



The Harvest Herald

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

October 12-14, 2011

Issue #586

OKG Bread Special Oct 18-20

Pear & Anise Brioche! A brioche crafted with milk (steeped with anise), loads of butter, free-range eggs, and sweet slices of pear. Delicious when freshly sliced, toasted, or topped with whipped cream!

Regular Harvest Box

LOCAL! Walla Walla Onions - Notch Hill Organics
LOCAL! Dill - Wild Flight Farm
LOCAL! Orange Carrots - Notch Hill Organics
LOCAL! Beets - Notch Hill Organics
LOCAL! Rapini (broccoli raab) - Wild Flight Farm
LOCAL! Mixed Green Peppers - Notch Hill Organics
LOCAL! Lettuce Mix - Wild Flight Farm
LOCAL! Coronation Grapes - Djordjevich Farm
LOCAL! Early Italian Prune Plums - Green Hills Acres
LOCAL! Bartlett Pears - Claremont Ranch
LOCAL! Jonagold Apples - Bite Me Organics

Family Harvest Box Extras

LOCAL! Mini Acorn Squash - Notch Hill Organics
LOCAL! Kale - Notch Hill Organics
LOCAL! Russet Potatoes - Roots & Greens Farm
LOCAL! Spinach - Wild Flight Farm
LOCAL! Leeks - Wild Flight Farm
LOCAL! Honeycrisp Apples - Bite Me Organics



This Week's HomeGrown Heroes

Bite Me Organics - E. Kelowna
Claremont Ranch Organics - Lake Country
Djordjevich Farm - Kelowna
Green Hills Acres - Summerland
Harker's Organics - Cawston
Notch Hill Organics - Sorrento
Pilgrim's Produce - Armstrong
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.

Annual Fall Harvest Celebration

Sunday, Oct 23 - 2-4pm @ 8090 Hwy 97 (Lake Country)

Please join us to celebrate another fantastic harvest season! Our annual Fall Harvest Celebration will take place at Claremont Ranch Organics (formerly McCoubrey Farm), and new owners Matt & Molly Thurston are looking forward to taking over the hosting role from former owners Bob & Sharon McCoubrey! Claremont Ranch Organics are the suppliers of the beautiful Bartlett pears in this week's boxes, and we have also enjoyed some of their peaches and plums over the past few weeks.

There will be tours of the farm, organic munchies, Backyard Beans coffee, MOTEAS specialty teas, kids' activities (including the ever-popular leaf jumping!), live music, and a wide variety of heritage apples for tasting and purchase, and great conversation with your fellow Urban Harvesters!

Please RSVP by Fri, Oct 21st, with the number of adults and children you expect to have in your group. **If you would like to carpool out to the event, please visit our Urban Harvest Facebook page, as you may be able to connect there with other Urban Harvesters coming from your area.

Saturday Sale Guest Vendors

Sat, Oct 15th - **Real Raw Foods (from Naramata) - raw, organic nuts, seeds, dried fruit and more PLUS **Organically Clean** (hand-mixed, natural cleaning supplies and personal care products)

Sat, Oct 22nd - **Wolfgang's Grain & Flour Mill - organic whole grains + freshly-milled flours (local when possible) PLUS the **Kelowna-Zambia Partnership**.

The Kelowna Zambia Partnership (KaZ) brings in baskets made by people of the Senanga region of Western Zambia, allowing them to set the price which will give them a living wage. Beautiful, functional, and perfect for holding yummy produce! aZ is in its 5th year and each new basket shipment shows the diversity and skill of the weavers. Our visitor to Zambia this year also brought back some of the beautiful chitenge cloth sold in their markets - wonderful for tablecloths or napkins!

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/Notices

Kelowna Friends of the Library 23rd Great Okanagan Book Sale

Immaculate Conception Parish Hall 839 Sutherland Ave. Thursday, Oct 13 & Friday October 14 9:30 am - 9:00 pm. Saturday, October 15 9:00 am - 3:00 pm. Build up your own library (or find gifts for book lovers), while helping to support a great cause!

Reel Change Sustainability Film Fest

Oct 21/22 at UBC Okanagan. The festival presents critically acclaimed documentaries focused on a wide variety of social, cultural, environmental, and economic issues. Each film is followed by a panel discussion with experts representing the public, private, non-profit, and academic sectors. This hugely popular format takes moviegoers from being educated to being engaged emotionally, which is a necessary step toward positive behaviour change. For film synopses, screening times, locations, and panelists, visit www.freshoutlookfoundation.org.

23rd Annual Apple Fair

Saturday, Oct 22nd, from 10am-3pm at the Laurel Packinghouse (1304 Ellis, Kelowna). Apple tasting table with new varieties, heritage varieties, and everybody's favourites, as well as activities for the kids, vendors and live entertainment! \$2 per person or \$5 per family of 4.

Dill Gazpacho

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

- 6 medium ripe Tomatoes, finely chopped
- 2 Cucumbers, peeled and finely chopped
- 1 Onion, finely chopped
- 1 Green bell pepper, finely chopped
- Jalapeno pepper, seeded and minced
- 1 large Lemon, juiced
- 1 tablespoon Balsamic vinegar
- 2 tsp Olive oil
- 1 tsp Salt
- 1/2 tsp ground Black pepper
- 1/4 C chopped fresh Dill

In a large bowl, stir together tomatoes, cucumber, onion, bell pepper, and jalapeno pepper. Season with lemon juice, balsamic vinegar, olive oil, salt and pepper.

In a blender or food processor, puree half of the mixture until smooth. Return to bowl, stir in dill and mix well. Cover and chill for at least one hour before serving.

Dilled Potato-Leek Soup

(Adapted from www.tasteofhome.com)

- 1 C sliced Leeks (white portion only)
- 1 Celery rib, chopped
- 1-1/2 tsp Butter
- 2 C Broth
- 1-1/2 C cubed peeled Yukon Gold potatoes
- 1 large Carrot, finely chopped
- 1/2 tsp dried Thyme
- 1/4 tsp Salt
- 1/8 tsp Pepper
- 1/2 C Buttermilk
- 1-1/2 tsp snipped fresh Dill or 1/2 teaspoon Dill weed
- Herb potato chips and finely shredded leeks, optional

In a large saucepan, saute leeks and celery in butter until tender. Stir in the broth, potatoes, carrot, thyme, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until vegetables are tender. Cool slightly.

Transfer to a blender; cover and process until smooth. Return to the pan. Whisk a small amount of soup into buttermilk; return all to the pan, stirring constantly. Add dill; heat through (do not boil). Garnish if desired. Serves 3-3/4 cups.

Introducing Rapini

This week, in our boxes, we have an odd but intriguing vegetable. Rapini (pronounced: rah-PEE-nee) is also known as broccoli raab or broccolini. While it has broccoli in its name, it is not related to broccoli. It is actually a relative of the turnip. The name comes from the broccoli-type buds that appear among its leaves. It is believed that this vegetable was found as a wild herb in China or the Mediterranean. Today, it is cultivated in California, New Jersey, Mexico, Arizona, and Canada.

Wondering what to do with your rapini? First, wash it as you would any green and remove the bottom portions that may be tough. Both the stems and leaves can be eaten, although the stems will take a bit longer to cook. Here are some simple cooking instructions along with some delicious rapini recipes:

Rinse and trim 1/4-inch from bottom of stems. Cut stalks crosswise into 2-inch pieces and drop them into salted (optional), boiling water. Cook for 1 to 2 minutes and remove with slotted spoon. Saute the blanched rapini in a little olive oil and as much garlic as you like for 3 to 5 minutes until tender.

Rapini and Garbanzo Pita Pizzas

(Recipe adapted from "Mariquita" at www.mariquita.com)

- 2 large Garlic cloves, sliced thin
- 1/4 C extra-virgin Olive oil
- a 19-oz can Garbanzos, rinsed and drained
- 1/2 C Water
- 1 lb Rapini tips, rinsed and roughly chopped
- 1/2 tsp dried hot Red pepper flakes
- three 6-inch whole wheat or other Pita breads, halved horizontally to form 6 rounds
- 1/2 C freshly grated Parmesan cheese (about 2 oz)

Preheat oven to 400°F. In a large heavy skillet cook garlic in oil over moderate heat, stirring, until pale golden. Transfer garlic and 1 tablespoon oil to a food processor. Add chick-peas, 1/4 cup water, and salt and pepper to taste and blend mixture until smooth. Heat oil remaining in skillet over moderately high heat until hot but not smoking and cook rapini until wilted. Add remaining 1/4 cup water and pepper flakes and simmer, covered partially, until the greens are crisp-tender and almost all liquid is evaporated, about 2 minutes. Spread rough sides of pita with chick-pea purée and top with rapini and Parmesan. Arrange pita pizzas on a large baking sheet and bake in middle of oven 10 minutes, or until edges are golden. Serves 6 as an entrée or 10 to 12 as hors d'oeuvres.

Penne with Rapini, Pine Nuts, and Currants

(Recipe adapted from "Mariquita" at www.mariquita.com)

- 1 large bunch Rapini
- 1/2 lb Penne
- 3 Tbs Olive oil
- 4 large cloves Garlic, minced
- 1/3 C Pine nuts, lightly toasted (or walnuts)
- Red pepper flakes (optional)
- Salt
- freshly grated Parmesan cheese
- 1/3 C Currants, soaked in warm water until plump then drained

Wash the rapini well and separate the large stems and leaves. Bring several quarts of water to a boil. Blanch the large stems for about 1 1/2 minutes, until barely tender. Add tender stems and leaves and blanch 1 minute. Remove the greens to a colander to drain. Reserve cooking water. Salt the greens water and add the pasta. While the pasta cooks, heat the oil in a large saute pan over medium-low heat. Add the garlic and soften it. Stir the greens into the garlic oil and remove from heat. When the pasta is cooked al dente, add the currants, pine nuts, and red pepper flakes to the greens. Scoop the pasta from the water with a pasta scoop or sieve and transfer it to the pan of greens. Leave some water clinging to the pasta. Place the pan over high heat and toss the pasta with the greens. Add 1/4C or so of the greens/pasta water. Season to taste. Serve with Parmesan cheese. Serves 3-6