



The Harvest Herald

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October 10-12, 2012

Issue #636

OKG Bread Special Oct 16-18

Plum & Spelt Boule! This slightly nutty-tasting loaf is dotted with local prune plums and fashioned on a whole grain spelt base. Especially tasty with cheese or jam!

Regular Harvest Box

LOCAL! Leaf Lettuce - Notch Hill/Kazy Farm
LOCAL! Spinach - Roots/Wild Flight
LOCAL! Gold Beets - Wild Flight Farm
LOCAL! Red Potatoes - Wild Flight Farm
LOCAL! Sweet Corn - Wild Flight farm
LOCAL! Carrots - Notch Hill Organics
LOCAL! Italian Prune Plums - Green Hills Farm
LOCAL! Coronation Grapes - Djordjevich Farm
LOCAL! Bartlett Pears - Claremont Ranch
LOCAL! Honeycrisp Apples - Bite Me Organics

Family Harvest Box Extras

LOCAL! Red Onions - Notch Hills
LOCAL! Kohlrabi - Wild Flight Farm
LOCAL! Celery (dark green, leafy) - Wild Flight Farm
LOCAL! Radishes - Notch Hill Organics
LOCAL! Salad Mix - Notch Hill Organics
LOCAL! Spartan Apples - Vialo Orchard



This Week's HomeGrown Heroes

Bite Me Organics - Kelowna
Blackbird Organics - Cawston
Claremont Ranch Organics - Lake Country
Djordjevich Farm - Kelowna
Green City Acres - Kelowna
Green Hills Farm- Summerland
Kazy Farm - Sorrento
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
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.*

Saturday Sale Guest Vendors & Updates

- **Oct 13th - Café Femenina** The Canadian Federation of University Women offers 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. They will also be selling some ADORABLE hand-made felted critters. The porcupine is a "must-cuddle"!
- **Oct 20th -Real Raw Foods** - raw, organic nuts, seeds, dried fruit, seaweed products, healthy oils, and more! See www.realrawfood.com for more info.
- **ALSO Oct 20th - Swheatgrass** FROZEN Organic Wheatgrass Cubes - for sampling and for sale! Wheatgrass is full of antioxidants, stimulates metabolism, and alkalizes the body. Add a frozen cube of wheatgrass to your daily smoothie or dissolve a cube in water or juice. Locally grown, using certified organic seeds and soil, filtered water, and NO fertilizers or pesticides!
- **Oct 27th - Wolfgang's Grain & Flour Mill** - organic, local when possible, whole grains and freshly milled flours.

Community Events/Notices

Okanagan Walk to Remember The 1st Annual Okanagan Walk to Remember will take place on Sat, Oct 13 at the Kelowna City Park (in the big open field just west of the main parking lot/south of the water & skate parks). Registration begins @ noon; Program/Walk start at 1pm; Closing Ceremony & Balloon Release to follow walk. The Okanagan Walk to Remember takes place in October, which is Pregnancy & Infant Loss Awareness month in BC. It is an event for parents, families, and friends to honor and remember their gone-too-soon babies, to connect with other families with similar experiences, and to access helpful resources.

Kokanee Run...for Fun! Sat, Oct 13th. Run or walk 3 or 6km. Run 12 or 16km. Race starts at 7:30am for 12, 16km, and at 9am for 3 or 6km. Yes, there are prizes! Register online at www.runningroom.com. All proceeds support the Friends of Mission Creek.

Bi-Annual Southern Interior Peace Coalition Conference Hosted by the Kelowna Peace Group, Sat, Oct 13th from 9:30am to 5pm, at the Mission Creek Country Inn (3652 Spiers Rd.). The intent is to deepen understanding of issues and build capacity to influence future debate and policy-making. Registration fee of \$10 includes coffee and lunch. Special guest: author Maxine Kaufman-Lacusta will discuss her recent book "Refusing to be Enemies: Palestinian and Israeli Nonviolent Resistance to the Israeli Occupation". For more info: Mark Haley @ 250-860-6108.

Hold Me Tight Conversations for Connection- Intensive Therapeutic Weekend for Couples

Based on the work of Sue Johnson and Emotion Focused Couples Therapy; Presented by Robin Menard RCC RSW and Sol Menard RPhC \$399/couple. Preregistration is required: (250) 863-7863 October 12th, 13th, 14th in Kelowna BC. More info at: <http://www.apathofheart.com/healingthroughrelationships/groups-and-workshops/>

Kelowna Friends of the Library 24th Great Okanagan Book Sale! Annual book sale to support the Friends of the Library! Oct 18/19 from 9:30am to 9pm; Oct 20th 9am to 3pm. Location: Immaculate Conception Parish Hall @ 839 Sutherland Ave.

Dharma Kids! Ages 6-16 welcome. Games, songs, and a little Dharma. 10-11am, Oct 28th, at the Kelowna Yoga House. Mindfulness practice inspired by the teachings of Zen Master Thich Nhat Hanh. Led by Melissa Mix Hart, B.E., MA Ed. For more info: melissahart@shaw.ca

Plum Apple Chutney

(Adapted from <http://loalkitchenblog.com>)

- 1 lb Plums, pitted and chopped, unpeeled
- 1 lb crisp Apples, cored and chopped, unpeeled
- 1 C Cider vinegar, at least 5% acidity
- $\frac{3}{4}$ C Raisins
- $\frac{1}{2}$ C Honey
- 1 Green bell pepper, diced
- $\frac{1}{2}$ of a medium Yellow onion, diced
- $\frac{1}{4}$ C crystallized Ginger (about 1 Tbs) minced
- Chile pepper (can used 4 tiny pequin peppers and an orange jalapeno)
- 2 large cloves Garlic, minced
- 2 tsp Mustard seed
- 1 tsp Salt
- $\frac{1}{2}$ tsp ground Ginger

Combine all ingredients in a wide, heavy stockpot or Dutch oven. Bring to a simmer over medium heat, then reduce heat to low and simmer, stirring occasionally, until thickened, about 1 hour.

Meanwhile, prepare canner, lids and jars. Pack hot chutney into hot jars to 1/2-inch headspace; bubble jars, wipe rims, affix lids and process either pint or half-pint jars in a boiling water bath for 15 minutes.

Curried Cashew, Pear, and Grape Salad

(Adapted from www.allrecipes.com)

Cashews:

- $\frac{3}{4}$ C Cashew halves
- 1 Tbs melted Butter
- 1 tsp chopped fresh Rosemary
- 1 tsp Curry powder
- 1 Tbs Brown sugar
- $\frac{1}{2}$ tsp Salt
- $\frac{1}{2}$ tsp Cayenne pepper

Dressing:

- 3 Tbs White wine vinegar
- 3 Tbs Dijon mustard
- 2 Tbs Honey
- $\frac{1}{2}$ C Olive oil
- Salt and Black pepper to taste

Salad:

- mixed Salad greens
- $\frac{1}{2}$ medium Bosc pear, thinly sliced
- $\frac{1}{2}$ C Grapes, halved

In a large, dry skillet over medium-high heat, toast cashews until golden brown, about 5 minutes. Remove cashews to a dish to cool slightly. In a medium bowl, stir together butter, rosemary, curry powder, brown sugar, salt, cayenne pepper, and toasted cashews. Set aside.

In a small bowl, stir together white wine vinegar, mustard, and honey. Slowly whisk in olive oil, and sprinkle with salt and pepper to taste. In a large salad bowl, toss dressing with greens, pear slices, grapes, and sprinkle with nut mixture.

Enjoying the Fall Harvest

Seasonal cooking is at its best this week - with a box full of corn, apples, plums, grapes, spinach, and potatoes. Taking advantage of the beautiful fruits and veggies that are available during the fall provide a myriad of dishes as well as nutrients. Here are a few recipes that provide combinations of the harvest's produce.

Corn Pudding with Roasted Garlic and Sage

(Recipe adapted from "New York Times" at www.nytimes.com)

- 4 Garlic cloves, unpeeled
- $\frac{3}{4}$ C low-fat Milk
- Salt to taste freshly ground Pepper
- 4 ears Corn (about 4 cups)
- 3 Eggs
- 1 Tbs slivered or chopped fresh Sage

Preheat the oven to 350°F. Oil or butter a 2-quart soufflé dish or gratin. Set the dish in a pan and fill the pan with enough water to come partway up the sides of the dish. Toast the garlic: Place the unpeeled cloves in a heavy skillet over medium-high heat and toast, turning the garlic cloves often, until the skin is blackened in spots and the garlic smells toasty, about 7 minutes. Remove from the heat. When the cloves are cool enough to handle, cut away the root end and remove the skin. Set aside 1 cup of the corn kernels. Place the rest, with the garlic, milk, eggs, salt and pepper in a blender and blend until smooth. Pour into a bowl and stir in the sage and the corn kernels, then transfer to the baking dish. Place in the oven and bake 1 hour to 1 hour 15 minutes, until the top is lightly browned and the pudding is firm. Serve hot. Serves 6.

Apple Curry Sauce

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

- 1 large Onion, diced
- $1\frac{1}{2}$ C unsweetened Applesauce
- $\frac{1}{2}$ C Butter
- 1 clove Garlic, crushed
- Salt and Pepper to taste
- 1 large Apple, cored and diced
- 2 C Apple juice
- 2 Tbs Bouillon granules
- 3 Tbs ground Curry powder, or to taste

In the same skillet, melt butter over medium heat. Cook and stir onions and apples in butter until caramelized. Stir in applesauce, apple juice, bouillon, garlic, and curry powder. Season to taste with salt and pepper. Pour over meat, tofu, or steamed vegetables.

Root Vegetable Stew with Herbed Dumplings

(Recipe adapted from "Eating Well" at www.eatingwell.com)

Stew

- 2 tsp extra-virgin Olive oil, divided
- 1 large Onion, diced
- 1 Tbs chopped fresh Sage or Rosemary
- 3 C chopped dark, leafy Greens, such as beet, turnip or kale
- 2 lbs assorted Root veggies, peeled + diced
- 4 cloves Garlic, minced
- 4 C Broth

Dumplings

- $1\frac{1}{4}$ C whole-wheat pastry Flour
- 1 Tbs chopped fresh Sage or Rosemary
- $\frac{1}{2}$ tsp Salt
- $\frac{1}{2}$ C low-fat Milk
- $\frac{1}{2}$ C Cake flour
- 1 Tbs Baking powder
- 1 large Egg, lightly beaten

To prepare stew: If using parsnips, quarter lengthwise and remove the woody core before dicing. Heat the oil in a Dutch oven over medium heat. Cook onion, stirring occasionally, until barely tender, about 4 minutes. Add root vegetables and cook for 5 minutes. Add garlic and sage (or rosemary) and cook until fragrant, about 30 seconds. Add broth and bring to a simmer, stirring often.

To prepare dumplings: Meanwhile, whisk whole-wheat flour, cake flour, sage (or rosemary), baking powder and salt in a medium bowl. Add egg and milk and stir until a stiff batter forms. When the stew reaches a simmer, stir in greens and return to a simmer. Drop the dough, about 1 tablespoon at a time, over the stew, making about 18 dumplings. Adjust the heat to maintain a gentle simmer, cover and cook undisturbed until the dumplings are puffed, the vegetables are tender, about 10 minutes.

~ Article & Recipes Contributed by Angela Cleveland ~