the baking sheet and onto the polenta and egg. Serve hot. Serves 1.

Roasty 'n Rich

Roasting vegetables gives them a unique, creamy flavour that can't be beat. They become caramelized on the outside and naturally sweet on the inside. The best part – even bitter veggies can become sweet! Here are some tips on how to roast your veggies and bring out their best flavour *(adapted from http://kitchen-parade-veggieventure.blogspot.ca):*

1. One at a time: Roast one vegetable at a time since it's hard for more than one kind to finish cooking at the same time.
2. Oven Temperature for Roasting: Roast vegetables at high temperature, typically 400°F or 425°F.
3. Same Size: Wash and trim the vegetables first, cutting off stems and tails, removing any blemishes, removing skins if appropriate. Then cut the vegetables into pieces roughly the same size. The smaller the pieces, the quicker the vegetables will roast; the larger, the longer.
4. Shrinkage: Vegetables shrink when they're roasted so you may want to allow for that.
5. Coat evenly with oil: Toss the cut vegetables with olive oil in a bowl, making sure the pieces are coated on all sides. Allow one tablespoon of oil per pound of vegetables.
6. Seasoning: Salt and pepper are good to use, but you can experiment with other seasonings too. Try thyme on your carrots or lemon on your zucchini.
7. Not just vegetables: Mixing vegetables with fruit can add a delicious sweetness (try butternut squash with apples)
8. No crowding: Remember to leave space in between the pieces to allow the heat to circulate.
9. Check and toss: About halfway through the roasting time, give the vegetables a quick toss, redistributing the pieces. After that, check and toss every five minutes or so until done.

Roasted Beets

(Recipe adapted from "The World's Healthiest Foods" at www.whfoods.com)

6 small whole Beets
2 Tbs Balsamic vinegar
2 medium cloves Garlic, pressed
Salt and cracked Black pepper to taste
2 small yellow Onions
2 Tbs extra virgin Olive oil
2 Tbs coarsely chopped Walnuts
1 Tbs chopped fresh Parsley

Preheat oven to 400°F. Wash beets well and place in a baking dish just big enough to hold beets, and onions without crowding them. If onions are small, just leave whole with skin on. If they are medium sized, cut in half leaving the skin on. Cover and roast for about 55 minutes, stirring occasionally, until you can slide tip of sharp knife into the center of the beets fairly easily. Remove from oven. When beets and onions have cooled enough to handle, peel and cut into bite-sized pieces. Toss with vinegar, olive, oil, garlic, and chopped walnuts. Add salt and pepper to taste. Top with chopped parsley.

Roasted Butternut Squash with Moroccan Spices

(Recipe adapted from "Kayln's Kitchen" at http://kalynsprintablerecipes.blogspot.ca)

4-5 C Butternut squash, peeled and cut into 1" cubes
2 Tbs Olive oil (or slightly less)
fresh ground Black pepper
1/2 tsp Salt
Salt, for seasoning cooked squash

Spice Mix (makes enough for 5 batches of roasted veggies):
2 tsp ground Cumin
1/2 tsp Chile powder
1/2 tsp ground Cinnamon
1/4 tsp ground Ginger
Pinch of ground Cloves
1 tsp ground Coriander
1/2 tsp sweet Paprika
1/4 tsp ground Allspice
1/8 tsp Cayenne pepper

Preheat oven to 475°F. Peel butternut squash with vegetable peeler, cut off ends, and cut squash into cubes about 1 inch square. Put squash in plastic bowl and toss with olive oil, salt, pepper, and 1 tsp. spice mixture. Stir well to get oil and spices evenly distributed on cut surfaces of the squash. Spray roasting pan with olive oil or non-stick spray and arrange squash in a single layer. Roast about 40-50 minutes, turning every 15 minutes or so. Squash is done when it is soft and slightly browned on quite a few of the edges. Season with sea salt, and serve hot. Serves 3-4.

~ Article & Recipes Contributed by Angela Cleveland ~