



The Harvest Herald

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

Oct 22-24, 2013

Issue #687

OKG Bread Special Oct 29-31

Buckwheat & Cranberry Loaf! This flavourful loaf - made with the buckwheat grain - features sweet cranberries and a touch of local honey. Excellent buttered or paired with soft cheeses.

Regular Harvest Box

LOCAL! Green (or Ripe) Pepper - Roots & Greens
LOCAL! Gold Nugget Squash - Schneider-Brown
LOCAL! Red Onion - Pilgrim's Produce
LOCAL! Green Curly Kale - Wild Flight Farm
LOCAL! Tatsoi - Wild Flight Farm
LOCAL! Yellow Sieglinde Potatoes - Wild Flight
LOCAL! Carrots - West Enderby Farm
LOCAL! Radishes - Wild Flight Farm
LOCAL! Nicola Apples - Wilkinson Farm
LOCAL! Bronze Bosc Pears - Schneider (mini order)
LOCAL! Ambrosia Apples - Vialo Orchard

Family Harvest Box Extras

LOCAL! Bartlett Pears - Claremont (mini order)
LOCAL! Rutabaga - Wild Flight Farm
LOCAL! Leeks - Wild Flight Farm
LOCAL! Asian Shinseiki Pears - Nelson Fruitworks
LOCAL! Green Cabbage - Suncatcher Farm



This Week's HomeGrown Heroes

Claremont Ranch Organics - Lake Country
Green City Acres - Kelowna (NON-ORGANIC)
Green Croft Gardens - Grindrod
Kettle River Farm - Grand Forks
Old Meadows Organic Farm - Kelowna
Pilgrim's Produce - Armstrong
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Schneider-Brown Farm - Cawston
Suncatcher Farm - Kelowna
Vialo Orchard - Cawston
West Enderby Farm - Enderby
Wild Flight Farm - Mara
Wilkinson Farm - Naramata

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.

Fall Harvest Celebration - THIS SUNDAY!

Please join us **THIS SUNDAY** to celebrate another bountiful harvest season! Wander the gorgeous mature orchard, listen to live accordion and guitar music by Dale Ziech (Little Creek), warm up with MOTEAS tea, Backyard Beans coffee, or hot apple cider from the Central Okanagan Fruit Tree Project, taste delicious organic munchies from a variety of our suppliers, take in an orchard tour, taste unique heirloom apple varieties, enjoy children's crafts and activities (including the annual favourite - leaf jumping!), and more! This is always a popular event - we sure hope you can join in the fun and community spirit!

When: Sunday, October 27th from 2-4pm

Where: Claremont Ranch Organics, 8090 Hwy 97, just south of Winfield. Turn at the Certified Organic checkmark sign (which still says McCoubrey Farm) on your left as you're heading into Winfield from Kelowna - just after the giant sale boat on the right side!

Please RSVP to Lisa or Christine by Fri, Oct 25th, with the # of adults + children coming.

Saturday Sale Guest Vendors

- **Oct 26 - Dolan's Specialty Meats** - Variety of natural, medication-free, pastured, and some organic, meat options - www.dolanhomedelivery.com. (Pre-orders also available: email tim@dolanhomedelivery.com for a price list.)
- **Nov 2 - Energy Bombs**
- **Nov 2 - The Italian Olive Oil Merchant** - Italian new-crop olive oil releases, Balsamic vinegars, sundried tomatoes, olives, farro, and more, all purchased direct from small farms in Italy.
- **Nov 2 - Honest Goodness** provides natural laundry soap, body soaps, and woolen dryer balls, handcrafted from pure, simple, biodegradable ingredients. See www.honestgoodness.ca for info.
- **Nov 9 - Café Feminina** coffee and super-sweet, cuddly felted animals, both sold by the Canadian Federation of University Women to raise funds for their scholarship fund (coffee is purchased at above fair-trade prices from women's producer cooperatives).
- **Nov 9 - Raw Delights** - Dehydrated and gluten-free, dairy-free and sugar-free; kale chips, crackers, energy bars; low glycemic desserts and hummus.

We are open every Saturday, year-round, from 9am - 1pm at 806 Crowley Ave (north end of downtown Kelowna). Please see www.urbanharvest.ca/sale for a map to our location and our updated produce list.

Community Events/Updates

Kelowna Friends of the Library 25th GREAT OKANAGAN BOOK SALE

Thurs/Fri, Oct 24/25 from 9:30am - 9pm and Sat, Oct 26th from 9am to 3pm, at the Immaculate Conception Parish Hall (839 Sutherland Ave).

Fabulous Finds Artisans & Collectors Show Fri, Nov 1 from 4-9pm and Sat, Nov 2 from 10am to 4pm at Summerhill Pyramid Winery. Shop handmade and shop vintage! Free admission!

Reel Change Film Festival Fresh Outlook is proud to host its 5th annual REEL CHANGE SustainAbility Film Fest in Kelowna Nov 1st to 16th! Take in a wide range of acclaimed films pertaining to social and environmental issues, and then participate in a panel discussion after the film! For details, visit <http://freshoutlookfoundation.org/events/reel-change-sustainability-film-festival/>.

6th Annual Building Sustainable Communities Conference Nov 25-28 in

Kelowna - themes include community climate action, food systems, transportation, and green economic development. More info at: <http://freshoutlookfoundation.org/events/2013bsc/>.

Because of its shape and colour, Gold nugget squash is also known as Oriental pumpkin. The squash itself is mild but slightly sweet. It can be baked whole (without removing the seeds) or used in most squash recipes.

Gold Nugget Squash Gratin

(Adapted from www.essortment.com)

- 1 lb Golden nugget squash, peeled, deseeded and diced
- 1 lb Yams or Potato, peeled and cubed
- 1 Tbs Sunflower oil
- 1 Onion, chopped
- 1 tsp Chives
- 1 tsp Salt
- 1 tsp Black pepper
- 1/3 C Half and half cream
- 1 Tbs Butter
- 2 Tbs Flour, sifted
- 1 tsp Salt
- 1 tsp Black pepper
- 1 C Milk
- 1 1/2 C Emmental cheese, grated

Preheat oven to 375°F. Boil golden nugget squash and yams together until tender, about 15 minutes. Meanwhile, heat oil in a pan. Add onion. Fry for 3 minutes until soft. Set aside. Melt butter in another pan. Add flour until a thick paste is formed. Slowly add the milk until a smooth runny sauce is formed. Add salt and pepper. Set aside. Drain squash and yams. Add onion, oil, chives, salt, black pepper and cream. Mash well until smooth. Set aside. Heat sauce on medium heat, stirring constantly until thickened. Remove from heat and add Emmental cheese. Stir until melted. Put squash and yam mixture in a greased ovenproof dish. Pour over cheese sauce and bake for 20 minutes until golden. Serve hot.

Gold Nugget Squash Pasta

(Adapted from www.melissas.com)

- 1 whole Gold Nugget Squash
- 1 3/4 C Flour
- 1 tsp Hazelnut Butter
- 1 pinch Black Pepper
- 1 pinch Ground Nutmeg
- 1 pinch Garlic Powder

Preheat oven to 350°F. Cut squash into quarters, remove seeds and place in a baking dish with 1/2 cup of water. Cover and bake until tender (50 to 60 minutes). Let cool and mash flesh. Set aside. In a large bowl, combine 3/4 cup of squash with remaining ingredients to form a soft dough. Turn out onto a floured board and knead until smooth and pliable like a firm bread dough. Place in a bowl, cover with plastic wrap and let rest for at least 30 minutes. Roll out and cut into desired shape. Add pasta pieces to boiling water for up to 12 minutes or until pasta is cooked. Serve with your favourite sauce

Kale On-Line

Cooking with kale is easy, but coming up with new recipes for kale may not be as easy. If you are in need of some new kale ideas, check out the website "Discover Kale" at www.discoverkale.co.uk. This site offers a clear description of kale, its health benefits, some great recipes, and, for those true kale fans, regular kale tweets!

Here are some additional kale recipes to help you enjoy this week's curly kale:

Creamy Curly Kale and Potato Leek Soup

(Recipe adapted from "CC Recipes" at www.ccrecipe.com)

- 2 Tbs Olive oil
- 1 small Carrot, sliced
- 1 clove Garlic, minced
- 1 Tbs Flour
- 4 C curly Kale, chopped
- 1/8 tsp Nutmeg
- 1 bunch Leeks, sliced
- 2 large Potatoes, quartered and sliced
- 1 tsp Turmeric
- 4 C Vegetable broth
- 1 C whole Milk
- Salt and Pepper to taste

Heat the olive oil in a big soup pan over medium heat. Add the leeks, carrot, potatoes, garlic and turmeric. Stir-fry for 5 minutes over medium heat. Sprinkle the flour into the pan and stir until the vegetables are coated in flour. Continue to stir while you add the vegetable broth and bring to a boil. Simmer for 10 minutes. Add the curly kale and simmer, covered for 20 minutes. Add milk, nutmeg, salt and pepper and simmer, covered, 5 more minutes.

Colcannon

(Recipe adapted from "About.com: Herbs and Spices" at <http://herbsspices.about.com>)

- 2 large Potatoes (about 1 1/2 lbs), peeled and cut into 1-inch pieces
- 1 large head Kale, rinsed, tough center stems removed, leaves cut into thin ribbons, about 4 C
- 1 Tbs, plus 1 tsp unsalted Butter
- 1/2 C Milk or Soy milk
- 1/4 to 1/2 tsp Nutmeg, to taste
- Sea Salt to taste (optional)

Place the potatoes in a large saucepan, and add enough cold water to cover by 1 inch. Bring to a boil over high heat, then reduce the heat and simmer until the potatoes are tender, about 15 to 20 minutes. While the potatoes are simmering, melt 1 tsp of butter in a large, deep skillet over medium-high heat. Add the kale, and saute until wilted and bright green, about 3 to 5 minutes. Remove from the heat and set aside.

When the potatoes are tender and easily pierced with a fork, remove from the heat and drain. Return the potatoes to the saucepan, and mash with a fork or wire whisk. Add the tablespoon of butter, milk, and 1/4 tsp of nutmeg, and continue to mash until the ingredients are well incorporated and the potatoes reach your preferred consistency. Mix in the kale, and taste for seasoning, adding additional nutmeg and/or sea salt to taste. Serves 4.

Kale and Carrot Soup

(Recipe adapted from "365 Days of Kale" at www.365daysofkale.com)

- 2 - 3 cloves of fresh Garlic
- 1 in of peeled fresh Ginger, chopped or grated
- 2 - 1 in Cinnamon sticks - leave whole
- 1/2 lbs Carrots chopped
- 4 C cleaned (washed) or torn Kale
- 1 large partially cooked Sweet potato or Potato peeled and cubed
- 1 small Onion peeled and chopped
- 1 - 2 Tbs Olive oil
- 2 Bay leaves - leave whole
- 4 C Water or Vegetable broth (divided)

Sauté first six ingredients until tender but not brown - approximately 5 minutes. Add carrots and 2 cups water. Cook over medium heat until carrots are tender, approximately 20 minutes. Season with salt and pepper. Add kale, sweet potato (or potato) and 2 cups water. Cook until kale is wilted but still bright in color. Sweet potatoes will break up slightly (or you can smash about half the sweet potato) and thicken the broth. Remove the whole cinnamon sticks and bay leaves before eating. Re-season with salt and pepper to your liking.