



# The Harvest Herald

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

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## OKG Bread Special Oct 30-Nov1

Cellar Loaf! A medley of shredded "root cellar" veggies (carrots, beets, parsnips, and celery root) on a whole wheat sourdough base, spiced with a hint of toasted coriander. Great for sandwiches/table bread!

## Regular Harvest Box

LOCAL! Tatsoi - Wild Flight Farm  
LOCAL! Salad Turnips - Notch Hills  
LOCAL! Cipollini Onions - Notch Hills  
LOCAL! Sieglinde Yellow Potatoes - Roots & Greens  
LOCAL! Orange Carrots - Notch Hill  
LOCAL! Spinach - Wild Flight/Roots  
LOCAL! Salad Mix - Notch Hill Organics  
LOCAL! Red Russian Kale - Wild Flight Farm  
LOCAL! Asian Hosui Pears - Harker's  
LOCAL! Jonagold Apples - Bite Me  
LOCAL! D'Anjou Pears - Claremont Ranch

## Family Harvest Box Extras

LOCAL! Leeks - Wild Flight Farm  
LOCAL! Chives - Wild Flight Farm  
LOCAL! Sweet Corn (3 only) - Wild Flight  
LOCAL! Celery - Wild Flight Farm  
LOCAL! Honeycrisp Apples - Bite Me  
LOCAL! Bronze Beauty Bosc Pears - Shirlee Mae



## This Week's HomeGrown Heroes

Bite Me Organics - Kelowna  
Blackbird Organics - Cawston  
Claremont Ranch Organics - Lake Country  
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  
Suncatcher Farm - 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.*

## It's Carpool Week!

October 22 to 26 is Carpool Week! If you have been thinking about carpooling to work, school, sports, or even to visit our Saturday Sale (see below)...now is the time to try it!

\*\*In honour of Carpool Week, all customers who arrive to our October 27th Saturday Sale by carpool will be rewarded with a \$5 credit toward their purchase! Please let our staff know!

\*\*Home Delivery customers - whether or not you have been carpooling yourself, you can give yourself a pat on the back, because your veggies (and fruit!) have been! There is a built-in eco-efficiency to our service when you consider that our delivery van typically delivers to 15-20+ households per hour, as compared to the driving time involved if these same 20 households headed out on individual shopping trips...particularly if they were trying to access the same variety of local content.

## Sin Grano Gluten-Free Bakery Changing Form!

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](http://www.singrano.com).

## Saturday Sale Guest Vendors & Updates

- **Oct 27<sup>th</sup> - Wolfgang's Grain & Flour Mill** - organic, local when possible, whole grains and freshly milled flours.
- **ALSO Oct 27<sup>th</sup> -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 26<sup>th</sup>, 7:30pm. Room H-115, Okanagan College, 1000 KLO Road, Admission by donation. For more info: 250-769-4740.

**Dharma Kids!** Ages 6-16 welcome. Games, songs, and a little Dharma. 10-11am, Oct 28<sup>th</sup>, 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](mailto:melissahart@shaw.ca).

## SustainAbility Film Fest

The Fresh Outlook Foundation Reel Change SustainAbility Film Festival is coming soon! 4<sup>th</sup> Annual REEL CHANGE SustainAbility Film Fest: 19 films, 18 days, 16 locations! Each film will be followed by a panel discussion featuring local experts in that topic. Come armed with your questions and comments! Free or by donation. Various venues around town throughout the month of November! For dates, times, and locations, visit [www.freshoutlookfoundation.org](http://www.freshoutlookfoundation.org) or visit Facebook: ReelChangeSustainabilityFilmFestivals or tweet Haley at twitter@FreshOutlook.

## Bulgur, Spinach, and Toasted Walnut Pancakes

(Adapted from [www.myrecipes.com](http://www.myrecipes.com))

2 C boiling Water  
1 C uncooked Bulgur  
1/3 C finely chopped Walnuts  
2 Tbs low-sodium Soy sauce  
Cooking spray  
3/4 C finely chopped Onion  
1 Garlic clove, minced  
2 C chopped fresh, tightly packed Spinach  
1/4 tsp Salt  
1/2 C Orange juice  
2 large Egg yolks  
1/4 C whole wheat Flour (about 1 1/5 ounces)  
2 large Egg whites  
1 Tbs Canola oil  
2 C loosely packed Spinach leaves  
Orange rind strips (optional)

Combine water and bulgur in a bowl; cover and let stand 20 minutes. Drain well, and press excess liquid out of bulgur.

Heat walnuts in a large skillet over medium heat until walnuts are hot. Add soy sauce; cook 20 seconds or until liquid evaporates, stirring constantly. Remove from pan. Wipe pan with a paper towel or cloth.

Heat pan over medium-high heat. Add onion; sauté 5 minutes or until golden. Add garlic; sauté 30 seconds. Add 2 cups chopped spinach; cook 30 seconds. Add bulgur, walnuts, and salt; stir well. Combine juice and egg yolks in a large bowl. Add bulgur mixture. Spoon flour into a dry measuring cup; level with a knife. Add flour to bulgur mixture; stir well. Beat egg whites with a mixer at high speed until soft peaks form. Fold whites into bulgur mixture.

Heat oil in a large skillet over medium heat. Pour 1/2 cup batter per pancake onto hot pan, spreading each to a 5-inch diameter. Cook 5 minutes or until bottoms are browned. Carefully turn pancakes over; cook for 4 minutes or until bottoms are golden. Transfer to plate; keep warm.

Heat pan over medium-high heat. Add 2 cups spinach; cook 2 minutes or until spinach wilts, stirring constantly. Serve with pancakes. Garnish with rind strips, if desired. Serves 4.

## Tatsoi in the Cold

Tatsoi loves winter. This surprisingly hardy little plant can be harvested from under the snow at -10°C. Although it has many names (spinach mustard, spoon mustard, or rosette bok choy), it is best known as tatsoi. Its leaves have a soft creamy texture and a unique, but subtle flavour. Tatsoi is often eaten raw, but can be added to soups, casseroles, and stir-fries.

### Peanut Egg Noodle Tatsoi

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

6 C Tatsoi (or Bok Choy or Spinach), chopped  
3 cloves Garlic  
1 tsp Sesame Oil  
3 1/2 C Egg Noodles, enriched  
1 1/2 C Carrots, raw, chopped  
2 Tbs Olive Oil  
1/4 C Onions, raw, chopped

Sauce:

5 Tbs natural Peanut butter  
3 Tbs Soy sauce (tamari)  
1 Tbs White wine Vinegar  
1 Tbs Olive Oil

Saute oil and garlic for 5 minutes. Add carrots and onion and sauté for 5 minutes. Add tatsoi then saute until tender. Mix together ingredients for sauce. Pour over mixture. Stir fry a few minutes. Serve over egg noodles. Serves 4.

### Gingery Sautéed Tat-Soi with Tofu Steaks

(Recipe adapted from "Food Blogga" at <http://foodblogga.blogspot.ca>)

2 Tbs Soy sauce  
2 tsp Brown sugar  
2 tsp minced fresh Ginger  
6 oz extra firm Tofu, cut into "steaks"  
2 small bunches of Tatsoi  
1/4 tsp Rice vinegar  
2 tsp Lime juice  
1/4 tsp Cayenne pepper  
1 Tbs Sesame oil, divided  
1-2 tsp toasted Sesame seeds

In a small bowl whisk all ingredients from soy sauce through cayenne pepper. In a large skillet over medium high heat, add 2 teaspoons sesame oil. Add tofu steaks; cook for 5-7 minutes per side, or until golden brown. Remove from skillet. Add remaining 1 teaspoon sesame oil to skillet; add tatsoi. Once wilted, add sauce. Reduce heat to medium-low, and cook just until sauce slightly thickens. Divide greens on plates. Top with half of the tofu. Drizzle with remaining sauce, and sprinkle with sesame seeds. Serve immediately. Serves 2.

### Tatsoi Salad with Sesame Dressing

(Recipe adapted from "Taste.com.au" at <http://www.taste.com.au>)

2 Tbs Tahini  
1 Garlic clove, finely chopped  
1/4 C Peanut oil  
1/3 Cucumber, peeled, cut in half, seeded  
200g frozen Edamame, thawed, shelled  
3 tsp light Soy sauce  
1 Tbs Lemon juice  
2 Spring onions  
1 bunch Tatsoi, trimmed  
1 tsp white Sesame seeds

Combine the tahini, soy sauce, garlic and lemon juice in a small bowl. Add the peanut oil and mix thoroughly until emulsified. Add a small amount of water if dressing is too thick. Season to taste with salt and freshly ground white pepper. Set aside. Trim green part of spring onion and discard. Thinly slice white bulb lengthways. Thinly slice cucumber widthways. Arrange tatsoi on a platter and scatter spring onion, cucumber and edamame over, then sprinkle with sesame seeds. Serve salad with sesame dressing.

~ Article & Recipes Contributed by Angela Cleveland ~