



The Harvest Herald

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

Nov 30 – Dec 2, 2010

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OKG Bread Special Dec 7-9

Nuts & Bolts Flatbread! This seasonal creation combines the "pep" of nuts and bolts, spices, peanuts, and pecans inside a thinly stretched whole wheat sourdough flatbread base. Tear it, share it!

Regular Harvest Box

Local! Carrots - Roots & Greens Farm
Local! Carnival Winter Squash - Notch Hill Organics
Local! Green Cabbage (piece) - Wild Flight Farm
Local! Watermelon Radish - Roots/Wild Fl
Local! Red Onions - Similkameen River Organics
Local! Granny Smith Apples - Thunder Hill Farms
Local! Winesap Apples - Vialo Orchard
Local! D'Anjou Pears (mini order) - McCoubrey Farms
BC! Alfalfa Sprouts - Eatmore Organics
Valencia Oranges - CA
Bananas - MEX

Family Harvest Box Extras

Local! Chioggia (candy cane striped) Beets - Notch Hill
Local! Salad Turnips - Roots & Greens Farm
BC! Cluster Tomatoes
Broccoli - CA
Green Leaf Lettuce - CA



This Week's HomeGrown Heroes

Harker's Fruit Ranch - Cawston
Little Creek Gardens - West Kelowna
McCoubrey Farms - Winfield/Lake Country
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Similkameen River Organics - Cawston
Thunder Hill Farms - Lake Country
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 items of poor quality, please inform us **within 48 hours**, and we'll provide a credit toward your next order.*

Advance Notice of Holiday Schedule

Please note that we will be closed for deliveries and Saturday Sales from Dec 19th to January 2nd, with deliveries resuming the week of Jan 2nd and our first 2011 Saturday Sale to be held on Sat, Jan 8th. Biweekly customers, please plan to order your first 2011 delivery 3 WEEKS AFTER your last 2010 delivery, to help keep our delivery weeks balanced. Thank you to all for your understanding!

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 @ \$15.95!
- ❖ **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).
- ❖ **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, 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 The 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 & ethically sound gift!
- **Sat, Dec 11th - Raw Delights: Healthylicious Raw Vegan Organic Natural Food Products** - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more!
AND Kelowna Women's Resource Centre selling Café Feminino (organic, fair-trade coffee grown by women producers, with proceeds supporting community development + social justice projects).
- **Sat, Dec 18th - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, and much more! See www.realrawfood.com for info about their products.

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

True Nature Yoga Hatha/Yin Fusion Yoga Series starts Tues, Dec. 7th at 7pm (4 classes).

Gorgeous Groovy Goddess Gathering (potluck feast, intuitive card readings, jewelry + art sale, and more!) @ Malachite Midwives, 1955 Bowes St, Sat. Dec. 4th, 6pm. **Solstice Meditation, Sun. Dec. 19th, 3pm. **New Year's Eve Meditation & Intention Circle, Fri, Dec 31st, 4:30pm. **Contact: Virginia @ 250-300-YOGA or truenatureyoga@live.ca. See 'True Nature Yoga' Facebook Group for full schedule...

Eating a Rainbow...Blue and Purple

The last on the spectrum are the blue and purple fruits and vegetables. Both are colored by natural plant pigments called anthocyanins. Anthocyanins act as powerful antioxidants that protect cells from damage. They may help reduce risk of cancer, stroke and heart disease.

Other studies have shown that eating more blueberries improves memory function and promotes healthy aging. Here are some more examples of blue/purple produce and their benefits (from www.womenfitness.net):

Red Cabbage: Rich in beta-carotene, to fight a range of age-related diseases and cancers.

Blueberries and Blackberries: Fruits with a purple/blue colour, such as black grapes, bilberries, blackcurrants and blueberries, are rich in flavonoids - very powerful antioxidants and anti-inflammatory agents. Eat berries when available or supplement them with concentrated extracts.

Beets: is a rich source of folic acid, essential for pregnant women to reduce the risk of spina bifida and other neural-tube defects.

Cherries: Rich in anthocyanidins, a type of bioflavonoid, which fight cancer and help combat types of arthritis and gout.

Beet and Pear Puree

(Adapted from www.allrecipes.com)

- 3 medium Beets
- 5 oz unsalted Butter
- 1/2 C minced Onions
- 1 1/2 Bosc pears, peeled, cored and minced
- 2 tsp Sugar
- 3 Tbs Cranberry vinegar (or red wine vinegar sweetened with a bit of sugar)
- 1/4 tsp Salt

Preheat oven to 400°F. Wash beets, and place in a roasting pan. Bake for 45 minutes to 1 hour, or until tender. Set aside to cool.

Melt butter in a large skillet over medium heat. Stir in onion, pears, sugar, and vinegar; cook, stirring frequently, for 20 minutes.

When the beets are cool enough to handle, peel and coarsely chop. Puree onion mixture in a food processor with metal blade. Add salt and 1/2 of the beets; pulse 4 to 5 times. Add remaining beets, and pulse 2 to 3 times.

Serve warm as a beautiful and delicious side dish.

Eating Spicy Food for the Health of It

Some people love spicy food, some do not. Those who can handle the heat also get to enjoy the health benefits of eating spicy food. Hot peppers, which contain capsaicin, help speed up metabolism and help to burn calories, resulting in weight loss. Hot peppers also help to reduce blood clots and fight inflammation. Spicy food, in general, helps to improve circulation and lower blood pressure. Some studies show that eating spicy food helps to improve digestion and to slow the growth of cancer cells. Because spicy food causes sweating, it can help ease the discomfort of cold and flu symptoms. To top it off, spicy food can act as a mood lifter, improve breathing (by opening up clogged nasal passages), and improve sleep patterns.

Spicy Cooked Cabbage

(Recipe adapted from "Cooks.com" at www.cooks.com)

- a sprinkle each of Cayenne pepper, ground Cumin, Cinnamon and Sugar
- sprinkle of Sea salt a few grinds of pepper
- 10 Mustard seeds
- 5 tsp Vinegar (balsamic, rice wine or apple cider)
- 2 heads Garlic or 2 tsp Garlic powder
- 1 (or a part of) small Hot pepper, diced finely
- 1 tsp Celery salt or whole seeds
- 1 small head of Green cabbage
- 1/4 small Onion

Put a large pot of water on stove to boil. Chop cabbage head into coleslaw size pieces. Chop onion and garlic. Add all other ingredients to pot of water and add cabbage, onion and garlic when the water is boiling. Simmer for 30 minutes. Drain. Fill pot back up with cold water and let sit on stove for five minutes. Drain. Add butter, if desired, and serve.

Sweet and Spicy roasted Squash

(Recipe adapted from "Just Hungry" at www.justhungry.com)

- 3 Tbs light brown, natural cane, or muscovado Sugar, plus a bit more for sprinkling
- 1/2 tsp ground Cayenne pepper or hot Chili powder, more or less to taste
- 1/2 small to medium sized Squash
- 1/2 tsp ground Cumin
- 1/4 tsp ground Cinnamon
- 1/4 tsp ground Nutmeg
- 1/4 tsp Salt
- 1 Tbs Soy sauce
- Oil for drizzling - pumpkin seed oil is preferred, or use toasted sesame oil)

Preheat the oven to 400°F. Line a baking sheet with parchment paper. De-seed and cut the squash into slices about 1/2 cm or 1/4 inch thick. Combine all the dry ingredients. Toss the squash slices in this until coated thoroughly. Add the soy sauce and toss well again. Spread the slices in a single layer on the baking sheet. Drizzle over them with the oil, and more sugar if desired. Bake in the preheated oven for 15 minutes, then turn over, drizzle with more oil and sprinkle more sugar, and bake for an additional 10-15 minutes.

Spicy Carrot and Lentil Soup

(Recipe adapted from "Mail Online" at www.dailymail.co.uk)

- 1/2 tsp Chili flakes
- 2 tsp Cumin seeds
- 2 Tbs Olive oil
- 6 C Carrots, washed and coarsely grated
- 1 Celery stick, finely sliced
- 3/4 C split Red lentils
- 4 C hot Vegetable stock
- 1/2 C Coconut milk
- 4 Tbs plain Yogurt
- Warm naan bread, to serve (optional)

Heat a large saucepan and then add the chili flakes and cumin seeds. Dry fry for a minute or so, until they release their aroma and pop around in the pan. Remove half of the seeds and set aside. Add the oil to the pan and, once it is hot, stir in the carrots and celery. Stir around for a couple of minutes, and then add the lentils, stock and coconut milk. Bring to a simmer and cook for about 15 minutes, covered, until the lentils are tender. Blend the until as smooth or chunky as you prefer, and season with salt and pepper. Serve with a spoon of yogurt on top, scatter with the reserved spices, and serve with warm naan bread.