



The Harvest Herald

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

October 12-14, 2010

Issue #537

OKG Bread Special Oct 19-21

Fennel, Apple, and Bacon Flatbread, combining the unique flavour of fennel, the sweetness of fresh fall apples, and the smoky, savoury appeal of bacon!

Regular Harvest Box

Local! Carrots - Roots & Greens Farm
Local! Green Chard - Notch Hill Organics
Local! Beets (with greens) - Notch Hill Organics
Local! Salad Turnips - Wild Flight Farm
Local! Mixed Peppers - Notch Hill Organics
Local! Roma Tomatoes - Schneider-Brown
Local! Early Italian Prune Plums - Green Hills Acres
Local! Bartlett Pears - McCoubrey Farm
Local! Ambrosia Apples - Vialo Orchard
Local! Empire Apples - Thunder Hill
Local! Coronation Grapes - Djordjevich Farm

Family Harvest Box Extras

Local! Tatsoi (Asian Green) - Wild Flight Farm
Local! King Richard Leeks - Wild Flight Farm
Local! Spaghetti Squash - Suncatcher Farm
Local! Sweet Corn - Wild Flight Farm
Local! Sieglinde (yellow) Potatoes - Wild Flight Farm
Local! Bronze Beauty Bosc Pears - Schneider-Brown



This Week's HomeGrown Heroes

Djordjevich Farm - Kelowna/Crawford
Green Hills Acres - Summerland
Little Creek Gardens - West Kelowna
McCoubrey Farm - Lake Country
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Schneider-Brown Farm - Cawston
Thunder Hill Farm - Kelowna/Glenmore
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.

Canada's 1st National Organic Week - This Week!

Canada's 1st National Organic Week begins on Thanksgiving Day and runs until World Food Day, Oct 16th. This is a great time to host an all-organic potluck...or send an all-organic lunch to school with your child...or make an all-organic cake to brighten someone's day. Have fun!

Help the Urban Harvest Stream Team Clean Brandt's Creek!

The Urban Harvest Stream Team will be cleaning up Brandt's Creek on Sat, Oct 16th, and we'd love to have more helpers! We'll meet at our warehouse at 12pm (noon) and then head out to work for approx 3 hours. Organic coffee, juice, and snacks will be provided, but it's a great idea to bring your own water bottle. Please RSVP to order@urbanharvest.ca or 250-868-2704 if you can make it. Thank you!

Saturday Sale Updates/Guest Vendors

- **Sat, Oct 16th** - Real Raw Foods (Naramata) offer a wide array of raw, organic nuts, seeds, dried fruit, and more! (www.realrawfood.com)
- **Sat, Oct 23rd** - Wolfgang's Grain & Flour Mill will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally!

Community Events/Notices

The Art of Creating a Healthy, Compassionate & Sustainable World - The Okanagan Health Forum presents John Robbins, author of 7 best-selling books, including *Diet for a New America* and *Healthy at 100*. Thurs, Oct 21, 6:30-9pm, Kelowna Community Theatre. Tix avail @ Choices Markets & Nature's Fare. For more info: www.okanaganhealthforum.com (also on FaceBook).

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Kelowna Friends of the Library Book Sale! Thurs/Fri, Oct 14/15 from 9:30am-9pm, and Sat, Oct 16th from 9am-3pm, at the Immaculate Conception Parish Hall @ 839 Sutherland Ave.

Culture/Power Speaker Series! "Making Noise about the Detention of Tamil Refugees: A Discussion of Globalization and Migrant Justice", Thurs, Oct 14, 2:15pm at the UBC-Okanagan Campus, Rm ART 118, "The Art of Anti-Racist Social Justice Organizing: A Discussion of Resistance to the Vancouver Olympics and the Toronto G20 Summit", Thurs, Oct 14, 7pm at the Alternator Gallery, 421 Cawston Ave (downtown). Organized by the Cultural Studies program at UBCO and the Alternator Centre for Contemporary Art. Info: davidjefferess@ubc.ca, 250-807-9359.

Yoga Fundraiser! Bring the whole family to 4Cats Arts Studio and Trinity Yoga (in Mission Station Mall, 3818 Gordon Drive) on October 23rd between 1:00 and 4:00 for an afternoon of Splatter Painting and CircusYoga while supporting Big Brothers Big Sisters! We will be handing out gift bags full of art supplies, CircusYoga goodies and much more to everyone who makes a donation! There will also be a raffle to win art, yoga and other gift packages.

**Trinity Yoga is introducing Kids Yoga (4-6 yrs) on Wednesdays from 3:15-4pm + Circus Yoga for Kids/Youth (7 yrs + up) on Mondays from 3:15-4pm starting the week of Oct 25th. For more info, visit www.trinityyogacenter.com.

Apple Plum Chutney

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

- 6 C coarsely chopped Plums
- 3/4 C plain distilled vinegar or Apple cider vinegar
- 1/2 C Sugar
- 3 C Apples, peeled and cut into one inch cubes
- 4 oz crystallized Ginger
- 1/2 C minced Red onion
- 1 stick Cinnamon
- 1 Star anise (or 1/2 tsp crushed anise)
- 4 cloves, whole

Put all but one cup of the plums into a large, heavy-bottomed pot and add the vinegar and sugar. Set heat to medium high and when the vinegar has begun to simmer, turn the heat down to medium low and cook for about 15 minutes. Add all but one cup of the apples and the crystallized ginger and cook another 15 minutes, stirring frequently.

When the fruit mixture has begun to break down, add the spices, tied either in a small cloth bag or cheesecloth. Make sure the spices get under the fruit mixture and the bag or cloth gets wet with the juices. Continue cooking, at medium heat, until the mixture begins to resemble a thick applesauce-like consistency. Take the remaining one cup each of apples and plums and chop them. Add this mixture, along with the minced red onion, to the chutney and cook for another 10 minutes, until the additional fruit has become warm and fully incorporated. Chutney can be preserved in sterilized canning jars, processed in a hot water bath, or kept in the fridge and eaten within a week or so.

Easy Acorn Squash

(Recipe adapted from "Food.com" at www.food.com)

- 1 Acorn squash
- 2 Tbs Butter
- 2 tsp dark Brown sugar
- 1 pinch fresh ground Black pepper
- 1 pinch freshly ground Sea salt
- Thyme (optional), Nutmeg (optional), Cinnamon (optional)

Heat oven to 400°F. Cut acorn squash in half. Scoop out seeds using an ice cream scoop, sharp spoon, or melon baller. Spread butter on cut edges and insides of each half. Place halves on baking sheet. Sprinkle sugar inside each half. Scatter in each small amount of salt, greater amount of pepper and desired herbs. Bake for one hour.

Thanksgiving After-Meals

After a big Thanksgiving meal, the time comes to change gears and enjoy lighter meals. This week, our boxes offer premium fall staples such as carrots, potatoes, beets and kale. Using these four simple ingredients as a base, we can create wonderful meals that are easy to eat and won't weigh us down.

Ginger Carrot Soup

(Recipe adapted from "Canadian House and Home" at www.houseandhome.com)

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| 2 Tbs Olive oil | 1 medium Yellow onion, chopped |
| 3 cloves Garlic, minced | 5 medium Carrots, peeled and sliced into rounds |
| 2 Tbs finely grated fresh Ginger root | 1 can Coconut milk |
| 4 C Vegetable stock | 1/2 C dry White wine (optional) |
| 1 tsp Paprika | 1 tsp Curry powder |
| Salt and freshly ground Pepper, to taste | fresh Parsley (for garnish) |

Heat oil in a medium-sized pot. Add onions and sauté about 2 minutes. Add garlic and sauté for 4 minutes until cooked but not brown. Add carrots, ginger, coconut milk, stock and optional wine. Bring to a boil for about 5 minutes; reduce heat and add paprika, curry powder, salt and pepper and simmer for 30-40 minutes until carrots are tender. Purée the soup in small batches in a blender or food processor until smooth. Return to pot and heat through but do not allow to boil. Serve hot, garnished with parsley.

Beet and Celeriac Casserole

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

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| 2 1/2 C raw Beets | 2 C raw Celeriac |
| 4 sprigs fresh Thyme, chopped | 6 Juniper berries, crushed (or 1 sprig Rosemary) |
| 1/2 C fresh Orange juice | 1/2 C Vegetable stock |
| Salt and Pepper | |

Preheat the oven to 375°F. Peel and slice the beets very finely. Quarter and peel the celeriac and slice very finely. Fill an oven-proof frying pan with alternate layers of beet and celeriac slices, sprinkling with thyme, juniper and salt and pepper between each layer. Mix the orange juice and stock together and pour over the gratin. Place over medium heat and bring to a boil. Boil for two minutes. Cover place in the oven for 15-20 minutes. Remove the foil and raise the oven temperature to 400°F. Cook for another 10 minutes.

Kale and Brown Rice Casserole

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

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| 1 1/2 C Brown rice, cooked | 1 C shredded Cheese, your choice, or cottage cheese |
| 1/4 C minced Green onions or chives | 1/4 C Red bell pepper, diced |
| 1/2 C sliced White mushrooms | 1 tsp Olive oil |
| 1 tsp Worcestershire sauce | 1/4 C Skim milk |
| 1/4 tsp Thyme | 1/4 tsp ground Sage |
| 1/4 tsp Rosemary | Salt and Pepper to taste |
| 2 C chopped Kale | |

Preheat oven to 375°F. Sauté bell pepper and mushrooms in the olive oil to soften. Oil a 1 1/2 -quart covered casserole dish. Mix all ingredients except kale in a bowl. Place half the kale in prepared casserole dish and spread rice mixture over evenly. Cover with remaining kale. Cover and bake 15 - 20 minutes, until cheese is melted and bubbling. Servings 6.

Roasted Potatoes with Tomatoes, Basil, and Garlic

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

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| 2 lbs Red potatoes, chopped | 1 1/2 C chopped fresh Tomatoes |
| 3/4 C fresh Basil, chopped | 3 cloves Garlic, pressed |
| 3 Tbs extra virgin Olive oil | 1 tsp chopped fresh Rosemary |

Preheat oven to 400°F. In the prepared baking dish, toss the potatoes, tomatoes, basil, and garlic with the olive oil. Sprinkle with the rosemary. Bake 20 to 30 minutes in the preheated oven, turning occasionally, until tender.