



The Harvest Herald

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

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

September 14-16, 2010

Issue #533

OKG Bread Special Sept 21-23

Squash & Masala Loaf! Sweet squash and toasted masala spices pair in this beautifully moist, fragrant loaf. Slice & top with yogurt cheese!

Regular Harvest Box

Local! Carrots - Roots & Greens Farm
Local! Eggplant - Wild Flight/Suncatcher
Local! Summer Leeks - Notch Hill Organics
Local! Red Chieftain Potatoes - Wild Flight Farm
Local! Green/Yellow Beans - Wild Flight Farm
Local! Green Curly Kale - Notch/Wild Flight
Local! Celery (dark green, leafy) - Wild Flight
Local! Early Italian Prune Plums - Green Hills Acres
Local! Bartlett Pears - McCoubrey Farm!
Local! Roma Tomatoes - Schneider-Brown
Local! Gala Apples - Vialo Orchard
Local! Macintosh Apples - Commandeur Farm

Family Harvest Box Extras

Local! Peppers, Mixed Colours - Notch/Suncatcher
Local! Dill - Wild Flight Farm
Local! Red Onions - Notch Hill Organics
Local! Red Cabbage - Wild Flight Farm
Local! Coronation Grapes - Djordjevich Farm
Local! Cresthaven Peaches - Sproule & Sons



This Week's HomeGrown Heroes

Commandeur Family Farm - Naramata
Djordjevich Farm - Kelowna
Green Hills Acres - Summerland
Little Creek Gardens - West Kelowna
McCoubrey Farm - Lake Country
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Schneider-Brown Farm - Cawston
Sproule & Sons - Oyama
Suncatcher 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 items of poor quality, please inform us **within 48 hours**, and we'll provide a credit toward your next order.*

September "Social Calendar" for Urban Harvest!

Car-Free Day Sat, Sept 25th 12-4pm on Bernard Ave near the sails. Many, many interactive booths, vendors, etc...plus the Urban Harvest team "cranking" out organic smoothies for the kiddies on a bike-powered blender! We can't wait! See <http://www.kelowna.ca/CM/Page2229.aspx> for more info!

5th Annual Okanagan Organic Festival @ Summerhill Winery Sun, Sept 26th

11am-5pm Enjoy the Sustainability Lecture Series & films, live music, the 2nd Annual Consignment Fashion Show, children's entertainment, plus over 50 exhibitors (including us!), with an Activist Alley, an Organic Farmers' Market and a Green Living Marketplace. \$5 admission.

Green Keys Tour Mon, Sept 27th 7pm

at the St. Andrew's Anglican Church, 4619 Lakeshore Rd. We are honoured to be a sponsor for the Green Keys Tour, a cross-Canada piano recital tour and showcase of eco-sustainability, featuring composer & pianist Frank Horvat. Free admission.

Saturday Sale Updates

- Sat, Sept 18th - Real Raw Foods will be our guest vendor, with their wide array of raw, organic nuts, seeds, dried fruit, and much more! See www.realrawfood.com for info about their products.
- Sat, Sept 25th - Wolfgang's Grain & Flour Mill will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally!
- Sat, Oct 2nd - Dawn's Agape Treats...from healthy chocolate to yummy granola, all made with whole foods, and without refined sugar
- Sat, Oct 9th - Special Thanks-Giving Saturday Sale...with the Kelowna Women's Resource Centre selling Fair-Trade coffee to benefit women's projects here and in the producer women's communities, AND the Kelowna-Zambia Partnership selling woven baskets to support women's fair-trade coops in Zambia...and Urban Harvest giving thanks to the community for your support over the past 10+ years! (Watch for more details in the weeks to come!)

Community Events/Notices

Kokanee Salmon Festival SUNDAY, Sept 19th from 11am to 3pm in Mission Creek Regional Park. Interpreters will be available to explain the kokanee spawning cycle, you can take part in various fishy activities and there will be entertainers and musicians performing throughout the day." There will also be a mini-festival set up at Hardy Falls Regional Park in Peachland with Salmon interpreters, crafts, activities and refreshments for the entire family.

Community Consultation on Culture The City of Kelowna hosts an interactive community consultation on the new Cultural Plan + performance by spoken word artist Cameron Welch. 4:30-6:30pm, Sept 22, at the Kelowna Art Gallery. Details @ www.kelowna.ca/culture or call 250-469-8474.

Raw Food Workshops Sandra Butler, Certified Raw Food Chef, will demonstrate these raw recipes: Garden Soup, Savoury Crackers, Creamy Dill "Pasta", Tomato Salad, Brownies. Cost \$40/person/class (includes recipes/sampling). Held at Forsythe Chiropractic, 225 S Rutland Rd. Sept 22, 6pm-9pm. Reservation & advance payment req'd.: (250) 862-1158 or sandrabutler@uniserve.com.

Theatre Kelowna presents "The Fabulous Fifties" Cabaret-style musical about the opening of Kelowna's bridge by Princess Margaret in 1958. Black Box Theatre; Sept 23-Oct 9; Thurs.-Sat. 7:30PM Sat. & Sun. Matinees @ 2PM. Tix @ Selectyourtickets.com; Prospera Place Box Office; 250-762-5050; & at the door. \$20 Adult; \$18 Student/Senior; 10% discount. www.theatrekelowna.org

Celery Soup

(Adapted from www.healthy-eating-made-easy.com)

- 1 head of Celery
- 2 Onions
- 2 Apples
- 1-2 cloves Garlic
- few sprigs flat leaf Parsley
- 2.5 - 3 C Vegetable stock
- 1 C Milk
- 2 Tbs Olive oil

Cut the root and leaves off the celery and remove any coarse strings. Wash well and chop. Peel and slice the onions, peel and crush the garlic.

Heat the oil in a large saucepan and soften the onion and garlic for a few minutes. Core the apple and cut into chunks. Add to the pan with the celery and chopped parsley. Pour in enough stock to almost cover the vegetables, bring to the boil, and simmer for 15-20 minutes until the celery is tender. Allow to cool a little, and add the milk.

Pour into a food processor and pulse-chop so that the vegetables are coarsely chopped, not pureed. The soup should be quite chunky. Return to the pan to heat through and thin with a little more stock or milk if you wish.

Vegan Carrot Soup

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

- 1 Tbs Vegetable oil
- 1 large Onion, diced
- 3 cloves Garlic, minced
- 4 large Carrots, sliced
- 5 new Potatoes, quartered
- 2 C Vegetable broth
- 2 tsp grated fresh Ginger
- 1 tsp Curry powder
- Salt and Pepper to taste

Heat oil in a soup pot over medium heat. Add onion and garlic, and cook stirring often until onion is translucent. Add carrots and potatoes, and cook for just a few minutes to allow the carrots to sweat out some of their juices. Pour the vegetable broth into the pot, and season with ginger, curry powder, salt and pepper. Bring to a boil, then reduce heat to low.

Simmer for 15 to 20 minutes, until carrots are tender. Puree soup in small batches using a food processor or blender, or if you have an immersion blender, it can be done in the soup pot. Reheat soup if necessary, and serve.

Warming up this Fall

With the cool weather comes the casserole dishes, soup pots, and baking sheets. The oven sparks to life and the warm comforting dishes find their way to the table once again. Here are some hearty dishes for each meal of the day:

Baked Apple Pancake

(Recipe adapted from "Blue Bird Baby" at <http://bluebirdbaby.typepad.com>)

- | | |
|-------------------------|--------------------------------|
| 2 Tbs Butter | 2 medium Apples, sliced thinly |
| 1/2 C Brown sugar | 1 tsp Cinnamon |
| For the pancake: | |
| 2 Tbs Butter | 3/4 C Flour (of your choice) |
| 1/2 C Milk | 2 Eggs |
| 1 tsp Baking powder | |

Mix apple ingredients in bowl. Melt butter in 9" pie pan. Combine rest of pancake ingredients. Pour into hot pan on top of butter. Spread apple mix in center. Bake 30 minutes at 425°F.

Eggplant Souffle

(Recipe adapted from "Vegetable Matter" at <http://vegetablematter.blogspot.com>)

- | | |
|---|------------------------------------|
| 3 lbs Eggplant | 1/4 C Salt |
| 1 C Milk | 1 Onion (outer layer only, peeled) |
| 2 cloves Garlic, peeled | 1 Bay leaf |
| 7 Tbs Butter | 1/2 C Flour |
| 1/8 tsp freshly grated Nutmeg | 1/4 tsp Black pepper |
| 1/2 C grated Asiago cheese | 1/2 C fresh Dill, chopped |
| 1/2 tsp Sumac (can sub lemon zest and salt) | 4 Eggs, separated |

Peel eggplant with vegetable peeler and cube. Boil large sauce pan of water and add salt. Add eggplant and reduce heat to medium high, Cook until eggplant is soft. Drain. Puree in food processor until smooth. Add pepper. Measure 2 1/2 C of puree and set aside. Bring milk, onion, garlic and bay leaf to a boil over medium high heat. Remove from heat and steep 10 minutes, then remove onion, garlic and bay leaf. Melt 4 Tbs of butter over medium high until it starts to foam, then whisk in 1/4 C flour. Whisk until mixture is golden brown, then add hot milk and whisk until thick and doughy. Add nutmeg and sumac. Add cheese, dill and egg yolks. Add eggplant puree. Heat oven to 400°F. Beat egg white to stiff peaks, then fold into the eggplant mixture. Butter and flour eight 6-oz ramekins and fill each 3/4 to top with eggplant mixture. Bake until golden brown and tall, about 20 minutes. Dust with more sumac, and serve with greek yogurt and warm pita bread.

Super Energy Kale Soup

(Recipe adapted from "Fit Connect" at www.fitconnect.com)

- | | |
|--|---|
| 3 C Kale, rinsed, de-stemmed, finely chopped | 1 med Carrot diced about 1/4" cubes (1 cup) |
| 1 med Onion, chopped | 4 cloves Garlic, chopped |
| 5 C Vegetable broth | 1 C diced Celery |
| 2 Red potatoes, diced into 1/2 inch cubes | 2 tsp dried Thyme |
| 2 tsp dried Sage | Salt and Pepper to taste |

Chop onion and garlic and let sit for 5 minutes to bring out their hidden health benefits. Heat 1 Tbs broth in a medium soup pot. Saute onion in broth over medium heat for about 5 minutes stirring frequently. Add garlic and continue to saute for another minute. Add broth, carrots, celery, and bring to a boil on high heat. Once it comes to a boil reduce heat to a simmer and continue to cook for another 5 minutes. Add potatoes and kale and cook until potatoes are tender, about 15 more minutes. Add rest of ingredients and cook another 5 minutes. Simmer longer if desired (may need to add more broth).