



The Harvest Herald

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September 11-13, 2012

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OKG Bread Special Sept 18-20

Tomato & Basil Focaccia! This focaccia - topped with fresh basil pesto and tomato sauce - is great for sharing. The dough is made with durum semolina, which give the loaf a lovely taste and texture.

Regular Harvest Box

LOCAL! Peppers - Notch Hill Organics
LOCAL! Zucchini - Wild Flight Farm
LOCAL! Red Potatoes - Wild Flight Farm
LOCAL! Rainbow Chard - Notch Hills
LOCAL! Walla Walla Onions - Notch/Wild Fl
LOCAL! Green Beans - Wild Flight Farm
LOCAL! Carrots - Notch Hill
LOCAL! Italian Prune Plums - Green Hills Acres
LOCAL! Coronation Grapes - Djordjevich Farm
LOCAL! Bartlett Pears - Claremont Ranch

Family Harvest Box Extras

LOCAL! Basil - Wild Flight Farm
LOCAL! Garlic - Roots & Greens Farm
LOCAL! Green Curly Kale - Wild Flight Farm
LOCAL! Early Gala Apples - Bite Me Organics
LOCAL! Mixed Cherry Tomatoes - Wild Flight Farm

Saturday Sale Guest Vendors for September

- Sept 15th - **Real Raw Foods** (Naramata) - raw, organic nuts, seeds, dried fruit and more! See www.realrawfood.com for more info. Also: Motoko Mitchell will be on-site offering samples and information about her upcoming Raw Food Course (see Community Events below for details).
- Sept 22nd - **SAPED Canada** will be offering natural sugars, chocolates, dried fruits, coffee and tea blends, and spices. Proceeds support community development processes in the producer regions (Guatemala & the Philippines).
- Sept 29th - **Swheatgrass** FROZEN Organic Wheatgrass Cubes - for sampling and for sale! Pick Up a New Mid-Afternoon pick-Me-Up! Ditch the coffee, soda and energy drinks - opt for a shot of this phenomenal super food! It's full of antioxidants, stimulates metabolism, and alkalinizes the body. Add a frozen cube of wheatgrass to your daily smoothie or dissolve a cube in water or juice. So easy! Swheatgrass is locally grown and 100% organic (not certified, but seed and soil are both certified organic, water is filtered and no fertilizers or pesticides are used).

Community Events/Notices

Discussion on the G.A.P.S. Approach to Nutritional Healing Based on studies by Natasha Campbell-McBride MD with Dr. Ray Lendvai ND & Charlotte Ruechel NTP, organic farmer. Tues, Sept 18, 7-9pm at 730 Whitevale Rd., Lumby. Admission by donation. Proceeds to Cedar Bridge School. Overview of healthy digestion (incl role of healthy gut flora); connection between digestive dysfunction and allergies, mental health, eczema, asthma, learning disabilities, and more; healing the gut with the G.A.P.S. approach; short demos on fermenting foods; and more.

"Vegucated" Screening! The Okanagan Vegan Table will be hosting a vegan potluck on September 29 at the EECO Centre. We will be screening "Vegucated"! Details about the potluck and a trailer for the film are on their web site at www.okveg.com.

Raw Food and Nutrition Course 5 class series including Energizing Breakfasts, Healthy Lunches on the Go, Vibrant Healthy Dinners, Warm Entrees, Scrumptious Desserts and nutritional information on protein, fat controversy, menu planning + more! 1st class Sept 30th; classes are 4.5 hrs. Fee includes binder of 200 pages of recipes + nutrition info. \$50 deposit required to register. Contact Guylaine @ 250-469-2265 or vibrantlyhealthyonraw@gmail.com. Info: www.vibrantlyhealthyonraw.com.

Hold Me Tight Conversations for Connection- Intensive Therapeutic Weekend for Couples

Based on the work of Sue Johnson and Emotion Focused Couples Therapy: Presented by Robin Menard RCC RSW and Sol Menard RPCc \$399/couple. Preregistration is required: (250) 863-7863 October 12th, 13th, 14th in Kelowna BC. More info at: <http://www.apathofheart.com/healingthroughrelationships/groups-and-workshops/>

7th Annual Organic Okanagan Festival

- Sun, Sept 23rd, 11-5 @ Summerhill Winery!
Activist Alley, Green Living Expo (60+ exhibitors), Live Music, Organic Farmers' Market, Fortis BC Kids Zone, Eco-Presentations, and more! General Admission \$7 + Kelowna Food Bank Donation; Students/Seniors \$5; Cyclists \$3 (with free bike valet!); Kids under 12 Free! Be sure to come say hi to the Urban Harvest Team! Learn more about this year's theme ("Love the Apple - NO GMO") @ <http://okanagangreens.ca>. Learn about National Organic Week (Sept 22-29) at <http://organicweek.ca!>

BumberKids' Art Show! Opening Gala at Bumbershoot Children's Theatre, Sun, Oct. 7th at 10am. Art, crafts, games, milk & cookies! Kids of all ages are invited to submit art to the BumberKids' Art Show. All submissions will be displayed at the theatre. Art can be any size, in any medium, in any style. Please attach the artist's name + contact details to each art work, and submit by Sept. 30th to Bumbershoot Children's Theatre, 125-1295 Cannery Lane, Kelowna. Info: Zena Ryder (250) 868-1473.



This Week's HomeGrown Heroes

Bite Me Organics - Kelowna
Blackbird Organics - Cawston
Claremont Ranch Organics - Lake Country
Djordjevich Farm - Kelowna
Green Croft Gardens - Grindrod
Green Hills Acres - Summerland
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Suncatcher Farm - Kelowna
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.*

Wheat Berry Salad with Coronation

Grapes

(Adapted from www.besthealthmag.ca)

- 1 C Wheat berries (wheat kernels)
- 1/2 C minced Red onion
- 1/4 C extra virgin Olive oil, divided
- 2 Tbs Red wine vinegar
- 1 tsp Salt
- 1/2 tsp fresh cracked Pepper
- 1/2 C finely diced Red pepper
- 1/2 C finely diced Cucumber
- 2 C halved Coronation grapes
- 1/2 C toasted Walnuts, roughly chopped
- 1/4 C minced fresh Basil
- 1/4 C crumbled Feta

Cook wheat berries in a large pot of boiling, salted water (uncovered) until they are soft, about 20 minutes. Drain in sieve. In skillet, heat 1 Tbs of the oil over medium high-heat. Add red onion and cook, stirring often, until softened, about 5 minutes. Remove from heat. Pour in remaining oil, vinegar, salt and pepper. Add warm wheat berries, red pepper, cucumber, grapes and basil and toss to combine. Transfer to a bowl and let salad rest for at least 30 minutes, tossing occasionally so the wheat can absorb the dressing. Sprinkle with feta and serve at room temperature. Serves 6.

Coronation Grape Clafouti

(Adapted from www.chefheidifink.com)

- 1 Tbs Butter
- 3 C seedless Coronation grapes
- 3 large Eggs
- 1/2 C granulated Sugar (or equivalent of sweetener of your choice)
- 2/3 C Flour
- 1- 1/2 C light Cream (10%)
- pinch Salt
- 1 tsp Vanilla extract

Preheat oven to 350°F. Make sure your oven rack is in the middle-lower position. Place a baking sheet on the rack. Butter the bottom and sides of a 9-inch glass pie plate and set aside. Gently pull the grapes off their stems and place them in a large measuring cup. Once you have three cups, cover the grapes with cold water and swish around to gently clean the grapes. Drain off the water. Pour the grapes into the prepared pie pan. In a blender, combine the eggs, the flour, sugar, salt, vanilla and cream. Blend until smooth. Alternatively, you can whisk the eggs, sugar and flour until smooth, then add the salt, vanilla and cream and whisk until smooth. Pour the batter over the grapes in the pie plate. Place the filled pie plate in the oven on the preheated baking sheet. Bake for 1 hour, rotating the pan about half-way through baking. Clafouti is done when it is puffed and golden around the edges and the centre only jiggles very slightly. Let cool for at least 20 minutes before serving. Can be served warm or at room temperature. Serves 8.

Casserole Creations

The sun is still shining but the dip in temperature definitely gives the feeling of fall. Even though it is still summer, the cooler temperatures bring out the casserole dishes. Here are a few casseroles that highlight the beautiful vegetables that we have in our boxes this week.

Penne with Rainbow Chard and Leeks in a Walnut Cream Sauce

(Recipe adapted from "Food Network" at www.foodnetwork.com)

- 1 lb Rainbow chard, stems cut from leaves and chopped into thin slices (reserve leaves)
- 2 Tbs Butter
- 3 large cloves Garlic, minced
- 1/3 C Vegetable broth
- 1 Tbs Walnut oil or similar nut oil (eg: hazelnut)
- 1/2 lb Penne, cooked and drained
- freshly grated Parmesan cheese-optional garnish
- 1 C minced Leek, white and pale green part
- 1/4 tsp Red pepper flakes - optional
- 2/3 to 1 C heavy Cream
- Salt and freshly ground Pepper to taste
- 2 Tbs minced fresh Tarragon or Parsley
- 3 Tbs toasted Walnut halves, broken up

In a skillet set over moderately low heat melt butter, add leek, chard stems, and salt and pepper to taste. Cut a round piece of waxed paper to fit the size of your skillet and place it over the vegetables. Cover the skillet with a lid and cook for 5 minutes. Remove the cover and waxed paper. Now add the chard leaves, garlic, red pepper flakes, and broth and simmer the mixture stirring occasionally, uncovered for 5 minutes more. Increase the heat to high and reduce liquid until almost evaporated. Add the cream and walnut oil and simmer sauce over moderately high heat, stirring, until lightly thickened. Season with salt and pepper. Transfer cooked pasta to a large bowl. Add the sauce, toasted walnuts and toss to combine. Transfer pasta to serving plates and sprinkle with tarragon or parsley. Serve with freshly grated Parmesan cheese.

Summer Vegetable Casserole

(Recipe adapted from "Habitually Hungry" at <http://habituallyhungry.wordpress.com>)

- extra-virgin Olive oil, for drizzling
- 1 yellow Onion, thinly sliced
- 1 tsp fresh Thyme leaves
- 1/2 lb Roma tomatoes, sliced into 1/4" rounds
- fine grain Sea salt and freshly ground Black pepper
- 2 small Zucchini (1/2 pound) or other summer squash, sliced diagonally 1/4" thick
- 1 large Yellow bell pepper, thinly sliced
- 2 Garlic cloves, minced
- 1/2 lb Potatoes, sliced in 1/4" rounds
- 1/4-1/2 C freshly grated Parmesan cheese

Preheat the oven to 350°F. Lightly oil a 9" baking dish. Combine bell pepper, onion, garlic, and thyme in a bowl. Drizzle with oil and season with salt and pepper. Set aside. Place potatoes in the dish in an even layer. Drizzle with olive oil and season with salt and pepper. Spread about two thirds of the bell pepper and onion mixture over potatoes. Top with tomatoes and zucchini. Drizzle with olive oil and season with salt and pepper. Evenly distribute remaining bell pepper and onion mixture on top of tomatoes and zucchini. Finish it off with as much/as little grated cheese as you prefer. Tightly cover. Bake for 40 minutes. Increase oven temperature to 425°F, uncover dish, and bake for 20 minutes more; until lightly browned.

Sautéed Green Beans and Potatoes with Rosemary and Lemon Zest

(Recipe adapted from "What's Cooking America" at <http://whatscookingamerica.net>)

- 1 lb Red potatoes
- 1 Tbs chopped Garlic
- 1 tsp grated Lemon zest
- 1 lb Green beans, trimmed and blanched
- Salt
- 1/4 C Olive oil
- 1 1/2 Tbs finely-chopped Rosemary
- 1/4 tsp Red chili flakes
- 2 tsp fresh-squeezed Lemon juice

In a large saucepan over medium-high heat, add potatoes with water. Bring just to boil; reduce heat to medium, cover, and cook until tender, approximately 12 to 15 minutes. Remove from heat; drain and let cool. When potatoes are cool enough to handle, quarter potatoes lengthwise. Set aside. In large frying pan, heat olive oil; add garlic and let sizzle for 30 seconds. Add rosemary, lemon zest, and chili flakes; let sizzle until fragrant. Add cooked potatoes and blanched green beans; sauté until vegetables are hot and coated with seasonings. Sprinkle with lemon juice and season with salt. Serve warm. Serves 6.