



The Harvest Herald

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

November 8-10, 2011

Issue #590

OKG Bread Special Nov 15-17

Green Olive Fougasse! This moist focaccia - which is great for tearing and sharing - will be a hit with olive lovers. Great for dipping into winter soups.

Regular Harvest Box

LOCAL! Tatsoi - Wild Flight Farm
LOCAL! Butternut Squash - Kettle River Farm
LOCAL! Orange Carrots - Notch Hill Organics
LOCAL! Red Onions - Roots & Greens Farm
LOCAL! Sieglinde Yellow Potatoes (#2-grade) - Notch Hill Organics
LOCAL! Garlic - Notch Hill Organics
LOCAL! Kohlrabi - Wild Flight Farm
LOCAL! Black Friar Plums - Harker's
LOCAL! Mixed Apples - Various (local)
LOCAL! Ambrosia Apples - Vialo Orchard
LOCAL! D'Anjou Pears - Claremont Ranch Organics

Family Harvest Box Extras

LOCAL! Red Russian Kale - Wild Flight Farm
LOCAL! Radishes - Wild Flight Farm
LOCAL! Green Cabbage - Roots & Greens Farm
LOCAL! Asian Pear(s) - Harker's
LOCAL! Bronze Beauty Bosc Pears - Schneider/Brown
Valencia Oranges - CA



This Week's HomeGrown Heroes

Bite Me Organics - Kelowna
Claremont Ranch Organics - Lake Country
Green City Acres - Kelowna (not certified organic - items are available as add-ons only, not regular items)
Harker's Organics - Cawston
Notch Hill Organics - Sorrento
Roots & Greens Farm - Grindrod
Schneider-Brown Farm - Cawston
Thunder Hill 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.

Still Enjoying the Local Bounty!

We're grateful for the talented farmers (and the earth/water/weather on which they depend to farm) for providing us with enough options to create a 100% local Regular Harvest Box...in November! We realize that this means the box contains a number of items that may not be everybody's favourites, and certainly many of you will have taken advantage of our substitution options to customize the order to your taste/needs, and we encourage you to do so! We will continue to start from where we are, in terms of planning our orders with as many local items as possible, while still offering a range of non-local options to provide as much choice as possible. Don't think you like kale? Haven't tried using rutabaga before? Not sure what watermelon radish is? Why not challenge yourself to try a new item or two in each box, or even once a month! Our searchable recipe archive (located on our website) can be a great tool for finding new recipes and ways of using the items that are unfamiliar to you. And of course, we are always happy to answer your questions as well...try us!

This Week's Potatoes...Ugly but Tasty!

(Repeat for biweekly customers)

This week's potatoes from Notch Hill Organics have a fair bit of scab on the skin, but they are lovely and tasty inside...and they come at a great price! (Notch Hill is offering them to us at about 60% of their regular price, so we are offering a 2lb order as a 1* item this week instead of the usual 2* item.) In addition to providing great value to you for local, certified organic potatoes, offering these #2 potatoes allows us to further support our local growers, which is a key value for our business. Thank you for your support in this regard!

Saturday Sale Guest Vendors

- Sat, Nov 12th - **Raw Delights** (Kelowna) - Healthylicious Raw Vegan Organic Natural Food2 - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more...
- Sat, Nov 19th - **Real Raw Foods** (Naramata) - raw, organic nuts, seeds, dried fruit, and more... PLUS **Organically Clean** (Kelowna) - hand-mixed, natural cleaning supplies, soaps, lotions, shampoos, conditioners, and more
- Sat, Nov 26th - **Wolfgang's Grain & Flour Mill** (Armstrong) - organic whole grains + freshly-milled flours (local when possible)
- 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

**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

Kelowna Waldorf School Christmas Faire Sat, Nov 19th, 10am - 3pm, at the Kelowna Waldorf School, 429 Collett Rd. in the Mission. A delight for the senses for all ages - wonderful food, hand crafts, artisan market, cafe, bistro and countless children's activities. Not to be missed!!

Share Your Events Here! The odd time we find ourselves without a line-up of events, and it's always a great opportunity to remind you that we offer this space for free to share information about community-related, non-profit events...so if you hear about, or are connected with, an event that you think would be of interest to other Urban Harvesters, please email us with a short blurb about it by the Saturday leading up to the week that you'd like it to run, and we'll do our best to include it!

Caramelized Butternut Squash

(Adapted from www.food.com)

- 2 medium Butternut squash (4 to 5 lbs total)
- 6 -8 Tbs unsalted Butter, melted and cooled
- 1/4 C light Brown sugar, packed
- 1 1/2 tsp Salt
- 1/2-1 tsp fresh ground Black pepper

Preheat the oven to 400°F. Cut off the ends of each butternut squash and discard. Peel the squash and cut in half lengthwise. Using a spoon, remove the seeds. Cut the squash into 1 1/4" to 1 1/2" cubes (large and uniform is best), and place them on a baking sheet. Add the melted butter, brown sugar, salt and pepper. With clean hands, toss all of the ingredients together and spread out in a single layer on the baking sheet.

Roast for 45 minutes to 55 minutes, until the squash is tender and the glaze begins to caramelize. Turn the squash while roasting a few times with a spatula to be sure it browns evenly. Adjust seasonings if needed. Serve hot.

Quinoa, Butternut Squash and Pumpkin Seed Salad

(Adapted from www.20minutesupperclub.com)

- 1 C uncooked Quinoa, or 3 cups cooked
- 1/4 C sultana Raisins
- 3 Tbs Maple syrup
- 3 Tbs Apple cider vinegar
- 2 Tbs Olive oil
- 1 1/2 tsp Dijon mustard
- 1/4 C raw Pumpkin seeds
- 2 C peeled and 1/4-inch diced Butternut squash

Bring a pot of water to a boil. Add quinoa, stir and boil gently until tender, about 12 minutes. Drain in a fine mesh strainer, cover with a clean dish towel and let sit 5 minutes. Transfer to a large bowl, stir in raisins and set aside.

Meanwhile, in a bowl, combine maple syrup, vinegar, 1 Tbs olive oil and mustard. Whisk mixture until well blended and set aside. Place pumpkin seeds in a dry skillet over medium heat and toast, stirring often until pumpkin seeds are golden and fragrant, about 4-5 minutes. Remove from pan and set aside.

In same skillet, over medium heat add remaining 1 Tbs olive oil. Add squash and cook, stirring often until tender and golden brown, about 8 minutes. Transfer squash to a bowl with quinoa and toss with reserved vinaigrette. Add pumpkin seeds and season to taste with salt and pepper. Salad can be eaten warm or cold.

Tasty Tatsoi

Tatsoi is a fast growing plant native to Asia. This versatile little green has a mild spinach flavour. It can be eaten raw but can also be added to soups, steamed, or sautéed. It is high in beta-carotene, calcium, potassium, phosphorus, iron, and vitamins A, C, and K.

Tatsoi Salad with Sesame Dressing

(Recipe adapted from "Taste.com" at <http://www.taste.com.au>)

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| 2 Tbs Tahini | 3 tsp light Soy sauce |
| 1 Garlic clove, finely chopped | 1 tbs Lemon juice |
| 1/4 C Peanut oil | 2 Spring Onions |
| 1/3 Cucumber, peeled, cut in half, seeded | 1 bunch Tatsoi, trimmed |
| 200g frozen Edamame, thawed, shelled | 1 tsp white Sesame seeds |

Combine the tahini, soy sauce, garlic and lemon juice in a small bowl. Add the peanut oil and mix thoroughly until emulsified. Add a small amount of water if dressing is too thick. Season to taste with salt and freshly ground white pepper. Set aside.

Trim green part of spring onion and discard. Thinly slice white bulb lengthways. Thinly slice cucumber widthways. Arrange tatsoi on a platter and scatter spring onion, cucumber and edamame over, then sprinkle with sesame seeds. Serve salad with sesame dressing.

Browned Butter Pasta with Tatsoi

(Recipe adapted from "Appetite for China" at <http://appetiteforchina.com>)

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| Pasta of choice, preferably curved or with ridges | |
| 1/2 stick unsalted Butter | Salt and Pepper |
| leaves of 2 to 3 bunches of Tatsoi, rinsed | 1/2 C chopped Sage |
| freshly grated Parmesan | Lemon wedges, optional |

Cook pasta to al dente in salted water. When pasta is almost done, melt butter in a skillet. Swirl the butter in the pan as it foams. When butter begins to brown, toss in drained pasta and mix to coat with butter. Salt and pepper to taste.

Add tatsoi and sage and cook until slightly wilted, about 1 to 2 minutes. Plate and serve immediately with grated parmesan and lemon wedges on the side. Serves 2.

Tatsoi Salad with Warm Maple Dressing

(Recipe adapted from "Lady Locavore" at <http://triplecordcsaorganicproduce.wordpress.com>)

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| 2 or 3 bunches Tatsoi and/or romaine lettuce, leaf lettuce, mixed greens | |
| 1/2 Cucumber, peeled, seeded, and cut into 1/4" slices | |
| 1/4 C Pecans, chopped and toasted | 1 Tbs Olive oil |
| 1/4 C Red onion, finely chopped | 1/4 C Apple cider vinegar |
| 2 Tbs pure Maple syrup | Salt and Pepper, to taste |
| 1/4 C Goat cheese or Feta cheese, crumbled | |

In a small, dry skillet, toast pecans over low heat, stirring constantly, for 2-3 minutes. Set aside to cool.

In a salad bowl, toss together greens and cucumber. In a small skillet, sauté red onion in olive oil until softened. Add vinegar and maple syrup and bring to a boil. Season with salt and pepper, pour over greens and cucumber, and toss with cheese and toasted pecans. Serve immediately.