



The Harvest Herald

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

November 29 – December 1, 2011

Issue #593

OKG Bread Special Dec 6-8

Anadama Loaf! A popular feature bread returns: Peter Reinhart's version of a New England favourite, with whole wheat and corn flour, butter, and a hint of molasses. Perfect table bread.

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

Claremont Ranch Organics - Lake Country
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
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.*

Thinking Ahead...Holiday Schedule Update

We will be closed from Dec 25 to Jan 9 for our annual holiday break (and to complete year-end activities). Dec 20-22 will be our final week of deliveries in 2011. We will resume the week of Jan 10-12 in 2012. Biweekly customers who receive a bin during the Dec 20-22 delivery week should plan to order their first 2012 delivery for the week of Jan 17-19, to help maintain a balanced delivery schedule. Our Saturday Sale will be OPEN on Dec 24th, and then CLOSED for Dec 31 and Jan 7.

Gift Certificates – A Great Green Gift Idea!

Urban Harvest Gift Certificates are available in \$10, \$33, and \$44 denominations on our order page, or in any amount by special request, and they may be used at our Saturday Sale too! 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 3rd Sat Sale), and you've got a perfect green gift idea!

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 @ \$22/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.

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 your 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, or contact us if you'd like to donate a different amount. You can also transfer star credits if you wish - just let us know!

Saturday Sale Guest Vendors

- 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
- Sat, Dec 12th - **Raw Delights** (Kelowna) - Healthylicious Raw Vegan Organic Natural Food - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more...

**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

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@avalonsungetcandles.com or 250-861-3918.

Rock Your Stockings Event! Get your holiday groove on in support of the Kelowna Community Food Bank (kids too!). Sun, Dec 4th from 4-8pm at The Habitat (248 Leon). Tix \$5 at the door + item to donate to a Christmas hamper. www.facebook.com/RockYourStockings for info.

Cinnamon Baked Apple and Pear

Recipe

(Adapted from

<http://aglutentfreeveganmomwhoknows.blogspot.com>)

- 2 large firm, tart Apples
- 2 large Pears (any variety)
- 1 Tbs Lemon juice
- 1/4 C Maple syrup or Agave nectar
- 1/4 C golden Raisins
- 1/4 C finely chopped, toasted Walnuts
- 1 tsp ground Cinnamon
- 1/4 tsp ground Nutmeg
- 1 C Apple cider (or 1/2 cup water)

Preheat the oven to 350°F. Cut apples and pears in half and remove core. Sprinkle with lemon juice. Place apples in glass or other non-reactive baking dish. Mix maple syrup or agave, raisins, nuts and spices. Fill apples and pear halves with mixture. Pour apple cider into bottom of dish and cover with a lid. Bake 25 minutes. Remove lid, baste with pan juices and bake, uncovered, for an additional 10-15 minutes, or until apples are tender but not mushy.

Farmgirl Susan's Old-Fashioned Pear and Apple Crisp

(Adapted from

<http://farmgirlfarecipes.blogspot.com>)

Topping:

- 1/2 C Flour (of your choice)
- 1/2 C whole wheat Pastry flour
- 1 C light Brown sugar, packed
- 1 C thick old-fashioned (not quick) Oats
- 3/4 C Butter, cut into small chunks

Filling:

- 2 lbs Pears (about 4 large), peeled if desired, cored, and cut into 1-inch chunks
- 1 1/4 lbs Apples (about 3 medium), peeled if desired, cored, and cut into 3/4" to 1" chunks
- 2 Tbs fresh Lemon juice
- 2 Tbs fresh Orange juice
- 1 tsp finely grated organic Lemon zest
- 1 tsp finely grated organic Orange zest
- 3 Tbs Flour
- 1/3 C granulated Sugar
- 1 tsp Cinnamon
- 1/4 tsp freshly grated Nutmeg (or 1/2 tsp ground)

Heat the oven to 375°F. For the topping: Combine the flours, brown sugar, and oats in a medium bowl. Blend in the butter until the mixture resembles coarse crumbs. Some larger chunks of butter are fine. For the filling: Place the pears and apples in a large bowl and toss with the lemon and orange juices. Add the lemon zest, orange zest, flour, sugar, cinnamon, and nutmeg and mix well. Pour the fruit into the baking dish and cover evenly with the topping. Bake 40 to 45 minutes, or until the topping is brown and the fruit is bubbling. Serve warm or cool, with vanilla ice cream or whipped cream if desired.

Cruciferous Crusaders

Cruciferous vegetables are believed to have excellent cancer fighting properties. Research suggests that they contain phytochemicals which stimulate our bodies to break down potential carcinogens. In other words, they work by preventing normal healthy cells from changing into cancerous cells.

This week, we have two excellent cruciferous vegetables: red cabbage and kale. Cabbage is a good source of vitamin C, folic acid, potassium, vitamin B6, calcium, biotin, magnesium, and manganese. Kale is an excellent source of vitamins K, A, and C, as well as manganese and fiber. Since both contain these vitamins and nutrients along with the phytochemicals with cancer fighting properties, why not combine them for an extra boost. Here are some recipes that feature both red cabbage and kale:

Braised Red Cabbage and Kale

(Recipe adapted from "FoodBuzz" at www.foodbuzz.com)

- 1 bunch of Kale, stems and leaves separated, stems cut into 1/2-inch pieces, leaves shredded
- 2 Tbs Grapeseed oil
- 3 cloves Garlic, minced
- 1/3 head Red cabbage, shredded
- Salt and freshly ground Pepper to taste
- 1 tsp Brown sugar, or to taste
- 1/4 large Onion, thinly sliced
- 1/2 tsp Caraway seeds
- 1 Tbs whole-grain or Dijon mustard
- 1/4 C Vegetable broth or water
- 1 Tbs Apple cider vinegar, or to taste

Heat oil in large skillet over med heat. Add the onions, then the garlic, and cook until the onion is translucent. Add the caraway seeds and cook them for a minute, then add the mustard (if using whole grain mustard; otherwise add it with the vegetable broth). Cook for another minute and then add the red cabbage and the kale stems. Season with salt and pepper. Saute the cabbage until it is translucent and wilted. Add the vegetable broth and the brown sugar and stir until the sugar dissolves. When the broth starts to boil, lower the heat and let the cabbage simmer for 10 mins. Add more liquid if necessary. Add the kale and cook until it is well wilted, about 10 more mins. Remove from heat and stir in the apple cider vinegar. Makes 4 side servings.

Warm Red Cabbage and Kale Slaw

(Recipe adapted from "Homemakers" at www.homemakers.com)

- 4 C each shredded Red cabbage and shredded Kale leaves, tough stems removed
- 3 Tbs Vegetable oil
- 2 Tbs Raspberry vinegar
- 1/2 tsp Salt
- 1 clove Garlic, minced
- 2 Tbs packed Brown sugar
- 1 Pear, halved, cored and chopped

Heat oil in a Dutch oven or large skillet set over medium-high heat. Add garlic; stir-fry for about 10 seconds. Add cabbage; cook, stirring for 2 minutes. Stir in kale and stir-fry for 1 minute. Whisk raspberry vinegar with brown sugar and salt. Pour over slaw mixture and sprinkle in pear; toss to combine. Serve immediately. Makes 6 servings. Tip: For a main-course slaw, chop 1 pkg. (8 oz/250 g) firm tofu and add with kale.

Hail-to-the-Kale Salad

(Recipe adapted from "Planet Organic" at www.planetorganic.ca)

- 1/2 C Tamari pumpkin seeds (see method below)
- 1/2 C Tamari sunflower seeds (see method below)
- 1 bunch Kale, chopped 1 bunch
- 1/2 head Red cabbage, thinly sliced 1/2 head
- 1 tsp Oregano, dried
- 3 C Carrots, grated
- 1/2 C Flax or hemp oil
- 5 Tbs Balsamic vinegar
- 1/3 C Bragg Liquid Aminos

Wash kale and chop. In a cast iron skillet over medium to high heat, stir sunflower and pumpkin seeds. Remove from heat when they're toasted golden brown. While the skillet is hot, add in a few drops of tamari, which will sear onto the seeds. Remove and let cool. In a large bowl combine chopped kale, carrots, cabbage and seeds. Set aside. In a small bowl whisk together oil, Bragg Liquid Aminos, vinegar and oregano and pour over kale mixture. Toss until evenly coated and chill 2 hours before serving. Serves 8-10.

~ Article & Recipes Contributed by Angela Cleveland ~