



The Harvest Herald

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

November 6 - 8, 2012

Issue #640

OKG Bread Special Nov 13-15

Smoky Bean Flatbread - a thinly-stretched focaccia dough topped with a slowly stewed bean spread. Great served with winter soups.

Regular Harvest Box

LOCAL! Arugula - Wild Flight Farm
LOCAL! Acorn Squash - Curly Willow Farm
LOCAL! Red Onions - Notch/Roots
LOCAL! Radishes - Wild Flight
LOCAL! Orange Carrots - Notch Hill
LOCAL! Green Curly Kale - Wild Flight Farm
LOCAL! Garlic (sm/med) - Sweet Haven Farm
LOCAL! Asian Hosui Pears - Harker's
LOCAL! Ambrosia Apples - Vialo
LOCAL! Empire Apples - Thunder Hill
LOCAL! Bronze Beauty Bosc Pears - Shirlee Mae

Family Harvest Box Extras

LOCAL! Red Beets - Notch Hill/Wild Flight
LOCAL! Leek - Wild Flight Farm
LOCAL! Daikon Radish - Wild Flight Farm
LOCAL! Salad Turnips - Notch Hill
Broccoli - CA
Bananas - MEX



This Week's HomeGrown Heroes

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
Shirlee Mae Schneider/Moses Brown - Cawston
Sweet Haven Farm - Tappen
Thunder Hills Farm - Kelowna
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.*

Holiday Delivery Schedule Next Week!

We will be on a **holiday delivery schedule next week**, due to the Remembrance Day stat holiday impacting some of our Nov 12th deliveries. If you will be receiving an order for the week of Nov 6-8th, please expect it one day later in the week than usual.

Upcoming Delivery Changes - Effective Next Week!

- 1) **PEACHLAND** - For a number of reasons, mainly related to route inefficiency and route capacity, deliveries to Peachland will be discontinued, with November 7th being the last date for Peachland deliveries. After more than 10 years of offering service to Peachland, we regret the inconvenience to our Peachland customers, and will do our best to find alternate delivery or pick-up options for interested Peachland customers, on a case-by-case basis. A few examples of alternative arrangements include: delivery to a workplace, the home of a friend/family member, or pick-up at our warehouse to coincide with a Kelowna errand/appt.
- 2) **BLACK MOUNTAIN** (and some parts of **GLENMORE**) - Some of our Thursday customers (particularly customers in certain parts of Glenmore and in Black Mountain) will see a change to the timing of their Thursday delivery, effective Thursday, November 8th. We will do our best to notify affected customers in advance to avoid any surprises!

Saturday Sale Guest Vendors - November

- **Nov 10th Café Femenina** The Canadian Federation of University Women - sales of organic coffee purchased from women producers in 9 countries. Coffee is purchased at 2 cents above fair-trade prices, supporting women's autonomy and community well-being. \$4 from each sale goes toward the CFUW scholarship/bursary fund. Also: hand-made felted critters!
- **ALSO Nov 10th SAPED Canada** - natural sugar, chocolate, dried fruit, tea blends, spices. Proceeds support community development processes in the producer regions.

Community Events/Notices

ISEE Solutions Twoonie Toy Sale: Okanagan College Centre for Learning (between KLO Road and the KSS campus) - De-clutter, Recycle and Save! Drop off your unused or unwanted toys on Saturday, November 17th from 10-3 and then return on Sunday, November 18th from 10-3 to purchase new-to-you toys for only \$2! All proceeds go toward children and youth education and empowerment programs in Uganda. For more info please visit: www.iseesolutions.org

SustainAbility Film Fest The Fresh Outlook Foundation Reel Change SustainAbility Film Festival is coming soon! 4th Annual REEL CHANGE SustainAbility Film Fest: 19 films, 18 days, 16 locations! Each film will be followed by a panel discussion featuring local experts in that topic. Come armed with your questions and comments! Free or by donation. Various venues around town throughout the month of November! For dates, times, and locations, visit www.freshoutlookfoundation.org or visit Facebook: ReelChangeSustainabilityFilmFestivals or tweet Haley at [twitter@FreshOutlook](https://twitter.com/FreshOutlook).

Music for Royalty! Early Music Studio presents *Music from the Royal Courts of Europe with* Susan Adams, harpsichord and Clive Titmuss, lute play. At one time only privileged aristocrats had access to performances by professionals on fine instruments. Now anyone may listen to the music of Bach, Couperin and Weiss played live, unplugged, and in a quiet place ideally suited to its enjoyment. Saturday, November 17 7:30 pm at Bottega, 4485 Sallows Road, in South-East Kelowna. Tickets at Mosaic Books and online at brownpapertickets.com; ticket reservations by phone at 250 769 2884. More information: www.earlymusicstudio.com.

Apple-Onion Tarts

(Adapted from www.marthastewart.com)

Dough:

- 1 small Parsnip (about 4 oz), peeled
- 2 C Flour
- 1 tsp Salt
- 1 tsp granulated Sugar (or equivalent of your favourite sugar substitute)
- 1/4 tsp freshly ground Pepper
- 1 1/2 sticks (12 tablespoons) cold unsalted Butter, cut into small pieces
- 1/2 C finely grated Manchego cheese (about 1 1/2 ounces)
- 2 1/2 tsp finely chopped fresh Rosemary
- 1 large Egg yolk
- 1/4 C Ice water

Finely grate parsnip (you will need 1/2 cup). Place on a clean kitchen towel, and squeeze to extract as much liquid as possible. Pulse parsnip, flour, salt, sugar, pepper, butter, cheese, and rosemary in a food processor. Add yolk, and pulse to combine.

With machine running, add ice water in a slow, steady stream, processing until dough just comes together (no longer than 15 seconds). Shape into a disk, and wrap in plastic. Refrigerate for at least 30 minutes (or up to 2 days).

Filling:

- 1 Tbs extra-virgin Olive oil
- 1 Tbs unsalted Butter
- 3 medium Gala apples, peeled, cored, halved, and sliced 1/4 inch thick
- 8 medium yellow Onions, halved and thinly sliced
- 3 Tbs Cider vinegar
- 1/2 tsp coarse Salt
- Flour, for dusting
- 1 C coarsely grated Manchego cheese (2 to 3 ounces)
- Freshly ground Pepper, to taste

Heat oil and butter in a large skillet over medium-high heat. Add apples and onions, and cook until golden brown, about 15 minutes. Cover, reduce heat to low, and cook until very soft and caramelized, about 35 minutes. Add vinegar and salt, and cook 5 minutes. Let cool.

On a lightly floured surface, roll out dough to a generous 1/8 inch thick. Cut out six 7-inch rounds, gathering scraps and rerolling dough if needed. Place on parchment-lined baking sheets. Puree half the apple-onion mixture in a food processor until smooth. Using an offset spatula, spread 3 tablespoons apple-onion puree over each dough round, leaving a 1-inch border around edges. Sprinkle each with 2 tablespoons cheese. Season with pepper. Top each with a generous tablespoon of remaining apple-onion mixture, and sprinkle with 2 teaspoons cheese. Fold edges of dough in, crimping with your fingers. Refrigerate until chilled, about 30 minutes. Meanwhile, preheat oven to 350°F. Bake until edges are golden brown, 40 to 45 minutes. Serve tarts warm or at room temperature. Serves 6.

Greens and Alliums

Most people already know that greens are good for us, but combining them with alliums is even better. Alliums, which include garlic and onions, provide antibiotic, antifungal, and anti-inflammatory properties along with a full load of antioxidants. So, by combining garlic and onions with our greens, we not only combine their health benefits, but also their flavours for a full and delicious dish.

Risotto with Arugula and Toasted Garlic

(Recipe adapted from "My Recipes.com" at www.myrecipes.com)

- 1 1/2 C uncooked Arborio rice or other short-grain rice
- 3 1/2 C Broth
- 3 Garlic cloves, thinly sliced
- 1/2 C dry White wine
- 1/4 tsp Pepper
- 1 Tbs Olive oil
- 1/2 C chopped Onion
- 1/4 tsp Salt
- 4 C trimmed Arugula

Bring broth to a simmer in a small saucepan (do not boil). Keep broth warm over low heat. Heat oil in a large saucepan over medium heat. Add garlic; saute 3 minutes or until lightly browned. Remove garlic with a slotted spoon; set aside. Add rice and onion to pan; saute 5 minutes. Add wine, salt, and pepper; cook 1 minute or until wine is nearly absorbed, stirring constantly. Add warm broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 20 minutes total). Remove from heat; stir in garlic and arugula and serve.

Vegan Lentil, Kale, and Red Onion Pasta

(Recipe adapted from "All Recipes" at <http://allrecipes.com>)

- 2 1/2 C Vegetable broth
- 1/2 tsp Salt
- 1/4 C Olive oil
- 1 tsp chopped fresh Thyme
- 1/2 tsp Salt
- 1 (12 oz) package Rotini pasta
- 8 oz vegan Sausage, cut into 1/4 inch slices (optional)
- 1 bunch Kale, stems removed and leaves coarsely chopped
- 3/4 C dry Lentils
- 1 Bay leaf
- 1 large Red onion, chopped
- 1/2 tsp chopped fresh Oregano
- 1/2 tsp Black pepper
- 2 Tbs Nutritional yeast (optional)

Bring the vegetable broth, lentils, 1/2 tsp of salt, and bay leaf to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and cook until the lentils are tender, about 20 minutes. Add additional broth if needed to keep the lentils moist. Discard the bay leaf once done.

As the lentils simmer, heat the olive oil in a skillet over medium-high heat. Stir in the onion, thyme, oregano, 1/2 teaspoon of salt, and pepper. Cook and stir for 1 minute, then add the sausage. Reduce the heat to medium-low, and cook until the onion has softened, about 10 minutes.

Meanwhile, bring a large pot of lightly salted water to a boil over high heat. Add the kale and rotini pasta. Cook until the rotini is al dente, about 8 minutes. Remove some of the cooking water, and set aside. Drain the pasta, then return to the pot, and stir in the lentils, and onion mixture. Use the reserved cooking liquid to adjust the moistness of the dish to your liking. Sprinkle with nutritional yeast to serve.

Carrot and Red Onion Soup

(Recipe adapted from "Group Recipes" at www.grouprecipes.com)

- 5 medium Carrots
- 5-6 Tbs Creme fraiche
- Salt and Pepper
- 2 Red onions
- 1 Vegetable stock cube
- Water

Chop carrots and onions into medium size chunks. Put carrots, onions, vegetable stock cube, salt, pepper in a saucepan with water. Let the water boil and cook until carrots are soft, about 30 minutes. Drain off 90% of the water. Place in a blender and blend until smooth. Add in the creme fraiche. Blend more until no lumps are left. Serve with a garnish of black pepper.

~ Article & Recipes Contributed by Angela Cleveland ~