



The Harvest Herald

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

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OKG Bread Special Oct 23-25

Rick's Batard! A variation of OKG's classic country batard, topped with a mixture of sea salt, poppy, sesame, and caraway seeds! Fragrant, with a crunchy crust and moist holey interior - great with soups!

Regular Harvest Box

LOCAL! Arugula - Wild Flight Farm
LOCAL! Salad Turnips - Notch Hills
LOCAL! Radishes - Notch Hills
LOCAL! Leeks - Wild Flight Farm
LOCAL! Red Cabbage - Notch Hills (*limited due to quality issues - some customers may receive 2* credit*)
LOCAL! Rainbow Carrots - Notch Hill
LOCAL! Spring Mix - Wild Flight Farm
LOCAL! Green Curly Kale - Wild Flight Farm
LOCAL! Italian Prune Plums - Green Hills Farm
LOCAL! Bronze Beauty Bosc Pears - Shirlee Mae
LOCAL! Ambrosia Apples - Vialo Orchard

Family Harvest Box Extras

LOCAL! Carnival Squash - Notch Hills
LOCAL! Green Peppers - Old Meadows Organic Farm
LOCAL! Spinach - Wild Flight/Notch
LOCAL! Red Beets - Wild Flight Farm
LOCAL! D'Anjou Pears - Sunreal Organics
LOCAL! Coronation Grapes - Djordjevich Farm



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Djordjevich Farm - Kelowna
Green City Acres - Kelowna
Green Hills Farm- Summerland
Kazy Farm - Sorrento
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Shirlee Mae Schneider/Moses Brown - Cawston
Sunreal Organics - 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.*

Aphids Love Brassicas!

Aphids...you may not have heard their name before, but if you've been eating organic produce for a while, chances are you've encountered them at some point or another! They usually look like tiny grayish bugs, and if they're present, they'll be clustered between broccoli or cauliflower florets, in between cabbage leaves, in the curls of kale leaves, etc. For farmers, and even for our packing team, they can make working with brassicas (broccoli, cauliflower, kale, cabbage, etc.) very challenging, because often, an otherwise gorgeous vegetable specimen can look perfect at first glance...until you look a little closer! The good news is that if you eat a few by accident (and chances are, at least the odd time!), you're not going to keel over. They are harmless, really. But definitely unappealing! We have received a few reports of aphids found on broccoli over the past couple of weeks, and we would like to let you know that we are doing our best to spot them at the warehouse and avoid sending aphid-ridden produce out. However, if our packing team does let something slip through, and it pushes your "gross" button, please contact us right away so we can provide you with a credit (and provide feedback to our packing team as well to let them know to look even closer if needed).

Sin Grano Gluten-Free Breads - News!

Sin Grano Ancient Grains Bakery will be phasing out their fresh bakery products and moving toward sales of pre-mixes and ready-to-ship items for mail-order sales. They will continue to bake for Urban Harvest home delivery customers until the week of Oct 30-Nov 1, after which time they will bake once a week only, for pre-order and pick-up at our Saturday warehouse sales. If you regularly order Sin Grano gluten-free breads, now is your chance to stock up for the freezer! Or...if you'd like more info on their dry mixes for your own home use, please see: www.singrano.com.

Saturday Sale Guest Vendors & Updates

- **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.
- **ALSO Oct 27th - Joolz Power Balls and 9-Bars!** High protein snacks made with all organic ingredients by Julia Deck, personal trainer and fitness instructor. Wheat free, gluten free, and perfect for pre- and post-workout nutrition. Kids love them, too!

Community Events/Notices

Amnesty International Kelowna Film Night This month, the films include two South African documentary films - "Where Do I Stand?" and "Thembi". Fri, Oct 26th, 7:30pm. Room H-115, Okanagan College, 1000 KLO Road, Admission by donation. For more info: 250-769-4740.

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.

Braised Leeks

(Adapted from www.simplyrecipes.com)

- 4-6 Leeks
- 1 Garlic clove, minced
- 3-4 Tbsp unsalted Butter
- Salt
- 2 tsp fresh Thyme or 1 tsp dried
- 1 tsp Sugar
- 1 Bay leaf
- 1 C White wine or Vegetable stock
- 1/4 C Parsley, chopped

Cut off the ends of the leeks. Slice through the shank of the leek lengthwise until you get to the root end—do not cut through the root just yet. Clean the leeks under cold running water, as leeks are usually dirty. Once the leeks are free of any dirt or grit, cut through the root to make two long pieces of leek. In a sauté pan large enough to hold the leeks in one layer, heat the butter in it over medium-high heat. When the butter has melted and begins to foam, turn the heat down to medium and add the minced garlic and then the leeks, cut side down. Cook for 1-2 minutes, just to get them a little browned and to let the butter get into the leeks. Turn over and sprinkle with salt, then cook the other side for 1-2 minutes. Turn the leeks back over so the cut side is down, sprinkle the leeks with the sugar, the thyme leaves and a touch more salt. Add the white wine with the bay leaf and bring to a gentle simmer. Cover and cook 35-45 minutes over medium-low heat. When the leeks are tender enough so that a knife blade pierces them easily, uncover the pot and bring the braising liquid to a rolling boil. Let this reduce by half, then turn off the heat. Add the parsley, swirl it around and serve. Serves 4 as a side dish.

Pear and Leek Sauce

(Adapted from www.eatingwell.com)

- 1 large Leek, white & light green parts thinly sliced
- 2 tsp extra-virgin Olive oil, divided
- 1/2 tsp Salt
- 1/4 tsp freshly ground Pepper
- 1 large firm ripe Pear, peeled and diced
- 3/4 C Broth, divided
- 3 tsp Flour
- 2 Tbs Currant jelly
- 1/4 C chopped Walnuts, toasted

Place sliced leek in a colander; rinse and drain well. In a large skillet, add the 2 tsp oil to the pan. Add the leek and cook, stirring, until beginning to brown and soften, about 2 minutes. Add pear and 1/4 cup broth; simmer until the pear is soft and the broth is evaporated, about 2 minutes. Meanwhile, whisk the remaining 1/2 cup broth and flour in a small bowl. Add currant jelly to the pan and cook, stirring, until melted. Stir in the flour mixture, the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Bring to a boil, stirring, and cook until thickened, about 1 minute. Serve over pasta, veggies, or meat. Serve sprinkled with walnuts. Serves 4.

Autumn Arugula

Arugula loves this cooler weather. Long hot days make it flower and have very bitter leaves, but this cool weather creates a delicious and slightly spicy salad green. In addition to its wonderful taste, arugula is an excellent source of vitamins C and A, as well as folic acid, calcium, manganese, and magnesium. It contains the anticancer compounds known as glucosinolates which are great stimulators of natural detoxifying enzymes in the body. With all those benefits, what's not to like about this beautiful fall crop?

Arugula with Orzo and Garden Tomatoes

(Recipe adapted from "The Kitchn" at www.thekitchn.com)

- 3/4 C Orzo
- Olive oil
- 8 oz Cherry tomatoes, halved
- Salt and Pepper
- about 8-10 C Arugula
- 1/4 C fresh Basil leaves
- 2-3 oz Goat or Feta cheese, crumbled

Cook the orzo in salted water according to package directions. Drain and reserve. Chop the arugula roughly. Heat a large sauté pan over medium high heat and add a little olive oil. When it is hot, cook the arugula handful by handful, letting the first few handfuls wilt completely, and leaving the last few barely cooked. Add the basil, tomatoes, cheese, and orzo with the last handful of arugula. Turn the heat to high and cook for another minute or two - until everything is hot. Remove from the heat and season to taste with salt and pepper and a drizzle of olive oil. Serve immediately. Serves 4.

Egg Arugula and Herb Tartine

(Recipe adapted from "The Kitchn" at www.thekitchn.com)

- 2 thick slices of Bread
- 1 sprig tender Rosemary
- 1 Tbs Butter
- Salt and Pepper
- 2 big handfuls fresh Arugula
- Several Chive stalks
- 1 Egg

Toast the bread and scrape on a little butter. Roughly chop the herbs and arugula as the rest of the butter heats in a small heavy sauté pan. Sauté the herbs and greens for just about a minute or until slightly wilted. Add the egg and quickly cook over medium heat until barely scrambled around the greens. Remove from the heat. Season with salt and pepper, pile on the toasted bread, and eat immediately. Serves 1.

Spring Greens Pesto

(Recipe adapted from "The Kitchn" at www.thekitchn.com)

- 1/2 C broken up dried Mushrooms
- 3 cloves Garlic, minced
- 1/2 C grated Parmesan cheese
- 1/4 C lightly toasted Nuts (pine nuts, almonds or walnuts)
- 1/2 tsp freshly ground Black pepper, or to taste
- 1/2 Lemon
- 3 Tbs Olive oil
- 1/2 lb Seasonal greens (arugula)
- 1/2 tsp Salt, or to taste

Reconstitute the mushrooms in a small bowl or cup with just enough boiling water to cover. Set aside to cool in the water. In a pan large enough to hold the greens, heat the oil and sauté the garlic briefly, then add the greens. If you are using a mix of greens, add the tougher ones (like kale and collards) before the tender ones, like spinach. Cook until wilted. Scrape the cooked greens into the blender and combine with the mushrooms and their juices, Parmesan, toasted nuts, salt and pepper, and finally, a squirt of lemon juice. If your blender has variable speeds, start slowly and increase gradually. Puree until silky smooth. Serve over cooked pasta, with meat or fish, on crackers or toasted baguette as an hors d'oeuvre, or as a spread on sandwiches. Will keep in the refrigerator for one week. Makes 2 C.

~ Article & Recipes Contributed by Angela Cleveland ~