



# The Harvest Herald

(Ph/Info-line) 868-2704 (Email) [order@urbanharvest.ca](mailto:order@urbanharvest.ca)

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

October 5-7, 2010 – Happy Thanksgiving!

Issue #536

## OKG Bread Special Oct 13-15

Pumpkin Spice Bread! This loaf combines sweet, freshly roasted pumpkins with pumpkin pie spices. Enjoy buttered + toasted...yum!

## Regular Harvest Box

Local! Rainbow Carrots - Notch Hill Organics  
Local! Green Curly Kale - Wild Flight Farm  
Local! Acorn Squash (mini) - Schneider-Brown  
Local! Golden Beets (with greens) - Notch Hill  
Local! Celeriac Root - Wild Flight Farm  
Local! Red Potatoes - Pilgrim's Produce  
Local! Roma Tomatoes - Schneider-Brown  
Local! Early Italian Prune Plums - Green Hills Acres  
Local! Bartlett Pears - McCoubrey Farm  
Local! Honeycrisp Apples - Bite Me Organics  
Local! McIntosh Apples (mini order) - Commandeur  
Local! Coronation Grapes - Djordjevich Farm

## Family Harvest Box Extras

Local! Arugula - Wild Flight Farm  
Local! King Richard Leeks - Wild Flight Farm  
Local! Walla Walla Onions - Notch Hill Organics  
Local! Broccoli - Notch Hill Organics  
Local! Sweet Peppers - Wild Flight/Pilgrim's  
Local! Bronze Beauty Bosc Pears - Schneider-Brown



## This Week's HomeGrown Heroes

Bite Me! Organics - Kelowna  
Commandeur Family Farm - Naramata  
Djordjevich Farm - Kelowna  
Green Hills Acres - Summerland  
Little Creek Gardens - West Kelowna  
McCoubrey Farm - Lake Country  
Notch Hill Organics - Sorrento  
Pilgrim's Produce - Armstrong  
Quail's Farm - Vernon  
Roots & Greens Farm - Grindrod  
Schneider-Brown Farm - 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.

## Holiday Schedule Next Week!

If you will be receiving an order from us next week (week of Oct 11-15), please expect it one day later in the week than usual, due to the Thanksgiving holiday. Thank you!

## Help the Urban Harvest Stream Team Clean Brandt's Creek!

The Urban Harvest Stream Team will be cleaning up Brandt's Creek on Sat, Oct 16<sup>th</sup>, and we'd love to have more helpers! We'll meet at our warehouse at 12pm (noon) and then head out to work for approx 3 hours. Organic coffee, juice, and snacks will be provided, but it's a great idea to bring your own water bottle. Please RSVP to [order@urbanharvest.ca](mailto:order@urbanharvest.ca) or 250-868-2704 if you can make it. Thank you!

## Saturday Sale Updates/Guest Vendors

- **Sat, Oct 9<sup>th</sup>** - A Day to Give Thanks! The Kelowna Women's Resource Centre will sell Fair-Trade coffee to benefit women's projects here and in the producer women's communities, the Kelowna-Zambia Partnership will sell beautiful AND functional woven baskets, to support women's fair-trade coops in Zambia, AND Urban Harvest will give thanks to the community for your support over the past 10+ years (you'll have to come see us to find out how!).
- **Sat, Oct 16<sup>th</sup>** - Real Raw Foods (Naramata) offer a wide array of raw, organic nuts, seeds, dried fruit, and more! ([www.realrawfood.com](http://www.realrawfood.com))

A note from Mary Weston, Kelowna-Zambia Partnership Initiative: *The Kelowna Zambia Partnership is proud to be included in the Thanksgiving celebration at Urban Harvest. We have baskets for sale made by members of the co-operative in Senegal, western Zambia. The baskets are beautiful and functional and are part of the income generation initiative with this newest Sister City of Kelowna. On a fair-trade basis, the weavers are paid when the baskets are picked up by our Zambian partner agency. We look forward to the opportunity to talk to you about our project on Saturday!*

## Community Events/Notices

**Harvest Hoot** Sun, Oct 17<sup>th</sup>, 1-4pm at the Okanagan Mission Community Hall. A harvest fun fair for the whole family. Event includes local food stalls, games, live music, and fun activities for the kids.

**The Art of Creating a Healthy, Compassionate & Sustainable World** - The Okanagan Health Forum presents John Robbins, author of 7 best-selling books, including *Diet for a New America* and *Healthy at 100*. Thurs, Oct 21, 6:30-9pm, Kelowna Community Theatre. Tix avail @ Choices Markets & Nature's Fare. For more info: [www.okanaganhealthforum.com](http://www.okanaganhealthforum.com) (also on FaceBook).

**Canada's 1<sup>st</sup> National Organic Week** begins on Thanksgiving Day and runs until World Food Day on October 16<sup>th</sup>. This is a great time to host an all-organic potluck...or send an all-organic lunch to school with your child...or make an all-organic cake to brighten someone's day. Have fun!

**The Bridge Youth & Family Services Place** staff would like to extend a THANK YOU to each person who has contributed to our Urban Harvest account. The BYFSS is a registered non-profit organization that implements community programs to support the health and well-being of families. One program that is supported is The Parent Place located at 630 Cadder Ave, a drop-in facility for families with children aged 0-6 years. Parents & caregivers have fun with their child in a safe and creative space, while chatting + exchanging ideas with other parents and care providers, enjoying a cup of tea, and learning about other resources in the community. Urban Harvest customer donations have enabled us to offer a nutritious, organic snack during our drop-in + prenatal programs. **\*\*Donations are always welcome, and can be made through the Urban Harvest web order page.**

## Brown Sugar Apple Pie

(Adapted from [www.care2.com](http://www.care2.com))

- 1 double Crust, refrigerated\*
  - 8 C peeled, cored, and sliced Apples
  - 1/3 C firmly packed light Brown sugar
  - 1 Tbs fresh Lemon juice
  - 1/2 tsp ground Cinnamon
  - 1/4 tsp ground Nutmeg
  - 2 Tbs cold unsalted Butter, cut into little pieces
- For Glaze:**  
Milk  
Granulated sugar

Preheat the oven to 400°F. Combine the apples, brown sugar, lemon juice, cinnamon and nutmeg in a large mixing bowl; toss well to mix. Turn the filling into the chilled pie shell, smoothing the apples with your hands. Dot the top of the pie with butter, dropping the pieces here and there over the apples.

Lightly moisten the rim of the pie shell with a wet finger or pastry brush. Invert the top pastry over the filling, center it, then press the top and bottom pastries together along the dampened edge. Trim the pastry with scissors or a paring knife, leaving a 1/2-inch overhang all around, then sculpt the overhang into an upstanding ridge. Make several 2-inch-long slits in the top pastry, at the 12, 3, 6, and 9 o'clock positions; the bottom of each slit should just reach the edge of the pie. Lightly brush the top pastry with milk and sprinkle with granulated sugar.

Place the pie directly on the center oven rack and bake for 50-60 minutes. When the pie is done, you should be able to see the juices bubbling up onto the crust. Transfer the pie to a cooling rack and let cool for at least an hour before slicing. Because there is no thickener in this pie, it's best to let the pie cool to room temperature before slicing.

## \*Whole Grain Crust

(Adapted from [www.besthealthmag.ca](http://www.besthealthmag.ca))

- 2 C Whole wheat flour
- 2 C Rolled oats
- 1/4 C Brown sugar or Maple syrup
- 1 tsp Salt
- 1/2 C Vegetable oil (eg: sunflower or canola)
- 1/2 C Water

Mix the flour, rolled oats, brown sugar and salt together in a large bowl. Add the oil and mix well until evenly combined. Add the water and stir until the mixture comes together. Knead once or twice to gather up any extra dry ingredients. Add a few more drops of water if needed. Divide in half and form into two flattened discs. Chill until ready to use.

## Happy Thanksgiving!

This is my favourite time of year. Thanksgiving is a perfect opportunity to take a minute and recognize all that we are thankful for. Sharing food with friends and family is a common tradition during this celebration. Here are some recipes to share that will be enjoyed by all!

### Rainbow Carrots with Walnut Oil and Toasted Cumin Seeds

(Recipe adapted from "Food Network" at [www.foodnetwork.com](http://www.foodnetwork.com))

- 1 Tbs whole Cumin seeds
- 1/8 C Walnut oil
- 1 bunch rainbow Carrots, washed well
- Salt and freshly ground Black pepper

Bring water to a boil in a pot. Place the whole cumin seeds in a small pan over med heat. Cook, shaking the pan occasionally, until fragrant, about 2-3 mins. Boil carrots until crisp-tender, about 4 minutes. Remove the carrots from the water. Add walnut oil and cumin seeds. Season with salt and pepper, to taste, and toss to distribute seasonings. Serves 4.

### Garlic Red Potatoes

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

- 2 lbs Red potatoes, quartered
- 2 tsp minced Garlic
- 1 Lemon, juiced
- 1/4 C Butter, melted
- 1 tsp Salt
- 1 Tbs grated Parmesan cheese

Preheat oven to 350°F. Place potatoes in an 8x8 inch baking dish. In a small bowl combine melted butter, garlic, salt and lemon juice; pour over potatoes and stir to coat. Sprinkle Parmesan cheese over potatoes. Bake, covered, in preheated oven for 30 minutes. Uncover and bake an additional 10 minutes, or until golden brown.

### Rosy Rice Risotto with Beets and Kale

(Recipe adapted from "Group Recipes" at [www.grouprecipes.com](http://www.grouprecipes.com))

- 2 med/large Beets, peeled, cut into 1/2" cubes
- 1 1/2 C chopped white Onion
- 3 C Vegetable broth
- 1 1/2 C chopped Kale
- 1/4 C Butter
- 1 C Arborio rice
- 1 Tbs Balsamic vinegar
- freshly shaved Parmesan cheese, to taste

Melt butter in large saucepan over medium heat. Add beets and onion. Cover and cook until onion is soft (about 5-8 minutes). Mix in rice. Add broth and vinegar. Increase heat and bring to boil. Reduce heat to medium low. Simmer uncovered until rice and beets are just tender and risotto is creamy, stirring occasionally, about 10-15 minutes. Stir in the chopped kale and cook only until greens have wilted. Season with salt and pepper. When ready to serve, spoon into shallow bowls. Sprinkle with freshly shaved parmesan cheese.

### Simple Celeriac Stuffing

(Recipe adapted from "The Earth" at <http://the.earth.li>)

- 450g firm Whole grain bread, sliced, toasted, and broken into chunks
- 2 handfuls chopped fresh Parsley (or 4 Tbsp of dried)
- 1 Celeriac, peeled and diced
- 2 Tbs Butter
- 1/2 tsp Salt
- 1 large Onion, diced
- 1 tsp dried Thyme
- 1 C Vegetable stock

Melt the butter in a large frying pan over medium heat; add the onion and celeriac and cook until soft (about 15 minutes), stirring occasionally. Add thyme, salt, and parsley. Put the bread in a large bowl and pour the stock over; add the vegetables and mix well. Spoon into a greased baking dish and bake uncovered at 350°F until browned. Serves 4-6.

~ Article & Recipes Contributed by Angela Cleveland ~