



The Harvest Herald

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Sept 20-22, 2011

Issue #583

OKG Bread Special Sept 27-29

Harvest Loaf! This loaf - baked annually in celebration of the Okanagan Fall Wine Fest - 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 Chard - Notch Hill
LOCAL! Mixed Peppers - Notch Hill Organics
LOCAL! Mixed Colour Carrots - Notch Hill Organics
LOCAL! Gr/YI Beans - Wild Flight/Notch Hill
LOCAL! Yellow Potatoes - Notch Hill Organics
LOCAL! Corn (mini-order!) - Wild Flight/Roots
LOCAL! Beefsteak Tomatoes - Shirlee Mae/Moses
LOCAL! Coronation Grapes - Djordjevich Farm
LOCAL! Early Italian Prune Plums - Claremont Ranch
LOCAL! Bartlett Pears - Claremont Ranch
LOCAL! Honeycrisp Apples - Bite Me Organics

Family Harvest Box Extras

LOCAL! Leaf Lettuce - Notch Hill Organics
LOCAL! Kohlrabi - Roots & Greens Farm
LOCAL! Napa Cabbage (aka Chinese Cabb) - Notch Hill
LOCAL! Spinach - Wild Flight Farm
LOCAL! Salad Mix - Notch Hill Organics
LOCAL! McIntosh Apples - Isaac's Organics



This Week's HomeGrown Heroes

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

2011 Car-Free Day this Sunday!

Sun, Sept 25, 11am to 4pm in Stuart Park and on Water Street, across from City Hall. International Car Free Day encourages people to take back the streets by enjoying all kinds of fun outdoor activities in places where cars usually have the right of way. The outdoor festival draws more than 2,000 people, all to raise awareness about keeping our air clean, our roads less congested and getting healthy by active modes of transportation. So skate, walk, cycle, ride transit or carpool down to Car Free Day and show your support! **Bike Parade at 1pm:** Decorate your bike at home or when you arrive at Car Free Day. The bike parade will lead the Okanagan Family AIDS Walk, happening simultaneously in Stuart Park. **Activities to enjoy:** BMX half pipe demos, free pedicab tours around the event, free fitness classes, live entertainment from Kelowna's City Band, Kelowna Rock School and the Raging Grannies, street hockey challenge between the Fire Dept and RCMP Cycling, walking, skateboarding, rock climbing activities, Kidz Zone (free bouncy castle, face painting, bike decorating and more), Shop Artisan Alley, Bike Shop Bonanza, Free Dog training activities - Bring your Dog!, Secure Bike Valet bike parking, and Much More!

Community Events/Notices

Theatre Kelowna Presents: "The Swingin' Sixties" - a musical cabaret with all your favourite tunes from that wonderful decade. Black Box Theatre (back of Kelowna Community Theatre). Refreshments. Sept 15 - Oct 2, Thurs-Sat evenings 7:30pm; Sat/Sun Matinees 2pm. Advance tix \$20 Adult, Student/Senior (plus service charges). All tix at the door \$25. selectyourtickets.com, 762-5050, Prospera Place Box Office. Info: www.theatrekelowna.org.

Open House at the Pacific Agri-Food Research Centre - Summerland Sat, Sept 24th, 10am to 4pm. Free Admission. 4200 Hwy 97, Summerland. Celebrate 125 years of agricultural research and find out how the Pacific Agri-Food Research Centre contributes to the agriculture and agri-food sector. Explore the links between science and farming through interactive tours, exhibits, and activities. Visit labs, field plots, and gardens, and ask an expert about their research on crops and food safety. There will also be 4 featured presentations: 10:30am "Wine Terroir in the Okanagan and Similkameen Valleys". 11:30am "What is the Risk of Getting Food Poisoning by Eating Fresh Fruits and Vegetables?". 1:30pm "Spotted Wing Drosophila - What is this new fruit fly in BC?". 2:30pm "What the Heck are Genomics and Proteomics? Deciphering Genetic Blueprints: From Human to Lowly Fungi".

Xeriscape (Water Wise) Gardening Classes Tues, Oct 4/11 OR Wed, Oct 5/12, from 7-9pm at the H2O Aquatic Centre, 4075 Gordon Dr. Cost \$50/person or \$45 with Okanagan Xeriscape Assoc membership. \$90/couple from the same household. Practical info for people who want to make changes to an existing landscape as well as those who are new to gardening in the Okanagan and for people who are creating a new landscape. Register online at <http://okanaganxeriscape.org> or contact Gwen at gwen@okanaganxeriscape.org.

The Women's Place Health Expo: Learn, Play, Grow! Sat, Sept 24th, 9am-1pm (registration starts at 8:30am), at The Women's Place Fitness Centre. Cost: \$10 minimum donation (proceeds go toward playground equipment for the Kelowna Women's Shelter). Open to members and the general public. Lots of fun, great classes and workshops, and lots of great prizes!

Raw Food Course Guylaine Lacerte is taking registration now for her 'Live Food and Nutrition Course 5 class series' in the fall, starting September 25th. Learn how to incorporate more healthy, life-giving foods easily into your every day diet. For registration and information email at: therawfoodpath@gmail.com or phone 250-469-2265. For more info: www.rawfoodpath.com.

Roasted Green Bell Pepper and Roasted Tomato Breakfast Casserole with Feta and Oregano

(Adapted from www.kalynskitchen.com)

- 1 Green bell pepper, seeds removed and cut into thin strips
- Olive oil, for brushing baking pan (or use nonstick spray)
- 1/2 tsp dried Oregano (optional, but good)
- 1 C Cherry tomatoes, sliced in half
- 3/4 C crumbled Feta cheese
- 10 Eggs
- 1 tsp Spike Seasoning
- Salt and fresh ground Black pepper for seasoning eggs

Preheat oven or toaster oven to 375°F. Brush baking dish with olive oil, including the sides, or spray with nonstick spray. Cut out seeds from green pepper, then cut into short thin slices. Put green pepper into baking dish, sprinkle dried oregano over, and roast for 10 minutes. While green pepper roasts, cut cherry tomatoes in half. Break eggs into a bowl and beat until egg yolks and whites are well combined. Season eggs with Spike Seasoning, salt, and fresh ground black pepper. After peppers roast for 10 minutes, add cut cherry tomatoes and stir to combine. Put dish back in oven and roast 15 minutes more, or until tomatoes start to look slightly shriveled. Sprinkle Feta cheese over roasted peppers and tomatoes, then pour beaten eggs over. Return pan to oven and cook for 25-28 minutes, or until the top is lightly browned and eggs are set. (It will puff up a bit when it cooks, but after it cools for a few minutes the casserole will settle.) Serve hot.

Black Bean, Egg and Corn Casserole

(Adapted from <http://breakfast.food.com>)

- 1 Yellow onion, chopped
- 2 tsp Safflower oil
- 1 Tbs Cumin
- 1 (15 oz) cans Black beans (drain and rinse)
- 5 Eggs, beaten
- 2 C Corn
- 1 C Milk
- 3/4 C shredded Monterey jack cheese
- 1 Tbs Dijon mustard
- Cayenne pepper (to taste)
- 2 medium Tomatoes, sliced
- 1 Tbs chopped Parsley or 1 Tbs Cilantro

Preheat oven to 325°F; grease a 9x11 baking dish. Saute onion in oil for 5 minutes; add cumin and cook for 2 minutes. Mix beans and onion, then pour into baking dish. Combine eggs, corn, milk, cheese, mustard, and cayenne in a large bowl; pour over beans. Top with tomatoes. Bake until firm, about 45 minutes. Sprinkle with chopped herbs. Serves 6.

Chatting about Chutney

Chutney is a condiment that originated in India. Traditionally, it consists of a mix of chopped fruits, vinegar, spices and sugar. Generally, chutneys tend to be spicy, but when you make your own, you can adjust the heat to your liking. Most chutneys are fruit based, although there are some chutneys that use vegetables too. When cooking your own chutney, try to use slightly under ripe fruits that are slightly firm. If your fruit is too soft, the mixture will cook down into a jam rather than a chunky sauce. Here are some more great tips for making chutney at home (from www.about.com)

- Most common chutney spices: ginger, cinnamon, cloves, nutmeg, allspice, cardamom.
- Most common chutney fruits: raisin, mango, tamarind, citrus fruit, apricot, peach.
- Most common herbs: coriander, mint.
- Use non-reactive pots and utensils when making chutneys.
- Mix chutney with a bit of olive oil and use it as a quick marinade or glaze for meats.
- When using a chutney mixture as a marinade, be sure to boil it again and cool before using it as a glaze.
- Mix with homemade or packaged mayonnaise for accenting cold meats or poultry.
- Mix chutney with cream cheese, sour cream or creme fraiche for cracker spread or fruit dip.

Roasted Coronation Grape and Pear Chutney

(Recipe adapted from "Dinner with Julie" at <http://dinnerwithjulie.com>)

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| 3 C Coronation grapes, washed and stemmed | Olive oil, for cooking |
| 1 purple Onion, peeled and chopped | 1 Tbs grated fresh Ginger |
| 1 Garlic clove, crushed | 1 tsp Curry powder or paste |
| 2 medium ripe Pears, coarsely chopped | 1 C packed Brown sugar |
| 1/4 C Balsamic or Cider vinegar | pinch dried Red chili flakes (optional) |

Preheat oven to 450°F. Place grapes on a rimmed baking sheet, drizzle with oil and toss to coat. Roast for 15 minutes, or until they release their juices and turn soft and squishy. Meanwhile, heat a drizzle of oil in a medium pot set over medium-high heat and sauté the onion for about 5 minutes, until soft. Add the ginger, garlic and curry powder and cook for another minute. Add the pears, brown sugar, vinegar, chili flakes and roasted grapes, scraping any juices that have collected in the bottom of the pan into the pot, and bring to a simmer. Cook, stirring occasionally, for about 30 minutes, until thickened. Cool completely and refrigerate for up to 2 weeks or freeze for up to 3 months. Makes about 4 cups.

Plum Chutney

(Recipe adapted from "Cookstr" at www.cookstr.com)

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| 3 lbs Plums, pitted and cut into quarters | 2 Apples, peeled, cored, and chopped |
| 2 Onions, chopped | 1 Tbs ground Ginger |
| 1 Tbs ground Cinnamon | 1 Tbs ground Allspice |
| 2 tsp Salt | 1 3/4 C plus 2 Tbs Cider vinegar |
| 1 3/4 C packed light Brown sugar | |

Combine all of the ingredients into a large pot. Bring to a boil over medium heat, stirring almost constantly to dissolve the sugar. Reduce the heat to medium-low. Simmer for 1 hour, stirring often, or until the chutney is soft and thickened. Taste and adjust the seasoning if needed. While the chutney is simmering, wash the jars well and sterilize them in a hot water bath for 10 minutes or in a 350°F oven for 20 minutes. Using tongs or oven mitts, transfer the jars to a baking sheet. Carefully fill the hot jars with the hot chutney. Cover with the lids and screw on the rings. Let stand to cool completely. Wipe the jars clean. Label, date, and store in a cool dark place, ideally for a few weeks, before opening. Makes 5 1-litre jars.

~ Article & Recipes Contributed by Angela Cleveland ~