



# The Harvest Herald

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September 18-20, 2012

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## OKG Bread Special Sept 25-27

**Harvest Loaf!** Baked annually in celebration of Okanagan Fall Wine Fest, this loaf marries Coronation grapes, thyme, olive oil, roasted walnuts, and a pinch of brown sugar between layers of moist focaccia dough!

## Regular Harvest Box

LOCAL! Green Pepper(s) - Old Meadows Organic Farm  
LOCAL! King Edward (pink) Potatoes - Notch Hills  
LOCAL! Red Onion(s) - Notch Hill Organics  
LOCAL! Celery (dark green, leafy) - Wild Flight  
LOCAL! Radishes - Wild Flight/Roots  
LOCAL! Salad Mix - Notch Hill Organics  
LOCAL! Carrots - Notch Hill Organics  
LOCAL! Italian Prune Plums - Green Hills Farm  
LOCAL! Coronation Grapes - Djordjevich Farm  
LOCAL! Bartlett Pears - Claremont Ranch  
LOCAL! Gala Apples - Vialo Orchard

## Family Harvest Box Extras

LOCAL! Field Tomatoes - Shirlee Mae/Moses  
LOCAL! Red Cabbage - Wild Flight/Notch  
LOCAL! Yellow Beans - Wild Flight Farm  
LOCAL! Spinach - Roots & Greens Farm  
LOCAL! McIntosh Apples (mini order) - Green Hills  
LOCAL! Exotic Temptation Melon - Harker's



## This Week's HomeGrown Heroes

Bite Me Organics - Kelowna  
Blackbird Organics - Cawston  
Claremont Ranch Organics - Lake Country  
Djordjevich Farm - Kelowna  
Green City - Kelowna  
Green Croft Gardens - Grindrod  
Green Hills Farm - Summerland  
Harker's Organics - Cawston  
Notch Hill Organics - Sorrento  
Quail's Farm - Vernon  
Roots & Greens Farm - Grindrod  
Shirlee Mae/Moses - 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.*

## 7<sup>th</sup> Annual Organic Okanagan Festival this Sunday!

Sun, Sept 23<sup>rd</sup>, 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 (free bike valet!); Kids - Free! Be sure to come say hi to the Urban Harvest Team! Learn more about this year's theme, "Love the Apple - NO GMO", and a full list of participants and performers @ <http://okanagangreens.ca>.

## Saturday Sale Guest Vendors for September

- Sept 22<sup>nd</sup> - **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 29<sup>th</sup> - **Sweetgrass** 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!

## Community Events/Notices

**Kids' Yoga**, for 9-13 year-olds. A fast paced class to help your kids develop strength, flexibility, coordination, concentration & relaxation. Oct. 6 - Nov. 17, 11:15-12:15 pm. \$60 for 6 classes. Kelowna Yoga House (near St. Paul & Cawston, downtown), register @ 250-862-4906.

**"Love on the Line"** - Annual BLACK BOX CABARET, presented by Theatre Kelowna, September 15-30, Thurs-Sat @ 7:30pm; Sat/Sun matinees @ 2pm. Tickets at 250-762-5050; [www.SelectyourTickets.com](http://www.SelectyourTickets.com); Prospera Place & Cap News Centre box offices. Advance \$20; Door \$25. For more info, see [www.theatrekelowna.com](http://www.theatrekelowna.com).

**"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](http://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! 1<sup>st</sup> class Sept 30<sup>th</sup>; 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](mailto:vibrantlyhealthyonraw@gmail.com). Info: [www.vibrantlyhealthyonraw.com](http://www.vibrantlyhealthyonraw.com).

**Rancho Vignola's Annual Sale On Now!** From now til Sept 27<sup>th</sup>, it's time to get a group together and bulk-order new-crop nuts, seeds, dried fruits, and more @ [www.ranchovignola.com](http://www.ranchovignola.com)!

**Local Free-Range Chicken Available** \$4.25/lb. Contact Dave Scherle at Quality Farms: <http://thecluckstopshere.ca> or email [david@thecluckstopshere.ca](mailto:david@thecluckstopshere.ca) or 250-258-7818.

**Local Free-Range Lamb Available** Raised according to organic and S.P.C.A. standards (not certified organic). Cost approximately \$250 to \$275 depending on weight (40-45 pounds before cutting). Price includes custom cutting, wrapping, and delivery (frozen in packages). Orders must be in before Thanksgiving weekend in order to schedule dates with the local abattoir - early pre-ordering recommended. Please contact [jcasling@shaw.ca](mailto:jcasling@shaw.ca) or 250 764-9111.

King Edward potatoes have a pink colouration and a creamy colour and texture - they are great for creamy mashed potatoes or fluffy roast potatoes.

### Garlic Mashed Potatoes with Spinach

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

- 5 Potatoes, peeled and diced
- 1 bunch fresh Spinach
- 4 Tbs Butter
- 4 cloves Garlic, finely chopped
- 1/2 C Cream
- Salt and Pepper
- 1/4 tsp freshly grated Nutmeg

Place potatoes in a pot and cover with water. Salt water and boil potatoes until tender 12 to 15 minutes. Wash and chop the spinach.

Drain potatoes and melt butter in the hot pot, then add the garlic and cook 2 to 3 minutes. Stir in cream, add the spinach, separating the greens as you do. Cook greens until tender and season with salt, pepper and nutmeg.

Add potatoes to the pot and mash to desired consistency.

### Everyone's Favourite Teeny Tiny Potatoes

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

- 2 lbs Potatoes
- Olive Oil
- a few pinches of Garlic Salt
- a few pinches of cracked Black Pepper
- a few pinches of cracked Smoked Paprika
- a handful of chopped fresh herbs such as Thyme or Rosemary
- 1 Tbs melted Ghee or Butter

Preheat oven to 375°F. Line a baking sheet with parchment paper. Rinse potatoes and pat dry. Toss them with some olive oil until glistening, garlic salt, pepper and smoked paprika.

Put potatoes in a single layer on the sheet pan. Bake for about 40-45 minutes until soft and browned to your liking. Toss halfway through baking time. Remove from the oven and let cool a bit.

Toss potatoes with melted ghee or butter and fresh or dried herbs. If you do not have any fresh herbs use some dried ones.

## Cooking with Plums

At this time of year, Italian Prune Plums are abundant. They are one of the first wonderful signs that fall is just around the corner. While many people love them fresh, they are so versatile and can be added to countless dishes. Here are a few to try:

### Prune Plum and Bread Pudding

(Recipe adapted from "Women's Health Magazine" at <http://recipes.womenshealthmag.com>)

- 1 1/2 lbs Italian prune Plums (10 to 15), halved and pitted
- 6 Tbs Butter, at room temperature
- 10 slices whole-grain Bread
- 2 strips (4 x 1/2 inch) Orange zest
- 2 large Egg yolks
- 1 tsp Vanilla extract
- 2 Tbs plus 1/2 C Honey
- 1/2 C Water
- 2 large Eggs
- 1 1/4 C Milk
- 1/4 tsp Salt

Preheat the oven to 350°F. Butter a 5-cup shallow baking dish. In a small bowl, blend the butter and 2 tablespoons of the honey together. Spread one side of each bread slice with the honey butter. Cut each slice into 4 squares and set aside. In a deep heavy-bottomed pot, combine the remaining 1/2 cup honey, the water, and the orange zest. Stir over medium heat until the mixture comes to a boil, then reduce to a simmer and cook the syrup for 3 minutes. Add the plums, cover, and simmer until the plums are tender but still firm, 5 to 8 minutes. They should not become mushy or disintegrate.

Arrange the bread butter-side down on the bottom of the baking dish. With a slotted spoon, transfer the plums to the bread. Reserve the poaching syrup. Cover the plums with the remaining squares of bread, butter-side up, in slightly overlapping rows. Transfer the baking dish to a roasting pan.

In a medium bowl, combine 1/4 cup of the reserved poaching liquid, the whole eggs, egg yolks, milk, vanilla, and salt, and beat well. Pour the custard mixture over the bread in the baking dish. Place the roasting pan on a pulled-out oven rack and add hot water to come halfway up the sides of the baking dish. Bake for 30 minutes, pressing down on the bread once or twice to keep it moist and in place. Increase the oven temperature to 425°F and bake until the top browns. Serve warm or chilled.

### Honey-Lavender Plum Gratin

(Recipe adapted from "Eating Well" at [www.eatingwell.com](http://www.eatingwell.com))

- 3/4 tsp unsprayed fresh Lavender buds, or 1/4 teaspoon dried, rinsed
- 3/4 C Milk
- 2 Tbs Honey
- 1/2 tsp Vanilla extract
- 4 medium Plums, pitted and cut into eighths
- 2 large Egg yolks
- 1 tsp Cornstarch
- 2 Tbs Sugar

**To prepare custard:** Heat milk in a small heavy saucepan over medium heat until steaming. Remove from heat. Add lavender, cover and let steep for 30 minutes. Strain milk through a fine sieve into a medium bowl. Return the milk to the saucepan and reheat until steaming. Whisk egg yolks, honey and cornstarch in a medium bowl until smooth. Gradually add the hot milk, whisking until blended. Return the mixture to the saucepan. Cook over medium heat, whisking constantly, until slightly thickened and starting to bubble gently, 1 1/2 to 2 minutes. Transfer to a clean bowl. Whisk in vanilla. Cover loosely and refrigerate until chilled, about 1 hour.

**To prepare fruit & topping:** Preheat broiler. Coat an 11-by-7-inch oval gratin dish or 4 individual gratin dishes with cooking spray. Spoon custard evenly into the dish or dishes. Arrange plums on their sides, slightly overlapping, in a single layer over custard. Sprinkle sugar evenly over plums. Broil until plums are lightly caramelized, 5 to 7 minutes. Serve immediately.