



The Harvest Herald

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October 25-27, 2011

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OKG Bread Special Nov 1-3

Squash & Rosemary Loaf! Sweet squash and a hint of rosemary pair nicely here to create a moist, fragrant loaf. Excellent topped with Carmelis yogurt cheese.

Regular Harvest Box

LOCAL! Green Curly Kale - Wild Flight Farm
LOCAL! Spaghetti Squash - Notch Hill Organics
LOCAL! Orange Carrots - Notch Hill Organics
LOCAL! Arugula - Wild Flight Farm
LOCAL! Red Onions - Notch Hill Organics
LOCAL! Celery (dark green, leafy) - Wild Flight Farm
LOCAL! Sieglinde Yellow Potatoes - Wild Flight
LOCAL! Honeycrisp Apples - Bite Me Organics
LOCAL! Bosc Pears - Schneider-Brown (mini order)
LOCAL! Mixed Apples - Local (various)
Valencia Oranges - CA (ugly but tasty!)

Family Harvest Box Extras

LOCAL! Green Leaf Lettuce - BC
LOCAL! Radishes - Wild Flight Farm
LOCAL! Leeks - Wild Flight Farm
LOCAL! Asian Pears - Harker's
BC! Red Grape Cherry Tomatoes



This Week's HomeGrown Heroes

Bite Me Organics - Kelowna
Green City Acres - Kelowna
Harker's Organics - Cawston
Notch Hill Organics - Sorrento
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.*

Thanks to All for a Wonderful Harvest Celebration!

We'd like to thank Molly and Matt Thurston of Claremont Ranch Organics for being such wonderful hosts for our annual Fall Harvest Celebration! They even managed to summon the sunshine! David, Cheryl, Garth, Christine, Fae, Alison, Ange & Mike, Lauren, and Fernanda, and a number of the children of volunteers worked hard to make sure things flowed - from food prep to serving to parking. What a team! Dale Ziech (on guitar), Pete (aka Hoppy the Clown), Luca (on violin) and Sue (percussion) kept us all entertained, while Joanne and Christopher from the Kelowna Waldorf School had the kids making paper lanterns, and the newly fallen leaves had them delighting in good old-fashioned outdoor FUN! F And of course, we are most grateful to all those of you who were able to join us as part of your Sunday afternoon! We hope you enjoyed yourselves as much as we did!

Saturday Sale Guest Vendors

- Sat, Oct 29th - **no guest vendors** (just us!)
- Sat, Nov 5th - **Sin Grano Ancient Grains Bakery** - gluten-free breads and other treats!
- Sat, Nov 12th - **Raw Delights** - Healthylicious Raw Vegan Organic Natural Food Products - dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more...

**For more details about our Saturday Sales - location, hours, produce available, etc, please visit our Warehouse Sales page at www.urbanharvest.ca/sale.

On Her (Unscented) Soapbox!

Top 4 Reasons to Re-Think Scented Laundry Soap +Fabric Softener

1. They're making us ill. Scented products contain toxic chemicals. Laundry soap manufacturers do not have to list these chemicals in their products—the government doesn't regulate it. So that "fresh scent" we inhale and absorb through our skin has a laundry list (pardon the pun) of side effects including: rashes, asthma, allergies, headaches, tumors, organ damage and more. A wealth of information about this is available on-line. One website that lists the hidden chemicals in laundry soap is chemicallypure.com.
2. They're bad for the environment. Some of these toxic chemicals warn not to flush to sewer and are toxic to aquatic organisms. What damage are we unleashing on our environment with our laundry waste water?
3. They cause air pollution. How often does the air outside smell of laundry soap and fabric softener? That "fresh" scent is not so fresh when you get home from the grocery store and your clothes, plastic bags and tomatoes smell like Tide. Clean smells of nothing. Fresh air does not smell like Febreze. And fresh, clean air is not toxic to inhale.
4. We'll save money. We bombard ourselves with scented clothes, deodorants, soaps, lotions, hair products and colognes. Why eat organic and then smear our skin—our largest organ—with synthetic chemicals? When advertisers persuade us that our natural scent is unappealing, they want to lighten our wallets. Sexy is not found in a deodorant stick. Just as Glade air freshener is nothing like the intoxicating scent of the forest, perfume is no match for pheromones. Perhaps clean and scent-free should be the new sexy!

Quick & Easy Alternatives

Many name-brand detergents offer scent-free lines. Organic laundry detergents can be found in health food stores. To prevent static cling, dry synthetic materials separately from cottons, and remove them from the dryer while damp.

Contributed by Valerie Stetson, a Scent-sitive Urban Harvester

Arugula Pesto

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

- 2 C packed Arugula leaves, stems removed
- 1/2 C shelled Walnuts
- 1/2 C fresh Parmesan cheese
- 1/2 C extra virgin Olive oil
- 6 Garlic cloves, unpeeled
- 1/2 Garlic clove peeled and minced
- 1/2 tsp Salt

Brown 6 garlic cloves with their peels on in a skillet over medium high heat until the garlic is lightly browned in places, about 10 minutes. Remove the garlic from the pan, cool, and remove the skins. Toast the nuts in a pan over medium heat until lightly brown.

Combine the arugula, salt, walnuts, roasted and raw garlic into a food processor. Pulse while drizzling the olive oil into the processor. Remove the mixture from the processor and put it into a bowl. Stir in the Parmesan cheese.

Because the pesto is so dependent on the individual ingredients, and the strength of the ingredients depends on the season or variety, test it and add more of the ingredients to taste. Serve with pasta, over freshly roasted potatoes, or as a sauce for pizza. Makes 1 heaping cup.

Arugula, Carrot and Celery Root Salad with Almonds

(Adapted from www.finecooking.com)

- 2 Tbs Apple cider vinegar
- 2 Tbs Honey
- 1 tsp Dijon mustard
- 6 Tbs extra-virgin Olive oil
- Salt and freshly ground Black pepper
- 6 medium Carrots
- 1 medium Celery root (3/4 to 1 lb.)
- 6 lightly packed C Arugula
- 3/4 C sliced Almonds, toasted
- 1/3 C chopped fresh Cilantro

In a small bowl, whisk the vinegar, honey, and mustard. Whisk in the oil and season with 1/2 tsp. salt and a few grinds of pepper.

Peel and trim the carrots and celery root and then grate them in a food processor fitted with a medium grating disk. Transfer to a large bowl. Add the arugula, half of the almonds and half of the cilantro; toss with the vinaigrette. Season to taste with salt and pepper.

Sprinkle with the remaining almonds and cilantro and serve.

Cooking up Spaghetti Squash

Spaghetti squash is a beautiful vegetable that is not only delicious, nutritious, but fun as well! How can anyone resist running a fork along a cooked piece of spaghetti squash to see those delightful strands emerge? There are many ways to cook up spaghetti squash. Here are few to try:

Steaming: Cut the squash into half. Scoop out the seeds and fibers (you can toast the seeds as you would pumpkin seeds). Cut the squash pieces into quarters. Boil water for steaming. Place pieces face down and steam for 10-15 minutes or until tender. Cool for a few minutes and then using a fork, scoop out the flesh.

Baking: Bake whole by piercing the flesh all over with a fork. Bake for 45 minutes to 1 hour at 375°F. Once tender, cool for few minutes, chop it into half, scoop out the seeds and prepare as above.

OR

Bake pieces by cutting squash in quarters and clean out seeds and fibers. Place pieces rind side up and bake for 20-30 minutes (or until tender) in 375°F oven.

Boil: Cut the squash into smaller pieces. Bring enough water to a boil to cover the squash. Boil for 15-20 minutes or until it gets tender.

Southwestern Stuffed Spaghetti Squash

(Recipe adapted from "Bev Cooks" at <http://bevcooks.com>)

- 1 Jalapeno pepper, minced (leave seeds in for more heat)
- 1 Spaghetti squash
- 1/2 Red onion, chopped
- 1 Red bell pepper, chopped
- 1 Tbs Oregano
- 1 can Black beans (drained and rinsed)
- 1 Lime
- 1/2 C freshly torn Cilantro
- 2 Tbs extra-virgin Olive oil
- 3 Garlic cloves, minced
- 1 Tbs ground Cumin
- 1 Tbs Chili powder
- 1 C frozen Corn, thawed
- 1 C grated Cheddar cheese
- coarse Salt and freshly ground Pepper

Preheat oven to 375°F. Roast squash on a baking sheet for 50 minutes. Let cool another 30 minutes, then cut in half. Spoon out the seeds, then using a fork, scrape up the flesh, making the "spaghetti." Heat oil in a medium skillet. Add the onion, garlic, jalapeno pepper and red bell pepper. Saute for 2 minutes. Add cumin, oregano, chili powder and a good pinch of salt and pepper. Saute another minute. Add the beans, corn and cilantro. Stir to combine. Squeeze in the lime juice and give one last stir. Add in half the "spaghetti" to the bean mixture and stir to combine. Taste and season accordingly. Switch oven to broil. Stuff each squash half with the mixture and top with grated cheese. Stick it back under the broiler until the cheese melts and gets brown and bubbly. Garnish with more cilantro.

Pesto Spaghetti Squash

(Recipe adapted from "VegWeb" at <http://vegweb.com>)

- 1 medium sized Spaghetti squash
- 1 large Onion, diced
- 10-15 button Mushrooms, sliced
- 4 Tbs Pesto
- 1 Tbs Olive oil
- 1-5 cloves Garlic, minced
- 1 medium Zucchini, quartered

Preheat oven to 375°F. Oil a baking sheet. Slice squash in half lengthwise and remove the seeds and fibers with a spoon. Place flat side down on prepared baking tray. Cook in oven for 30-45 minutes, check every 10 minutes or so for perfect softness. The squash should easily scoop out with a spoon when cooked. Heat oil in frying pan over medium heat and add onions and garlic. Saute until soft and then add the mushrooms. Continue cooking over medium heat until mushrooms have shrunk. Add the zucchini and cook until preferred softness. Mix the squash with the cooked veggies and pesto and serve.