



The Harvest Herald

(Ph/Info-line) 868-2704 (Email) order@urbanharvest.ca

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

October 18-20, 2011

Issue #587

OKG Bread Special Oct 25-27

... To be announced... (Monika hasn't quite decided yet which tasty offering she wants to list as next week's special bread!)

Regular Harvest Box

LOCAL! Red Russian Kale - Wild Flight Farm
LOCAL! Kohlrabi - Roots & Greens Farm
LOCAL! Mixed Colour Carrots - Notch Hill Organics
LOCAL! Field Tomatoes - Old Meadows Farm/BC
LOCAL! Rainbow Chard - Wild Flight Farm
LOCAL! Acorn Squash - Wild Flight Farm
LOCAL! Red Potatoes - Wild Flight/Notch Hill
LOCAL! Early Italian Prune Plums - Green Hills Acres
LOCAL! Bosc Pears - Schneider-Brown
LOCAL! Ambrosia Apples - Vialo Orchard
LOCAL! Spartan Apples - Vialo Orchard

Family Harvest Box Extras

LOCAL! Red Onions (uncured) - Notch Hill Organics
LOCAL! Tatsoi (Asian Greens) - Wild Flight Farm
LOCAL! Green/YI Peppers - Notch Hill Organics
LOCAL! Celeriac (Celery Root) - Wild Flight Farm
LOCAL! Leeks - Wild Flight Farm
LOCAL! Asian Pears - Harker's



This Week's HomeGrown Heroes

Claremont Ranch Organics - Lake Country
Djordjevich Farm - Kelowna
Green Hills Acres - Summerland
Harker's Organics - Cawston
Notch Hill Organics - Sorrento
Old Meadows Organic Farm - Kelowna
Pilgrim's Produce - Armstrong
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 of poor quality, please inform us **within 48 hours**, and we'll provide a credit for your next order.



7th Annual Fall Harvest Celebration Sunday, Oct 23 - 2-4pm Claremont Ranch Organics (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 have supplied us with Bartlett pears, Glowhaven peaches, and Italian prunes in recent weeks, and we'll have their wonderful d'Anjou pears next week!

* Orchard/garden tours *Organic munchies *Backyard Beans coffee *MOTEAAS *Sin Grano Ancient Grains Bakery gluten-free bread samplings *Kids' crafts (courtesy of the Kelowna Waldorf School) *Music by Dale Ziech of Little Creek Gardens *Heritage apple tastings by Claremont Ranch Organics *Clowning by New Zealand Pete *Meet some of the growers of your Urban Harvest!

Location: Claremont Ranch Organics is at 8090 Hwy 97 (just north of Commonwealth Rd, opposite the big boat, on the Kelowna side of Winfield). Watch for the BC Certified Organic checkmark road sign.

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 22nd - **Wolfgang's Grain & Flour Mill** - organic whole grains + freshly-milled flours (local when possible) PLUS the **Kelowna-Zambia Partnership** (see below)
- Sat, Oct 29th - **no guest vendors** (just us!)
- Sat, Nov 5th - **Sin Grano Ancient Grains Bakery** - gluten-free breads and other treats!

Note: 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

Reel Change Sustainability Film Fest Oct 21/22 at UBC Okanagan. Critically acclaimed documentaries presenting a wide variety of social, cultural, environmental, and economic issues. Each film is followed by a panel discussion. 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.

Apple-Filled Acorn Squash Rings with Curry Butter

(Adapted from www.epicurious.com)

- 6 Tbs Butter
- 1 large Onion, chopped
- 1 1/2 Tbs Curry powder
- 2 Granny Smith Apples, peeled, cored, diced (about 2 1/3 cups)
- 2/3 C Apple juice
- 1/2 C dried Currants
- 8 1-inch-thick unpeeled Acorn squash rings (from 2 medium), seeded

Melt 1 Tbs butter in heavy large skillet over medium heat. Add onion and sauté until tender, about 12 minutes. Add 1 Tbs of curry powder; stir 1 minute. Add apples, apple juice, and currants. Sauté until liquid evaporates, about 6 minutes. Season filling to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)

Preheat oven to 350°F. Melt 5 Tbs of butter in small skillet over medium heat. Add 1/2 Tbs of curry powder; stir until fragrant, about 1 minute. Transfer curry butter to bowl. Brush 2 large rimmed baking sheets with some curry butter. Arrange squash in single layer on sheets. Sprinkle with salt and pepper. Scoop filling into center of rings. Drizzle remaining curry butter over squash and filling (mostly on squash). Cover with foil. Bake squash rings until squash is tender when pierced with skewer, about 40 minutes.

Apple and Lentil Stuffed Acorn Squash

(Adapted from www.runningtothekitchen.com)

- 1 Acorn squash
- 1 Tbs Butter, divided
- 2 Tbs Maple syrup, divided
- 1 C cooked Lentils
- 1 medium Apple, chopped
- 1 Carrot, chopped
- 1 Celery stalk, chopped
- 1/2 medium Onion, chopped
- 2 Tbs dried Cherries, chopped
- 2 Tbs Pepitas (pumpkin seeds)
- 1 sprig fresh Rosemary, minced
- 2 Tbs extra virgin Olive oil

Preheat oven to 375°F. Cut acorn squash in half and scoop out seeds. Place squash in baking pan with 1/2 inch of water on the bottom. Divide butter and maple syrup between the squash halves and add to the cavities. Bake for about 40-45 minutes, until flesh is soft. While squash is cooking heat sauté pan to medium-high. Add olive oil, onions, celery, carrots and rosemary. Sauté for about 5 minutes, until softened. Add apples next, sauté for another 3-4 minutes. Transfer to a large bowl and add lentils, cherries and pepitas. Season generously with salt and pepper. Once squash is cooked, remove from oven. Using a fork, scrape the flesh so that the butter and maple syrup mixture is absorbed. Fill squash with stuffing mixture and serve.

Discovering Kohlrabi

Kohlrabi is like an undiscovered talent trying to make it in Hollywood. While it has success in some parts of the world, like Europe and Asia, for some reason it has not hit the big time here in North America. With its knobby green skin and odd shape, the kohlrabi's outward appearance is not its best feature. But, inside the texture is unique and exciting. It is often compared to the fresh crunch of broccoli with a hint of radish.

Another great feature of kohlrabi is its versatility. It can be peeled and eaten raw or grated and added into a slaw recipe. It can be steamed, boiled, baked or fried. Below is a wide variety of recipes that show the flexibility of kohlrabi.

Braised Kohlrabi

(Recipe adapted from "Recipe Tips" at www.recipetips.com)

- 2 lbs untrimmed Kohlrabi, about 1 lb trimmed
- 2 Tbs Butter
- 1 small Onion
- Salt and Pepper

Heat butter in a heavy skillet. Chop onion and sauté in butter over medium heat. Peel kohlrabis to remove fibrous skin. Slice thinly, or grate coarsely. Add to skillet, stir to coat with butter, and cover. Reduce heat to medium-low and cook until kohlrabi is tender, about 15 minutes for slices, less if grated. Add salt and pepper to taste. Serve hot.

Kohlrabi Curry

(Recipe adapted from "Cooks Hideout" at <http://cooks-hideout.blogspot.com>)

- 3 Kohlrabi, peeled and chopped
- 1 clove Garlic, minced
- 2 Green chilies, chopped
- 1 tsp Jaggery (or dark brown sugar)
- 1/2 tsp Mustard seeds
- Salt, to taste
- 1 medium Onion, diced
- 2 medium Tomatoes, chopped
- 1 Tbs Tamarind paste
- 1 tsp Red Chili powder
- 1/2 tsp Cumin seeds

Steam kohlrabi until tender. Heat 1 Tbs of oil in a pan, add the mustard seeds and after they pop, saute onions till translucent. Add tomatoes and green chilies; cover and cook till tender. Add boiled kohlrabi (and leaves if you have them), red chili powder, tamarind paste, jiggery or dark brown sugar, salt and 1/2 cup of water. Cover and simmer for about 10 minutes or till the gravy thickens. Serve with steamed rice or roti.

Creamy Kohlrabi Soup

(Recipe adapted from About.com: East European Food at <http://easteuropeanfood.about.com>)

- 2 Tbs Butter
- 1 medium Onion, chopped
- 1 lbs Kohlrabi bulbs, peeled and chopped
- 2 1/2 C Vegetable stock
- 2 1/2 C Milk
- 1 Bay leaf
- Salt and Black pepper

Melt butter in a large pan with a lid. Add onions and cook gently until soft, about 10 minutes. Add kohlrabi and cook 2 minutes. Add vegetable stock, milk and bay leaf to pan, and bring to a boil. Cover, reduce heat to low and simmer 25 minutes or until kohlrabi is tender. Let cool a few minutes and remove bay leaf. Using an immersion blender, conventional blender, or food processor, puree soup until smooth. You may want to strain the soup through a fine sieve if the kohlrabi is especially fibrous. Season to taste with salt and pepper.

Kohlrabi Slaw

(Recipe adapted from "Coffee Muffins" at www.coffeemuffins.com)

- 1/2 Kohlrabi, peeled and cut into thin strips
- 1/2 Red onion, thinly sliced
- 2 Tbs of light Mayonnaise
- 2 large Carrots, cut or grate into thin strips
- 4 Tbs strained Yoghurt
- 1/2 tsp Dijon mustard

Cut the kohlrabi, carrot and onion. In a large bowl mix the yoghurt, mayonnaise and mustard together till evenly combined. Then add the vegetables, mix until coated.

~ Article & Recipes Contributed by Angela Cleveland ~