



The Harvest Herald

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

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OKG Bread Special Nov 16-18

Peanut Butter & Banana Loaf! The interior of this "sandwich"-style loaf has a layer of crunched banana bits + peanut butter fudge. Great with nutty spreads!

Regular Harvest Box

Local! Carrots - Roots & Greens Farm
Local! Kale (various) - Notch Hill/Wild Fl
Local! Acorn Squash - Notch Hill/Schneider-Brown
Local! Parsnips - Notch Hill Organics
Local! Beets - Notch Hill Organics
Local! Corn Salad (aka mache, salad greens) - Wild Fl
Local! Shallots - Notch Hill Organics
Local! Bosc Pears - S.M. Schneider-Brown
Local! Spartan Apples - Commandeur Family Farm
Local! Newton Apples (mini order) - Commandeur
Local! D'Anjou Pears - McCoubrey Farms

Family Harvest Box Extras

Local! Cipollini Onions - Notch Hill Organics
Local! Radishes - Wild Flight Farm
Local! Salad Turnips - Wild Flight Farm
Local! Claytonia (aka "miner's lettuce") - Wild Fl
Local! Salad Mix - Little Creek Gardens
Very NON-local (PERU) - Bananas



This Week's HomeGrown Heroes

Commandeur Family Farm - Naramata
Harker's Fruit Ranch - Cawston
Little Creek Gardens - West Kelowna
McCoubrey Farms - Winfield/Lake Country
Notch Hill Organics - Sorrento
Pilgrim's Produce - Armstrong
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Schneider-Brown Farm - 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.*

Blue Bin Reminders

(reprint for flex/biweekly customers)

Bin Returns - There are currently several hundred blue bins circulating "out there"! We would love it if you could please check your homes/garages/sheds if you think you may have any Urban Harvest blue bins. Most are marked with "UH" on the bottom, and many now also say "Urban Harvest" on the lids and "UH" on the sides of the bin itself. If you do find one or more, please either leave them out for your next delivery, or contact us to schedule a pick-up if you will not be ordering in the next couple of weeks. If you plan to suspend deliveries for longer than 4-6 weeks, please contact us for a bin pick-up. Bins may also be dropped off at 806 Crowley Ave. Please attach your name to the bin if there is nobody at the warehouse when you come.

**A note from the bin fairies (aka bin washers)! Please be sure to empty your blue bin right away, removing any food "bits". Store with the lid slightly ajar (or underneath) so it can air out. Also, please store your bin away from pets, renovation projects, etc, and avoid using it for your own personal household storage needs. Many thanks for your help!

Saturday Sale Updates/Guest Vendors

- **Sat, Nov 13th** - Kelowna Women's Resource Centre selling Café Feminino (organic, fair-trade coffee grown by women producers! Proceeds support community development + social justice projects.)
- **AND Sat, Nov 13th** - **Raw Delights: Healthylicious Raw Vegan Organic Natural Food Products** - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more!
- **Sat, Nov 20th** - **Real Raw Foods** - raw, organic nuts, seeds, dried fruit, and much more! See www.realrawfood.com for info about their products.

Community Events/Notices

Shared Harvest Okanagan - Craigs' List Style Website for Food System!

FarmFolk/CityFolk has created a new tool for the Okanagan! Already in place in Vancouver, and recently launched in Victoria and the Okanagan, the Shared Harvest website tool can be compared to an online farmer's market + food-bank rolled into one! For more info: www.sharedharvest.ca/okanagan.

Inland Isle Eurythmists Performance 7-9pm, Fri, Nov 12th at Okanagan College Theatre, 1000 KLO Rd. Titled "Resurrection", it will explore works of Beethoven, Tchaikovsky, Rudolf Steiner, T.S. Elliot and also include the classic fairytale, the Emperor's New Clothes. Eurythmy is an art which, through movement of the human body, allows music and language to become visible. Recommended for ages 12 & up. Tix \$15, \$7 students/seniors. A children's performance of the "Emperor's New Clothes" will also be offered from 2-2:45 pm (for children in grades K-3) at the same venue & date. Tix at the Kelowna Waldorf School office, at the door or call Tesia at 250-764-4732 to pre-book tickets.

"The End of Suburbia" Kelowna in Transition will be showing "The End of Suburbia" on Sat, Nov 13th from 1-3:30pm at the Unitarian Fellowship Hall, 1310 Bertram St. The film looks at peak oil, what it means for North America and what we can do about it. It will be followed by a panel discussion with guest speakers. Admission by donation. Refreshments will be served, please bring your own cup. For info, please contact kelownaintransition@gmail.com or phone 250-868-0900.

29th Annual Kelowna Waldorf Christmas Faire - Sat, Nov 20th, from 10am to 3pm @ 429 Collett Rd. (off Lakeshore). Teahouse, bistro, unique handmade Christmas crafts and gifts, children's activities, storytelling, and festive interludes. Children \$.50, adults \$1.50, seniors \$1, family \$3. For more info, www.KelownaWaldorf.org or call 250-764-4130.

*Quick and Easy Flaky Pastry

(Adapted from www.bigoven.com)

8 Tbs Butter
1 2/3 C Plain flour
1 Pinches salt
Little Cold water

Wrap butter and place in the freezer or for 30-45 minutes. When ready to make the pastry, sift the flour and salt into a large, roomy bowl. Take the butter out of the freezer and with the coarse side of a grater, grate the butter - quickly to keep it from warming up. Try to coat the butter pieces in flour. Sprinkle 2 Tbs of cold water all over, use a knife to bring it all together and finish off using your hands. Add more moisture if necessary - the dough should come together, leaving the bowl fairly clean, with no bits of loose butter or flour anywhere. Wrap and chill for 30 minutes before using. This pastry freezes well, in which case you will need to defrost it thoroughly and let it come back to room temperature before rolling it out on a lightly floured surface.

Puff Pastry Apple and Raisin Strudel

(Adapted from www.foodnetwork.com)

2 large Apples, peeled, cored and sliced 1/8 to 1/4-inch thick
1 Lemon, juiced
1 C Raisins
1/4 C Sugar, plus 3 Tbs
2 Tbs cold Butter, cut into small pieces, plus 2 tablespoons butter, melted
Flour, for dusting
Puff pastry
1 tsp ground Cinnamon

Position an oven rack in the center of the oven and preheat to 375°F. In a medium bowl, toss the sliced apples with the lemon juice until the apples are thoroughly coated. Add the raisins, 1/4 cup sugar, and the 2 Tbs cold cubed butter and toss well. Set aside. Lightly dust the counter or work surface with flour. Lay the puff pastry on top and dust the rolling pin with additional flour. Gently roll the puff pastry to 1/8-inch thickness. Spread the apple and raisin mixture over the bottom half of the puff pastry square leaving about 1-inch of space along the side edges. Fold the top half of the puff pastry over and pinch to seal the edges together. Brush the entire strudel with the melted butter and then sprinkle with cinnamon and remaining sugar. Using a serrated knife, make 3 diagonal slits across the top of the strudel. Place the strudel on a parchment lined baking sheet and bake for 40 minutes, rotating halfway through cooking, until the pastry is puffed and golden brown. Serves 6 to 8.

Savouring Shallots

Shallots are curious members of the Alliaceae (onion) family that look like an onion on the outside, but once you remove their skin, they divide into cloves like garlic. Generally, the smaller the shallot, the milder the taste.

To keep your shallots fresh, store them as you would an onion. Put them in a dark, well ventilated place to maintain their freshness. If they do sprout before you are ready for them, you can cut the sprouts and use them as you would chives. Shallots may also be frozen for up to 3 months, but keep in mind that the texture will be slightly chewy rather than crunchy like a fresh shallot.

Here are some more helpful shallot hints (*adapted from <http://homecooking.about.com>*):

Shallot Cooking Tips and Measures

- Shallots work particularly well in dishes using wine.
- Although shallots caramelize like onions, it is important to sauté them gently. Browning over high heat is likely to turn them bitter, much like garlic.
- Roast shallots in their skins until soft. Then peel, puree, and use as a flavoring for soups or sauces.
- Shallots do not give bad breath like garlic or onions, and are more easily digestible.
- Leeks, onions, and scallions may be substituted for shallots, but expect a stronger onion flavor.
- Refrigeration is not recommended for shallots as cold temperatures tend to encourage sprouting.
- 3 to 4 shallots may be substituted for 1 medium onion.
- 6 medium shallot cloves = 1/4 cup finely minced shallots

Balsamic Butter Recipe

(Recipe adapted from "About.com" at <http://homecooking.about.com>)

Salt and freshly ground Black pepper to taste 1 Tbs minced Shallots
4 Tbs Butter, at room temperature 1 Tbs Balsamic vinegar

Use a fork to cream butter, salt, pepper, shallots, and balsamic vinegar together. Cover or wrap and refrigerate or freeze until needed. This gentle butter goes well with baked or sauteed fish dishes, grilled mild fish, or steamed vegetables. Servings 4 to 8.

Shallot Tarte Tatin with Thyme and Balsamic

(Recipe adapted from "Suite 101" at www.suite101.com)

3 C Shallots, chopped 3 Tbs Olive oil
2 Tbs Balsamic vinegar 1 Tbs soft dark Brown sugar
2 Tbs fresh Thyme leaves 1/2 Emmental cheese
180g Puff pastry (ready-rolled sheet or see recipe*)

Preheat oven to 400°F. Place the shallots in the bowl, and cover with boiling water. Leave for 5-8 minutes then peel. If they don't naturally fall into two pieces, halve them. Heat the oil in the frying pan, and fry the shallots gently for 10 minutes, stirring occasionally. Mix in the vinegar, sugar, thyme leaves, and 2 Tbs water, then fry gently for a further five minutes, stirring at times to prevent sticking and to coat the shallots. Line the base of the cake tin with a circle of baking parchment, tip the shallot filling into the cake tin, smooth over to cover the base, then leave 10 minutes to cool. Grate the cheese and spread evenly over the filling. Lay the pastry over the tin, and trim to leave a 5cm overlap all round. Tuck the surplus pastry down the inside of the tin to seal the filling. Bake high up in the oven for 25 minutes or until the pastry is well browned. Allow the tarte to cool for 5 minutes, then run a spatula gently around the edges to avoid sticking. Place a large plate over the tarte, hold both firmly, and quickly invert them. Remove the parchment. Let cool slightly before serving.

~ Article & Recipes Contributed by Angela Cleveland ~