



# The Harvest Herald

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Place Orders On-line at: [www.urbanharvest.ca](http://www.urbanharvest.ca)

October 2-4, 2012

Issue #635

## OKG Bread Special Oct 9-11

**Moroccan Pumpkin Flatbread!** This disc-shaped flatbread contains roasted pumpkin and Moroccan spice (Ras el Hanut) on a whole wheat sourdough base. Serve with your favourite fall soup or stew!

## Regular Harvest Box

LOCAL! Parsnips - Notch Hill Organics  
LOCAL! Spinach - Notch Hill/Wild Flight  
LOCAL! Black Lacinated Kale - Wild Flight Farm  
LOCAL! Sieglinde Yellow Potatoes - Roots & Greens  
LOCAL! Leek(s) - Wild Flight farm  
LOCAL! Carrots - Notch Hill Organics  
LOCAL! Field Tomatoes - Old Meadows Organic Farm  
LOCAL! Italian Prune Plums - Green Hills Farm  
LOCAL! Coronation Grapes - Djordjevich Farm  
LOCAL! Bartlett Pears - Claremont Ranch  
LOCAL! Spartan Apples - Vialo Orchard

## Family Harvest Box Extras

LOCAL! Summer Crisp Lettuce - Notch Hills  
LOCAL! Dill - Wild Flight Farm  
LOCAL! Red Bunched Beets - Wild Flight Farm  
LOCAL! Yellow Beans - Wild Flight Farm  
LOCAL! Cauliflower Florets - Roots & Greens Farm  
LOCAL! Salad Mix - Notch Hill Organics



## This Week's HomeGrown Heroes

Bite Me Organics - Kelowna  
Blackbird Organics - Cawston  
Claremont Ranch Organics - Lake Country  
Djordjevich Farm - Kelowna  
Green Hills Farm - Summerland  
Harker's Organics - Cawston  
Notch Hill Organics - Sorrento  
Old Meadows Organic Farm - Kelowna  
Quail's Farm - Vernon  
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.*

## Happy Thanksgiving! Holiday Schedule Next Week!

We will be on a **holiday delivery schedule next week**, due to the Thanksgiving Day holiday. If you will be receiving an order for the week of Oct 7-13, please expect it one day later in the week than usual. Please see our Saturday Sale notes (below) for our Thanksgiving Saturday Sale update. We'll have lots of local produce available and would love to see you there! We wish you a wonderful Thanksgiving! May you enjoy the bounty of the harvest season!

## Thankful for the Gift of Good Food!

As some of you may already know, we deliver to both the Kelowna Women's Shelter and the Bridge Family Services Society's family drop-in program, providing healthy, organic produce to support their snack/meal provisions. With the generous support of many of our Urban Harvest customers, these organizations save money on their grocery bills and are able to boost the nutritional content of their offerings. In turn, we provide the produce close to cost to maximize the donations received (or cover the full amount when donations have run dry). We also provide "free shops" at our weekly Saturday Sales to top up the produce deliveries. This Thanksgiving, we would like to express our thanks to all those of you who have contributed to this program in the past! Thank you, thank you!

If you would like to contribute, there is an option to donate on our order page (you can let us know if you prefer a different amount). Have some extra star credits? You are more than welcome to ask us to transfer them over. Or maybe you have time to do a "free shop" for the Women's Shelter at our weekly Saturday sale (even once a month would be a great help!). Your generosity is appreciated!

## Saturday Sale Guest Vendors & Updates

- Oct 6<sup>th</sup> - **Thanksgiving Saturday Sale** - lots of traditional Thanksgiving favourites available! We will also be creating a giant GRATITUDE POSTER for fun and to inspire "Thanks-giving" reflection! Kids may enjoy adding a drawing or some thoughts while parents gather their food...and of course, adults are welcome to contribute too!
- Oct 13<sup>th</sup> - no guest vendor (but lots of yummy food!)
- Oct 20<sup>th</sup> - **Real Raw Foods + Swheatgrass FROZEN Wheatgrass** (more details next week!)

## Community Events/Notices

**BumberKids' Art Show!** Opening Gala at Bumbershoot Children's Theatre, Sun, Oct. 7<sup>th</sup> at 10am. Art, crafts, games, milk & cookies! Kids of all ages are invited to submit art to the BumberKids' Art Show. All submissions will be displayed at the theatre. Art can be any size, in any medium, in any style. Please attach the artist's name + contact details to each art work, and submit by Sept. 30<sup>th</sup> to Bumbershoot Children's Theatre, 125-1295 Cannery Lane, Kelowna. Info: Zena Ryder (250) 868-1473.

**Okanagan Walk to Remember** The 1<sup>st</sup> Annual Okanagan Walk to Remember will take place on Sat, Oct 13 at the Kelowna City Park (in the big open field just west of the main parking lot/south of the water & skate parks). Registration begins @ noon; Program/Walk start at 1pm; Closing Ceremony & Balloon Release to follow walk. The Okanagan Walk to Remember takes place in October, which is Pregnancy & Infant Loss Awareness month in BC. It is an event for parents, families, and friends to honor and remember their gone-too-soon babies, to connect with other families with similar experiences, and to access helpful resources.

**Kokanee Run...for Fun!** Sat, Oct 13<sup>th</sup>. Run or walk 3 or 6km. Run 12 or 16km. Race starts at 7:30am for 12, 16km, and at 9am for 3 or 6km. Yes, there are prizes! Register online at [www.runningroom.com](http://www.runningroom.com). All proceeds support the Friends of Mission Creek.

## Cinnamon Parsnip Cookies with Coconut Butter Drizzle

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

- 3 Parsnips
- 1 tsp Cinnamon
- 1 Tbs Vanilla
- 2 Eggs
- 1/2 C Coconut oil, melted
- 2 C Almond meal
- 1/2 tsp Baking soda
- 1/2 tsp Salt
- 1 Tbs Pumpkin pie spice
- 3 Tbs Coconut butter

Preheat oven to 350°F. Peel and dice your parsnips. Steam them for about 10 minutes or until soft. In a food processor combine parsnips with cinnamon and blend until smooth. Add vanilla, eggs, and oil to parsnip puree and mix well with beaters. In a larger bowl combine all dry ingredients — almond meal, baking soda, salt, and spice. Stir wet ingredients into dry. Using a tablespoon as measure spoon dough onto a parchment lined baking sheet. Bake cookies for 20-25 minutes then allow to cool. Once cookies are cool — melt your coconut butter and drizzle it on top!!

## Single-Crust Plum and Apple Pie

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

### Lid

- 7 Tbs unsalted Butter, at room temperature
- 1/2 C Sugar (or equivalent of sugar substitute)
- 1/2 tsp finely grated Orange zest
- 1 large Egg, lightly beaten
- 1 C plus 6 1/2 Tbs Flour
- 1/2 tsp Baking powder
- 1/4 tsp Salt
- Milk or Cream, for brushing crust
- coarse or fine sugar, for sprinkling crust
- Softly whipped, lightly sweetened cream, for serving

### Filling

- 1 lb ripe prune Plums, halved, pitted, and halved again (i.e. quartered)
- 1 lb Apples, peeled, cored and cut into smaller chunks (than you see in my photos)
- 2 Tbs Sugar
- 1/8 tsp ground Cinnamon
- Squeeze or two of Orange or Lemon juice

**Make the lid:** In a stand mixer, cream the butter, sugar and orange zest until light and fluffy. Mix in the lightly beaten egg and scrape down sides. Slowly add the flour, baking powder and salt and beat until combined. Scrape dough into a piece of waxed paper or plastic wrap, and stick in the freezer for 10 to 20 minutes, or until firmed up.

**Assemble the pie:** Preheat oven to 350°F. Butter a pie or baking dish. Add the fruit and sprinkle it with the sugar, cinnamon and orange or lemon juice. Gently toss the ingredients together once or twice. Roll out the firmed-up lid dough on a very well-floured counter and gently lift it onto the pie and trim the overhang. It will tear, which will allow the juices to erupt through. Brush the crust with milk or cream, sprinkle with sugar and bake for 40 minutes, until lightly golden on top. Scoop onto dishes and serve with whipped cream.

## Thanksgiving Preparations – Part 2

The temperature has dropped, the leaves are changing and Thanksgiving is coming up this weekend. Here are some comforting and delicious meals that can be served for part of a Thanksgiving meal or anytime.

### Thanksgiving Spinach Salad with Dried Cranberries, Almonds, and Goat Cheese

(Recipe adapted from "Kaly's Kitchen" at <http://kalynsprinablerecipes.blogspot.ca>)

- 5-6 oz Spinach leaves
- 1/4 C sliced Almonds
- 1 Tbs white Balsamic vinegar (or regular balsamic)
- 2 Tbs Olive oil
- 1/4 C dried Cranberries
- 2-3 oz Goat cheese
- 1/2 tsp Agave nectar
- pinch of Salt

Wash spinach if needed and spin dry, then place in large bowl. Whisk together balsamic vinegar, agave nectar and salt, then whisk in olive oil. Toss spinach leaves with dressing. Arrange spinach on individual serving plates and sprinkle each salad with dried cranberries, sliced almonds, and goat cheese. Serve immediately. Serves 4.

### Oven Roasted Vegetables

(Recipe adapted from "Spark Recipe" at <http://recipes.sparkpeople.com>)

- 1 medium Carrot, raw, cut in strips
- 1 big Leek, sliced
- 1 medium Parsnip, cut in chunks
- 1/2 C Green Peppers, cut in strips
- 1 Garlic clove, minced
- Rosemary
- 1 medium Onion, raw, cut in wedges
- 2 stalks of Broccoli, cut in chunks
- 1 C Brussels sprouts, fresh, cut in half
- 1 1/2 Tbs Olive Oil
- 1 spoon of Sesame (optional)
- Sea Salt and freshly ground pepper to taste

Preheat oven at 450°F. Toss all vegetables in oil, garlic and rosemary. Arrange the vegetables in a baking tray and bake for 20 minutes. Turn the vegetables with a wooden spoon and bake for another 15 minutes or until the edges of the vegetables become crispy. Top with sesame seeds. Serves 4.

### Braised Kale with Caramelized Onions, Walnuts, and Blue Cheese

(Recipe adapted from "Serious Eats" at [www.serious-eats.com](http://www.serious-eats.com))

- 2 bunches Kale (1 1/2 to 2 pounds total)
- 6 Garlic cloves, finely minced or grated
- 2 medium yellow Onions, thinly sliced (about 3 cups)
- 3/4 C Walnut halves, chopped
- Salt and freshly ground Black pepper.
- 1/2 C Olive oil, divided
- 1 C low-sodium Stock or Water
- 2 Tbs Apple cider vinegar
- 1/2 C crumbled Blue cheese

Wash kale and shake to remove excess water, leaving some water clinging to leaves. Strip leaves from stems and discard stems. Cut leaves crosswise into bite-sized pieces. In large Dutch oven, heat 1/4 cup olive oil over medium-high heat until shimmering. Add garlic and cook, stirring frequently, until fragrant, about 1 minute. Add stock and vinegar and raise heat to high. Begin adding kale by the handful, pausing to let it wilt as necessary, until all the kale is in the pot. Cover and reduce heat to medium-low. Cook, stirring occasionally, until kale is very tender, about 25 minutes. Meanwhile, in medium skillet, heat remaining 1/4 cup olive oil over medium heat until shimmering. Add onions along with pinch salt and cook, stirring occasionally, until lightly browned and reduced to half their original volume, about 20 minutes. Add chopped walnuts and cook 5 minutes more. Stir onions, walnuts and blue cheese into kale. Season to taste with salt and pepper. Serve hot. Serves 8-10.

### Best Garlic Mashed Potatoes

(Recipe adapted from "Enjoy How to Cook" at [www.enjoy-how-to-cook.com](http://www.enjoy-how-to-cook.com))

- 6 medium Potatoes, peeled and cut into 2" chunks
- 4 Tbs Butter
- 6 cloves Garlic, whole
- Salt and Pepper, to taste

Place the potatoes and garlic in a medium pot, and fill it with enough water to just cover the potatoes. Cover, and bring the water to a boil. Reduce the heat, and keep boiling for 10 to 20 minutes, until a knife stuck in the potatoes slides in and out easily. The potatoes should be soft, but not mushy. Drain the potatoes and garlic, saving the cooking water. With a potato masher, mash the garlic and potatoes with about a 1/4 to 1/2 C of the cooking water. Be sure to mash the garlic well so that it blends in nicely. Season the potatoes with the salt and pepper, and stir in the butter 1 Tbs at a time, until the taste is right for you. You can start with less butter, then add more until the taste is just right. You can also add more cooking water to get the consistency the way you like it. Serves 6.

~ Article & Recipes Contributed by Angela Cleveland ~