



The Harvest Herald

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

October 19-21, 2010

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OKG Bread Special Oct 26-28

Vanilla Bean Brioche! A light, buttery brioche crafted with vanilla bean-steeped milk, free-range eggs, and loads of golden butter!

Regular Harvest Box

Local! Rainbow Carrots - Notch Hill Organics
Local! Green Curly Kale - Wild Flight Farm
Local! King Richard Leek(s) - Wild Flight Farm
Local! Spaghetti Squash-Harker (sub for Suncatcher)
Local! Kohlrabi - Wild Flight Farm
Local! Dill - Wild Flight Farm
Local! Red Onions - Notch Hill Organics
Local! Red Potatoes - Pilgrim's Produce
Local! Italian Prune Plums - Green Hills (last week!)
Local! Gala Apples - Vialo Orchard
Local! Honeycrisp Apples - Bite Me Organics
Local! Bosc Pears - Schneider-Brown

Family Harvest Box Extras

Local! Arugula - Wild Flight Farm
Local! Radishes - Wild Flight Farm
Local! Parsnips - Notch Hill Organics
Local! Cylindrical (long) Beets - Roots & Greens Farm
Local! Celeriac Root (with greens) - Wild Flight Farm
Local! Coronation Grapes - Djordjevich (last week!)



This Week's HomeGrown Heroes

Bite Me Organics - East Kelowna
Djordjevich Farm - Kelowna/Crawford
Green Hills Acres - Summerland
Harker's Fruit Ranch - Cawston
Little Creek Gardens - West Kelowna
Notch Hill Organics - Sorrento
Pilgrim's Produce - Armstrong
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Schneider-Brown Farm - Cawston
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.*

100% Local - 14th Week!

We are proud to report that this is our 14th week straight of featuring 100% local produce in our standard Regular and Family Harvest Boxes! This week, we are truly getting into autumn, as we see more and more root veggies and squashes now ready for our boxes. Local cold-hardy greens, such as kale, chard, arugula, and others are abundant as well. If you are interested in trying some new veggies from our local growers, but you're unsure about what to do with them, please check our Recipe Archive for ideas. You can search the archive by vegetable for a list of recipes featuring that item. Feel free to contact us directly as well if you have any questions at all...or stop in to our Saturday Sale and ask Roslyn, Mike, or Christine (or another Urban Harvest customer!) for a quick explanation of how to use whatever it is that you'd like to try!

Saturday Sale Updates/Guest Vendors

- **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!
- **Sat, Oct 30th - Michale Hartte**, local nutritionist (and long-time Urban Harvest customer!) will be on-site with copies of her new book "**The Fit n Healthy Plan**". Stop by to learn about simple and easy ways to incorporate a healthier diet and lifestyle plan into your life, and pick up a copy of her book too if you like! For a sneak peak, please visit www.fitnhealthynutrition.com.

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). Stop by our Urban Harvest table for a mini slide show of local suppliers + veggie demos!

Yoga Fundraiser! Bring the whole family to 4Cats Arts Studio and Trinity Yoga (in Mission Station Mall, 3818 Gordon Drive) on Sat, Oct 23rd, 1-4pm, for an afternoon of Splatter Painting and CircusYoga in support of Big Brothers Big Sisters! Enter a raffle to win art, yoga and other goodies, make a donation, and come away with a gift bag full of art supplies, CircusYoga goodies and much more!

****Trinity Yoga introduces 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 next week! www.trinityyogacenter.com.

****Fly, Thai, and Tea**, 2-5pm, Nov 7th @ Trinity Yoga Centre. Dive in to Flying Partner Yoga, nurture and be nurtured with therapeutic Thai massage flow, and then savour communiTEA! No previous yoga/massage experience required. Come on your own or with a friend. \$50 pp or \$75 for 2.

Amnesty International Kelowna Presents "Aristide and the Endless Revolution", a documentary on the 2004 U.S.-engineered overthrow of the elected of Haiti. Fri, Oct 29th, 7:30pm, at the Okanagan College Theatre @ 1000 K.L.O. Rd. Admission by donation. More info: 250-769-4740.

If These Walls Could Talk Grand Re-Opening of the Laurel Packinghouse. Community celebration Sat, Nov 6th from 10am to 2pm, admission by donation.

Grants for Youth Making a Difference! The United Way is challenging Okanagan youth to make a difference in their communities. Sponsored by Telus, the Live United Youth Projects Grant Program will award grants of up to \$1200 for social projects led by teams of young people ages 14-23. Deadline for applications is January 3, 2011. For complete program information, please visit www.unitedwaycso.com, call 250-860-2356 or e-mail avril@unitedwaycso.com

Lentil Stew with Kale and Potatoes

(Adapted from

<http://hubpages.com/hub/Lentil-Stew-Recipe-Kale-Potatoes>)

1 large Onion
5-6 large cloves of Garlic
1 large Carrot
2 stalks of Celery
3 medium-sized Potatoes
1 small Cayenne pepper
6 Tbs extra virgin Olive oil
1 1/2 C Lentils de Puy
1/2 C Brown or Green lentils
2 Tbs fresh Thyme (or 1 Tbs dried Thyme)
1 tsp ground Turmeric
1 Bay leaf
1 quart Veggie broth
1 C White wine
about 2 C Water
fresh Kale (including stems)
Salt to taste
freshly ground Black pepper to taste
3 Tbs Red wine vinegar
serve with toasted whole grain bread or rolls

Skin the onion and finely chop it. Skin the garlic cloves and mince them. Wash the carrot and celery and slice them (1/4 inch thick pieces). Scrub the potatoes then chop them into bite-sized pieces. Finely mince the pepper.

Heat a large soup pot over medium heat, adding the extra virgin olive oil. When hot, add the onions, garlic, carrot, celery, potatoes, and minced pepper. Stir frequently until the onions start to turn translucent.

At this point, add the lentils and stir them in until they are coated in oil. Add the thyme, turmeric, and bay leaf, mixing well. Add the broth and the white wine, stir well. Bring to a simmer.

Turn heat to medium-low (where it will hold a low simmer) and cover. Simmer for 45 minutes, stirring occasionally and adding a little water when necessary, since the lentils will absorb a lot of liquid.

Wash the kale, remove the stems, and tear the leaves into bite-sized pieces. After the 45 minutes of simmering, add the salt and pepper to taste. Add the red wine vinegar and kale, then mix well. Simmer for an additional 45 minutes, stirring occasionally.

Serve with a hearty whole-grain bread or rolls. Serves 8.

Unleashing the Lentils

Lentils are power-packed pulses that are delicious and easy to cook. They are low in calories and cholesterol, and high in soluble fiber, potassium (which can help to lower blood pressure), antioxidants, protein, folate, and iron, just to name a few.

Cooking with dry lentils is best. Before you begin, be sure to pick out any small stones and then rinse the lentils in cold water. For a basic side dish, place the lentils in a pot with 2 C of broth or water for every cup of lentils. Bring to a boil, cover, and lower the heat. There are many different types of lentils and each requires a different cooking time. Begin to check them for tenderness after about 20 minutes. Pre-soaking some of the harder lentils will speed up this process. Since not all lentils are the same, here are some descriptions and uses for the more common types of lentils. Don't be afraid to experiment!

- Brown/green lentils have a mild, meaty flavour and a slightly chewy texture. They are fabulous in soups, casseroles, salads, stews, and veggie burgers.

- French green lentils, also known as Puy lentils, have a rich, peppery flavour. They stay firm when cooked and are best suited for salads, tabbouleh, and pilafs.

- Red lentils are nutty and slightly sweet. They are commonly used in Middle Eastern or Indian food dishes and disintegrate easily when cooked in dishes like Indian dals, baked goods, creamy soups, and spreads.

- White lentils (ivory lentils) have a mild taste and soft texture. They are great in stews, soups, and casseroles.

- Yellow lentils have a slightly nutty flavour. They don't hold their shape when cooked. They work well in Indian dals, curry and squash soups, spreads, and baked goods.

For a meal that features lentils as the main attraction, try one of these recipes:

Spicy Lentil and Leek Soup

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

2 C Green Lentils soaked overnight and cooked until tender
1 large Leek sliced finely
2 Tbs Butter
4C Veggie stock
handful of fresh chopped Parsley
3 cloves of Garlic, chopped
1 tsp Cayenne pepper
some Cream or Yogurt (few tablespoons)
Salt and Pepper

Sweat the leek and garlic with the butter and cayenne until soft. Add the cooked lentils and stock on a low heat until boiling. Remove half the mixture and blend until smooth and add back into the pot. Salt and pepper to taste and serve with chopped parsley and a little swirl of cream or yogurt and some bread.

Lentil Salad with Feta, Kohlrabi, Carrot, Bell Pepper, and Onion

(Recipe adapted from "Eat This" at <http://fortunavirilis.blogspot.com>)

1/2 large or 1 small Kohlrabi, peeled and diced
1 purple (or other color) Carrot, diced
1 small Onion, diced
2 Tbs Olive oil
1 tsp Cumin
1 1/2 C Brown lentils, sorted and rinsed
1 small Red bell pepper, seeded and diced
4 oz Feta cheese, crumbled
juice of large Lemon
Salt and Pepper to taste

Put lentils in a medium saucepan, add water so that it comes a few inches above lentils, and bring to a boil. Then reduce heat to low, cover, and let simmer until lentils are tender (about 40 min). Drain lentils and let cool for about 20 minutes. Combine cooked lentils with remaining ingredients and stir well. Serves 5.