



The Harvest Herald

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

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

October 26-28, 2010

Issue #539

OKG Bread Special Nov 2-4

Cheese & Chive Focaccia! A light, fluffy focaccia, specked with chunks of rich, local cheddar cheese and an ample amount of chives. A great side to savoury soups and stews.

Regular Harvest Box

Local! Ball Carrots (!) - Notch Hill Organics
Local! Green Curly Kale - Wild Flight Farm
Local! Salad Turnips - Wild Flight Farm
Local! Mixed Potatoes - Notch Hill Organics
Local! Cylindrical (long) Beets - Roots & Greens
Local! Watermelon Radish - Wild Flight Farm
Local! Arugula - Wild Flight Farm
Local! Field Tomatoes - Harker's
Local! Spartan Apples - Vialo Orchard
Local! Mixed Apples - Various/Local
Local! Bosc Pears - Schneider-Brown

Family Harvest Box Extras

Local! Cipollini Onions - Notch Hill Organics
Local! Celery (dark green, leafy) - Green Croft
Local! Carnival Squash - Notch Hill Organics
Local! Spinach - Little Creek Gardens
Local! Salad Mix - Little Creek Gardens



This Week's HomeGrown Heroes

Green Croft Gardens - Grindrod
Harker's Fruit Ranch - Cawston
Little Creek Gardens - West Kelowna
Notch Hill Organics - Sorrento
Pilgrim's Produce - Armstrong
Quail's Farm - Vernon
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 items of poor quality, please inform us **within 48 hours**, and we'll provide a credit toward your next order.*

Help Stop the Cell Tower at Little Creek Gardens!

Little Creek Gardens needs our support once again! Despite a wonderful community effort of letter-writing and petition-signing over the summer months showing strong support for Little Creek Gardens, Telus is STILL planning to erect a 48 metre tall cell tower on land directly adjacent to Dale's organic farm and Donna's studio where the highly popular Little Creek dressings are made. Though Telus did review letters of support as well as a petition signed by over 700 people in favour of moving the project site elsewhere, they have simply responded to the letters by negating each of the concerns expressed, seemingly without responding to the core of the concerns. While Health Canada info may not support popular beliefs about the potential health impacts of the cell tower, we believe it's too early in the life of this technology to know for sure. While Telus' market surveys may suggest that it won't affect the market value of their property, it's hard to imagine property values NOT being impacted...if it's distressing to Donna and Dale, certainly it would have an impact on a future buyer's decision to buy or not to buy, and at what price. While it may not affect their ability to produce organic salad greens or salad dressing, it very likely WILL have an impact on their expansion into agri-tourism, as the beauty and privacy of the site will indeed be impacted by the dominating view of a massive cell tower! Donna and Dale would deeply appreciate any and all further letters of support for their efforts to stop the Telus cell tower from becoming their nearest neighbor. I have sent a letter requesting a public meeting so that all concerns can be voiced, and so that Telus can have the opportunity to respond and present their own perspective in a public way as well. Please email any thoughts to Darren.Hird@telus.com, and cc your letters to Donna Denison at lcgarden@cnx.net.

Saturday Sale Updates/Guest Vendors

- **Sat, Oct 30th** - Michale Hartte, local nutritionist (and long-time Urban Harvest customer!) will be on-site with copies of her new book "The Fit n Healthy Plan". Stop by to learn about simple and easy ways to incorporate a healthier diet and lifestyle plan into your life, and pick up a copy of her book too if you like! For a sneak peak, please visit www.fitnhealthynutrition.com.
- **Sat, Nov 6th** - Dawn's Agape Treats...from healthy chocolate to yummy granola, all made with whole foods, and without refined sugar

Community Events/Notices

Critical Mass Bike Ride...in Costume! The Kelowna Cycling group is holding a Critical Mass ride every last Friday of the month with the following purposes: 1) celebrate cycling, 2) make cars and trucks aware we are here to stay, 3) promote cycling/walking as viable substitutes for the fossil fuel guzzlers, 4) create unity amongst environmentally conscious people

Everybody is invited to join in the monthly critical mass bike rides. Meet at 4:45pm at the Rotary Centre of the Arts rain or shine...wearing a flashy, visible costume (Sunday is Hallowe'en) if you can! Also remember your helmets and a front white light. If you're on Facebook please visit, <http://www.facebook.com/event.php?eid=117135061679803>

Amnesty International Kelowna Presents "Aristide and the Endless Revolution", a documentary on the 2004 U.S.-engineered overthrow of the elected of Haiti. Fri, Oct 29th, 7:30pm, at the Okanagan College Theatre @ 1000 K.L.O. Rd. Admission by donation. More info: 250-769-4740.

If These Walls Could Talk Grand Re-Opening of the Laurel Packinghouse. Community celebration Sat, Nov 6th from 10am to 2pm, admission by donation.

Fly, Thai, and Tea, 2-5pm, Nov 7th @ Trinity Yoga Centre (Gordon & Cook). Dive in to Flying Partner Yoga, nurture and be nurtured with therapeutic Thai massage flow, and then savour communiTEA! No previous yoga/massage experience required. Come on your own or with a friend. \$50 pp or \$75 for 2. www.trinityyogacenter.com.

"Cheesy" Kale Chips

(Adapted from www.thatsfit.ca)

- 1 bunch Kale, washed and torn into bite-sized pieces
- 1/2 tsp Garlic sea salt
- 2-3 Tbs extra virgin Olive oil
- 1-2 Tbs Nutritional yeast

Place the kale leaves into a large mixing bowl, pour olive oil over the leaves. Mix together so most of the leaves are coated with the oil. Sprinkle with garlic sea salt and nutritional yeast. Preheat your oven to 200°F and spread the leaves out on a cookie sheet. Bake for two hours until the leaves are slightly crispy. Or, alternatively, use a food dehydrator and refer to your manual for instructions. Do not cook at a higher temperature because you will destroy the enzymes that are present in the kale.

Young Turnip and Apple Salad

(Adapted from www.care2.com)

- 1 C peeled and grated young Turnips
- 1 C peeled and grated Apple (about 1 large)
- 1/2 C finely chopped fresh Parsley
- 3 Tbs fresh Lemon juice
- 1 Tbs Vegetable oil
- Salt and freshly ground Pepper
- Raisins and toasted Pecans or Hazelnuts, optional

Toss the turnips, apples, parsley, lemon juice, and vegetable oil in a large bowl. Season with salt and pepper. Cover and refrigerate for one hour. If using raisins and nuts, toss them in and on top of the salad. Makes about two cups.

Roasted Pumpkin or Squash Seeds

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

- raw Pumpkin or squash seeds
- extra virgin Olive oil
- Sea salt
- Cumin or Chili powder or Garam marsala, optional

Preheat oven to 325°F. Scoop out all the seeds and "guts" from your squash or pumpkin into a large bowl. Run some water into the bowl and start squeezing and massaging the pulp to separate the seeds from the rest. Scoop the seeds out and drain for a few minutes. Pour a swirl of oil into a large cake pan or cookie sheet. Pour the seeds in, sprinkle with sea salt and, if using, optional seasonings, and stir well. Shake so that the seeds are even across the pan. Bake for 30 to 40 minutes, stirring every 10 to 15 minutes, until the seeds are golden brown and crunchy.

Helpful Halloween Tips

Here come the goblins, ghouls, and ghosts! Halloween is upon us and along with this spooky celebration comes treats, treats, and more treats. While many children are excited about collecting candy, they may find themselves overwhelmed with the amount or types of candy that they get. There are ways that you can help your little ones manage their bounty, enjoy the celebration and make healthy choices.

Tips for a healthy Halloween

1. Send them out on a full stomach. Serve your children their favourite healthy meal before they go out trick-or-treating. If they are feeling full, they will be less likely to fill up on candy.
2. Give out non-candy treats such as stickers, balloons, all-fruit snacks, applesauce cups, erasers, tattoos, etc...
3. Use a special designated container to cap the amount of candy that your children are allowed to keep. They can fill it up and anything beyond that can be donated or thrown out.
4. Pre-determine the time and quantity of candy that your children can consume such as one piece after dinner.
5. Stick to your guns. If there are treats that you feel are not appropriate for your children, talk to them about why and offer alternatives (see cookie recipe below).

Aside from the trick-or-treating, Halloween is a celebration that is meant to be fun and exciting. Here are some jokes that you can share with your little ones (or big ones too):

Why do mummies have trouble keeping friends?

They're so wrapped up in themselves...

What kind of streets do zombies like the best?

Dead ends...

What is a vampire's favorite mode of transportation?

A blood vessel...

What is a ghost's favorite mode of transportation?

A scareplane...

What type of dog do vampire's like the best?

Bloodhounds...

What is a vampire's favorite holiday?

Fangsgiving...

What would a monster's psychiatrist be called?

Shrinkenstein...

What did one ghost say to the other ghost?

"Do you believe in people?"

Gerald's Carrot Raisin Oatmeal Cookies

(Recipe adapted from <http://naturalhealthcircus.blogspot.com>)

- | | |
|----------------|---------------------------|
| 4 oz Prunes | 3 Tbs Water |
| 3/4 C Honey | 1 1/2 C shredded Carrots |
| 2/3 C Raisins | 2 1/2 C Whole Wheat flour |
| 2 C Oats | 2 tsp Baking soda |
| 1 tsp Cinnamon | Pecan halves |

Puree prunes with the water in a food processor until smooth. Place in a mixing bowl. Stir in honey, carrots, and raisins. Add remaining ingredients except pecan halves. Mix well.

Drop spoonfuls of dough on a greased cookie sheet. Flatten slightly. Press a pecan half in the center of each cookie. Bake at 275°F degrees for 15 minutes or until set and just starting to brown. Remove to cooling racks. Makes three dozen.

~ Article & Recipes Contributed by Angela Cleveland ~