



The Harvest Herald

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

October 30 – November 1, 2012

Issue #639

OKG Bread Special Nov 6-8

Cinnamon & Raisin Loaf – the definition of a "warm and cozy" loaf! Lightly textured milk dough dotted with loads of raisins and spiced with fragrant cinnamon.

Regular Harvest Box

LOCAL! Arugula – Wild Flight Farm
LOCAL! Delicata Squash – Kettle River Farm
LOCAL! Yellow Onions – Kettle River Farm
LOCAL! Red Potatoes – Green Croft Gardens
LOCAL! Orange Carrots – Notch Hill
LOCAL! Watermelon Radish – Wild Flight Farm
LOCAL! Kale (green or red) – Wild Fl/Gr Croft
LOCAL! Red Beets – Notch Hill/Wild Flight
LOCAL! Asian Pears (20th Century) – Harker's
LOCAL! Spartan Apples – Vialo/Thunder Hills
LOCAL! D'Anjou Pears – Claremont Ranch

Family Harvest Box Extras

LOCAL! Spinach – Wild Flight/Roots
LOCAL! Rutabaga – Wild Flight/Kazy Farm
LOCAL! Radishes – Wild Flight Farm
Broccoli – CA
Bananas – MEX



This Week's HomeGrown Heroes

Blackbird Organics – Cawston
Claremont Ranch Organics – Lake Country
Green City Acres – Kelowna
Green Croft Gardens – Grindrod
Harker's Organics – Cawston
Kazy Farm – Sorrento
Kettle River Farm – Grand Forks
Notch Hill Organics – Sorrento
Quail's Farm – Vernon
Shirlee Mae Schneider/Moses Brown – Cawston
Thunder Hills 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.*

Upcoming Delivery Changes!!

Please note that we will be making two significant delivery changes over the next couple of weeks:

- 1) **PEACHLAND** – For a number of reasons, mainly related to route inefficiency and route capacity, deliveries to Peachland will be discontinued, with November 7th being the last date for Peachland deliveries. After more than 10 years of offering service to Peachland, we regret the inconvenience to our Peachland customers, and will do our best to find alternate delivery or pick-up options for interested Peachland customers, on a case-by-case basis. A few examples of alternative arrangements include: delivery to a workplace, the home of a friend/family member, or pick-up at our warehouse to coincide with a Kelowna errand/appt.
- 2) **BLACK MOUNTAIN** (and some parts of **GLENMORE**) – Some of our Thursday customers (particularly customers in certain parts of Glenmore and in Black Mountain) will see a change to the timing of their Thursday delivery, effective Thursday, November 8th. We will do our best to notify affected customers in advance to avoid any surprises!

Gluten-Free Breads Now Available ONLY on Saturdays

Sin Grano Ancient Grains Bakery is phasing out their fresh bakery products and moving toward sales of pre-mixes and ready-to-ship items for mail-order sales. Effective immediately, their gluten-free fresh-baked products are no longer available for home delivery. ***Dry mixes may be purchased online at www.singrano.com.

If you are interested in continuing to purchase fresh-baked gluten-free baked goods, please note that Sin Grano will continue to bake once a week for pre-order and pick-up at our Saturday warehouse sales. **Please place orders by Thursday for pick-up at our Saturday Sale.**

Saturday Sale Guest Vendors – November

- **Nov 3rd Raw Delights** – Healthylicious Raw Vegan Organic Natural Food – dehydrated bread, crackers, energy bars, sweet confections, raw chocolate treats, and more...
- **Nov 10th Café Fememina** The Canadian Federation of University Women – sales of organic coffee purchased from women producers in 9 countries. Coffee is purchased at 2 cents above fair-trade prices, supporting women's autonomy and community well-being. \$4 from each sale goes toward the CFUW scholarship/bursary fund. Also: hand-made felted critters!
- **ALSO Nov 10th SAPED Canada** – natural sugar, chocolate, dried fruit, tea blends, spices. Proceeds support community development processes in the producer regions.
- **Nov 17th Real Raw Foods** – raw, organic nuts, seeds, dried fruit, seaweed products, healthy oils, and more! See www.realrawfood.com for more info.
- **ALSO Nov 17th Swheatgrass FROZEN Organic Wheatgrass Cubes** – for sampling and for sale! Wheatgrass is full of antioxidants, stimulates metabolism, and alkalizes the body. Add a frozen cube of wheatgrass to your daily smoothie or dissolve a cube in water or juice. Locally grown, using certified organic seeds and soil, filtered water, and NO fertilizers or pesticides!
- **Nov 24th Wolfgang's Grain & Flour Mill** – organic whole grains + freshly-milled flours (local when possible)

Community Events/Notices

SustainAbility Film Fest The Fresh Outlook Foundation Reel Change SustainAbility Film Festival is coming soon! 4th 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 or visit Facebook: ReelChangeSustainabilityFilmFestivals or tweet Haley at twitter@FreshOutlook.

Green Monster Muffins

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

Dry Ingredients:

- 3/4 C Oat
- 3/4 C Whole wheat pastry flour
- 1 tsp Baking powder
- 1/2 tsp Cinnamon
- 1/4 tsp Salt
- 1/4 tsp Baking soda

Wet Ingredients:

- 1 Egg
- 3/4 C Sugar
- 1/2 C Applesauce
- 1 C packed, triple washed baby Spinach or Kale, chopped by food processor into small bits
- 3 Tbs Oil
- 1 tsp Vanilla extract
- 1/2 - 1 tsp Lemon zest (depending on how lemon-y you want it)
- Optional ingredient: 1/4 cup chopped Walnuts, plus extra for topping

Pre-heat oven to 350°F and prepare a 12 cup muffin tin. Add dry ingredients into a medium bowl and whisk together. In a separate bowl, whisk egg and sugar together. Whisk in the rest of the wet ingredients. Pour dry ingredient mixture into the wet ingredient mixture, add 1/4 cup walnuts if desired, and stir gently just to combine - do not over-mix.

Pour muffin batter into muffin tin cups - about 3/4 full each. If using walnuts, sprinkle walnuts on top of each muffin.

Bake for 14-17 minutes until centers set or a toothpick inserted in the center of a muffin comes out clean. Cool at least 10-15 minutes before serving.

Pumpkin Slime Smoothie

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

- 1/2 C mashed canned or cooked Pumpkin
- 3 C Greens
- 1 frozen Banana, cut in chunks
- 1 C frozen Peaches, stoned
- 1 C nondairy vanilla Milk
- 2 Tbs Cashew butter
- 1 tsp ground Cinnamon
- 1/8 tsp ground Nutmeg
- 1/8 tsp ground Cloves (optional)

Put all ingredients into a good blender. Whizz until smooth, adding additional non-dairy milk if too thick.

Halloween Haunts

Halloween may be here, but that doesn't mean that we must eat sugary treats to enjoy the festivities. Nutrition and fun can join this Halloween with these spooky dishes...

Ghoulish Risotto

(Recipe adapted from "Boston Mamas" at www.bostonmamas.com)

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| 3 medium Beets | 3 C Vegetable Stock |
| 3 C Water | 1 Tbs Olive oil |
| 3 Tbs Butter | 1 small white Onion, minced |
| 4 cloves Garlic, minced | 2 C Italian short grain rice (Arborio) |
| 1 1/2 C White wine | 1 tsp Salt |
| 1/4 C Parmesan cheese, plus extra for garnish | 1/4 tsp freshly ground Pepper |

Wash and peel beets. Place beets in a medium saucepan, add 3 cups stock and 3 cups water. Bring to a boil, and cook for about 40-45 minutes or until fork-tender. Remove the beets and allow to cool, reserving the stock that the beets were cooking in. Grate beets and set aside. In a wide saucepan over medium heat, add olive oil and butter. Add onion and sauté for about 5 minutes or until tender. Add garlic and continue to sauté for another minute. Add rice to saucepan and stir to coat. Add wine and bring to a boil, cooking for 2 minutes. Add the stock that the beets were cooking in, one ladle at a time. Before adding the next ladle of stock, allow rice to absorb all liquid in the pan. After the first 3 ladles, add the grated beets. Continue adding stock one ladle at a time and cook for about 18-20 minutes or until cooked to desired doneness. Season to taste with salt and pepper. Grate cheese over top for garnish.

Spicy Bruised Bugs Recipe

(Recipe adapted from "365 Halloween" at www.365halloween.com)

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| 1 C Peas | 1 C Black beans |
| 1 C Corn | 1/2 C Avocados, largely cubed |
| 1/2 C Carrots, cubed | |
| 1/2 tsp Cumin | 1/4 tsp Ginger |
| 1 small pinch Cloves | 1/2 tsp Nutritional yeast |
| Braggs Liquid Aminos (or soy sauce or salt) | cold-pressed Olive oil, just enough to coat |

Drizzle oil and sprinkle spices into mixed veggies. Serve in either an equally brightly colored or a black bowl.

Jack-o'-Lantern Burgers

(Recipe adapted from "Eating Well" at www.eatingwell.com)

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| 6 tsp extra-virgin Olive oil, divided | 1 medium Onion, chopped |
| 1/2 C finely chopped Red or Green bell pepper | 1/2 C fresh or frozen Corn |
| 2 cloves Garlic, minced | 2 tsp Chili powder |
| 1 tsp ground Cumin | 1/2 C canned unseasoned Pumpkin puree |
| 1/2 C shredded Monterey Jack or Cheddar | 1/2 C toasted Wheat germ |
| 1/2 C fine dry Breadcrumbs | 2 Tbs chopped fresh Parsley |
| 1/2 tsp Salt | freshly ground Pepper, to taste |
| 6 8-inch flour Tortillas, (soft-taco size) | 2 C shredded Lettuce |

Heat 2 tsp oil in a large non-stick skillet over medium heat. Add onion and cook, stirring often, until softened, 5 to 7 minutes. Stir in bell pepper, corn, garlic, chili powder and cumin; cook, stirring, until fragrant, about 2 minutes more. Transfer to a large bowl; let cool to room temperature, about 10 minutes. Add pumpkin, cheese, wheat germ, breadcrumbs, parsley, salt and pepper to the onion mixture; mix well. With dampened hands, form the vegetable mixture into six 1/2-inch-thick patties, using about 1/2 cup for each. Preheat oven to 325°F. Stack tortillas and wrap in aluminum foil. Place in the oven for about 15 minutes to heat through. Using 2 tsp oil per batch, cook 2 to 4 patties at a time in a large non-stick skillet over medium heat until browned and heated through, about 4 minutes per side. Adjust heat as necessary for even browning. Wrap the patties in tortillas and serve immediately, garnished with lettuce and fresh tomato. Serves 6.