



The Harvest Herald

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

October 4-6, 2011

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OKG Bread Special Oct 11-13

Cheese & Salsa Cornbread. This moist loaf balances the slight sweetness of cornbread, the aroma of melted cheese, and the zest of a summer salsa. Excellent served with tomato soup!

Regular Harvest Box

LOCAL! Bunched Red Onions - Notch Hill
LOCAL! Sugar Pie Pumpkin - Wild Flight Farm
LOCAL! Orange Carrots - Notch Hill Organics
LOCAL! Swiss Chard - Notch Hill Organics
LOCAL! Sieglinde (yellow) Potatoes - Wild Flight Farm
LOCAL! Sweet Peppers - Notch Hill Organics
LOCAL! Parsnips - Notch Hill Organics
LOCAL! Coronation Grapes - Djordjevich Farm
LOCAL! Early Italian Prune Plums - Green Hills Acres
LOCAL! Bartlett Pears - Claremont Ranch
LOCAL! Gala Apples - Vialo Orchard

Family Harvest Box Extras

LOCAL! Leaf Lettuce - Notch Hill Organics
LOCAL! Kohlrabi - Roots & Greens Farm
LOCAL! Broccoli - Notch Hill Organics
LOCAL! Spinach - Wild Flight Farm
LOCAL! Golden Beets (with greens) - Wild Flight Farm
LOCAL! Honeycrisp Apples - Bite Me Organics



This Week's HomeGrown Heroes

Bite Me Organics - E. Kelowna
Claremont Ranch Organics - Lake Country
Djordjevich Farm - Kelowna
Green Croft Gardens - Grindrod
Green Hills Acres - Summerland
Harker's Organics - Cawston
Notch Hill Organics - Sorrento
Pilgrim's Produce - Armstrong
Roots & Greens Farm - Grindrod
Shirlee Mae Schneider/Moses Brown - 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.

Happy Thanksgiving! Holiday Schedule Next Week!

Wishing everybody a very Happy Thanksgiving! May your tables be filled with goodness and your hearts with gratitude!

**We will be delivering on a holiday schedule for the week of Oct 9th due to the Thanksgiving holiday. Please expect deliveries to come one day later in the week than usual. Thank you!

Saturday Sale Updates + Guest Vendors

LOTS of beautiful produce coming in from local suppliers these days! Need extras to supplement your home deliveries? Or perhaps you don't need a full box some weeks? Friends/families/colleagues aren't sure about signing up, but want to learn more? Check out our Saturday Sales! In addition to the fresh produce, free-range eggs, organic cheese and yogurt, artisan breads, dips, dressings, tea/coffee...we also have guest vendors join us on certain Saturdays, bringing you more options under one roof!

**3rd Saturday of each month (Sat, Oct 15th)

- **Real Raw Foods** (from Naramata) - raw, organic nuts, seeds, dried fruit and more
- **Organically Clean** (hand-mixed, natural cleaning supplies and personal care products)

**4th Saturday of each month (Sat, Oct 22nd)

- **Wolfgang's Grain & Flour Mill** - organic whole grains + freshly-milled flours (local when possible)
- **Sat, Oct 22 only - Kelowna-Zambia Partnership:** *The Kelowna Zambia Partnership (KaZ) brings in baskets made by people of the Senanga region of Western Zambia, allowing them to set the price which will give them a living wage. These baskets are both beautiful and functional, especially useful as containers for fresh produce. KaZ is in its 5th year and each new basket shipment shows the diversity and skill of the weavers. Our visitor to Zambia this year also brought back some of the beautiful chitenge cloth sold in their markets. Used as tablecloths or napkins this colourful fabric is a good companion to the basketwares.*

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

Community Events/Notices

Cuban Film "Will the Real Terrorist Please Stand Up" by film-maker Saul Landau.

A special opportunity to see the film with the film-maker Saul Landau, producer of over 40 documentary films, in attendance! Sat, Oct 8th, 7pm at the Okanagan College theatre. To learn more about the film, visit <http://realterrorist.wordpress.com/> (trailers also available on YouTube). Presented by the Kelowna Peace Group.

Yoga, Meditation & Tantra Events- October. **Public Talks by Donation. All 7-9pm at The Rosewood Room, 867 KLO Rd. **What is Meditation?** With Sahajananda, Oct. 13th. **The Spiritual View of Masculinity & Femininity *AND* Yoga in Daily Life**, with Swami Vivekananda, Oct. 20th & 27th. ****3-Day Meditation Workshop-Retreat**, Oct. 14-16th. The Rosewood Room. ****Tantra 2 Workshop: The Spiritual Couple Relationship**, Oct. 21-23rd. 2042 Tomat Ave. ****Art of Dying Workshop: A Spiritual/Yogic Perspective**, Oct. 28-30th, The Rosewood Room. Contact Virginia Preston at 250-300-YOGA (9642) or truenatureyoga@live.ca with questions or to register.

Reel Change Sustainability Film Fest Oct 21/22 at UBC Okanagan. The festival presents critically acclaimed documentaries focused on a wide variety of social, cultural, environmental, and economic issues. Each film is followed by a panel discussion with experts representing the public, private, non-profit, and academic sectors. This hugely popular format takes moviegoers from being educated to being engaged emotionally, which is a necessary step toward positive behaviour change. For film synopses, screening times, locations, and panelists, visit www.freshoutlookfoundation.org.

Rustic Plum Tart Recipe

(Adapted from www.care2.com)

12 firm, ripe Prune plums, halved and pitted, then sliced into crescents
4 Tbs Sugar
1 tsp Cinnamon
1/2 tsp freshly-grated Nutmeg
2 Tbs unsalted Butter, cut in to small pieces
Dough for one pie crust, thawed but refrigerated at least 30 minutes

Preheat the oven to 350°F. Butter a large baking dish and cookie sheet and set aside. In a large mixing bowl, sprinkle the plums with 3 tablespoons of the sugar, the cinnamon, and nutmeg and toss to coat evenly. Transfer to the prepared baking dish and dot with the butter. Bake for 15 minutes.

Using a slotted spoon, transfer the plums to a large bowl. Pour the juice in the baking pan into a small saucepan and reduce by one-half over medium-low heat, about 5 minutes.

Roll out piecrust on a lightly floured work surface to about 1/4 inch thick. Transfer to the prepared cookie sheet and arrange the plums decoratively in overlapping concentric spirals starting about 2 inches from the outside edge and working your way in to the center. Fold the outside of the dough up and over to form a decorative edge. Brush pastry edge with cold water and sprinkle it with the remaining tablespoon of sugar. Bake until pastry is golden brown, 30 to 40 minutes. Remove from oven and let cool slightly. Drizzle top with reserved plum juice and serve warm with marscapone, crème fraiche, whipped cream, vanilla ice cream, or nothing at all.

Five-Spice Plum Sauce

(Adapted from <http://herbsspices.about.com>)

1 Tbs Oil
1 large clove Garlic, peeled and chopped
1 lb Italian Plums, rinsed, pitted, and cut into large chunks
2 Tbs Soy sauce
1 Tbs Rice vinegar
1 Tbs Ginger preserves or Ginger spread
1/2 tsp Chinese five-spice powder

Heat the oil in a small or medium saucepan. Add the garlic and saute for about 30 seconds. Add the plums, soy sauce, vinegar, preserves, and five-spice powder. Simmer, stirring occasionally, until plums soften and begin to disintegrate, about 10 minutes.

Mash any remaining large pieces of plum with a spoon, stir and serve warm or at room temperature. Variation: If you prefer a smooth sauce to a chunky one, puree the finished sauce with an immersion or regular blender. Makes about 1 1/2 cups.

Thanksgiving with a Twist

Thanksgiving is a wonderful reason to share a special meal and festive activities with friends and family. The usual meal of turkey, stuffing, and mashed potatoes may be tradition, but why not break out of the old routine and try something new. Here are a few recipes that will brighten up your Thanksgiving table.

Potato- Parsnip Skillet Cakes

(Recipe adapted from "Prevention" at <http://recipes.prevention.com>)

4 Potatoes, shredded	2 Parsnips, shredded
1 C frozen Corn, thawed	1/2 C finely chopped sweet Red peppers
1 small Scallion, thinly sliced	1/2 tsp ground Nutmeg
1/2 tsp ground Black pepper	1/4 tsp Salt
2 Eggs	2 tsp Flour
3 Egg whites	1 Tbs Oil
1/4 C Maple syrup or applesauce (optional)	

Working in batches, squeeze the potatoes to remove excess moisture. Pat dry with paper towels. Place the potatoes in a large bowl. Add the parsnips, corn, red peppers, scallions, nutmeg, black pepper and salt. Stir in the egg and flour. In a medium bowl, using an electric mixer, beat the egg whites until stiff. Fold into the vegetable mixture. In a large skillet over medium heat, warm 1 teaspoon of the oil until hot. Drop large spoonfuls (2 level tablespoons) of the batter into the skillet and flatten slightly into rounds. Cook for 2 to 3 minutes, or until the tops bubble and the bottoms are lightly browned. Turn the cakes over and cook for 2 minutes, or until the bottom is lightly browned. Transfer to a serving plate and cover to keep warm. Repeat with the remaining 2 teaspoons oil and remaining batter. Serve with the maple syrup or applesauce (if using).

Chard and Caramelized Onions

(Recipe adapted from "All Recipes" at <http://allrecipes.com>)

1 large Yellow onion, chopped	2 Tbs Olive oil
1 tsp Brown sugar	1 bunch Chard, rinsed and
1/4 C Kalamata olives, chopped	2 Tbs Capers
1/2 tsp coarse Sea salt, or to taste	freshly ground Black pepper to taste
1 Lemon, juiced	

In a cast iron skillet, cook onions in olive oil over medium-high heat until they begin to brown. Stir in brown sugar, and continue cooking for a few minutes. When onions are brown and tender, stir in chard and olives. Cook until chard is slightly wilted. Stir in capers and salt, and continue cooking until chard is completely wilted, about 3 minutes. Season with black pepper and squeeze lemon over the top.

Pumpkin Pie Pudding

(Recipe adapted from "Simply Sugar and Gluten Free" at <http://simplysugarandglutenfree.com>)

1 3/4 C Pumpkin puree	12 oz Evaporated milk
1/4 C Agave nectar	2 large Eggs, beaten
2 Tbs unsalted Butter, melted	2 tsp Vanilla extract
1/4 tsp liquid Stevia	1/2 C Flour*
1 tsp Cinnamon	1/2 tsp Nutmeg
1/2 tsp Allspice	

Prepare the crock of a 4 -6 quart crockpot with cooking spray. Whisk together pumpkin puree, evaporated milk, agave, eggs, melted butter, vanilla, and liquid stevia. In a separate bowl, combine flour, cinnamon, nutmeg, and allspice. Add dry ingredients to wet ingredients and combine until just mixed. Add mixture to a greased crockpot. Cover and cook on low for 6 - 8 hours, or until the internal temperature reaches 165°F. Serve warm or cold. Serves 6-8.

* For a gluten-free recipe, try using 1/2 C of the following mixture:

1 C Sorghum flour + 1 C Garbanzo fava bean flour + 1/2 C Potato starch + 1/3 C Tapioca starch

~ Article & Recipes Contributed by Angela Cleveland ~