



The Harvest Herald

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

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

September 21-23, 2010

Issue #534

OKG Bread Special Sept 28-30

Harvest Loaf! This loaf - baked annually in celebration of the Okanagan Fall Wine Fest - marries Coronation grapes, thyme, olive oil, and a pinch of brown sugar between "layers" of moist focaccia dough!

Regular Harvest Box

Local! Bunched Carrots - Notch Hill Organics
Local! Green Curly Kale - Wild Flight Farm
Local! Peppers, Mixed Colours - Notch/Suncatcher
Local! Sieglinde Potatoes - Pilgrim's Produce
Local! Walla Walla Onion(s) - Notch Hill Organics
Local! Golden Beets (with greens) - Notch Hill
Local! Roma Tomatoes - Schneider-Brown
Local! Early Italian Prune Plums - Green Hills Acres
Local! Bartlett Pears - McCoubrey Farm!
Local! Honeycrisp Apples (yum!) - Bite Me Organics
Local! Coronation Grapes - Djordjevich Farm

Family Harvest Box Extras

Local! Radishes - Wild Flight Farm
Local! Cilantro - Wild Flight Farm
Local! Radicchio - Notch Hill Organics
Local! Salad Turnips - Wild Flight Farm
Local! Rainbow Chard - Wild Flight Farm
Local! Celeriac (Celery Root) - Roots & Greens Farm



This Week's HomeGrown Heroes

Bite Me Organics - Kelowna
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
Sproule & Sons - Oyama
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 items of poor quality, please inform us **within 48 hours**, and we'll provide a credit toward your next order.

Fall Harvest Celebration at McCoubrey Farm!

Sun, Oct 3rd, 2-4pm Celebrate the harvest with your hosts, the McCoubreys and the Thurstons, as well as the Urban Harvest Team! Enjoy informative tours, heritage apple tastings, live music, organic nibbles by Roslyn Raina Catering, children's activities, and warm drinks, as well as a chance to connect with other Urban Harvesters and meet Urban Harvest suppliers. **Please RSVP by Fri, Oct 1st**, with the number of adults and children that will be attending. We look forward to seeing you!

McCoubrey Farm Sale Announcement! Changes are in the works at McCoubrey Farms. After 36 years on this farm, Sharon and I are in the process of selling the place to Matt and Molly Thurston, who, if all goes according to plan, will take over ownership and operation with the start of the 2011 growing season. We will continue to live here for a few years and might even be convinced to prune the odd tree or sell a few boxes of fruit while we are here, but the decisions and the labour will be the Thurstons' responsibility. We are very happy to have found these young farmers who share our love for this place and the old house (which will mark its 100th birthday in 2012), and who share our sense of responsibility to be good stewards of the land and to grow produce using methods that are good for the environment and good for those who enjoy the fruit and veggies. Please join us on October 3rd to meet Matt and Molly, to see how we grow our produce and to help us to celebrate another successful harvest.

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!

Saturday Sale Updates

- **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** - 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 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.

Community Events/Notices

Creative by Nature Sept 28 + 29, 9:30am to 4:30pm in the Rotary Centre for the Arts Drawing & Painting Studio. Join Lisa Lipsett www.creativebynature.org for a FREE experiential, nature-based creativity workshop and come away with a simple yet transformative creative practice that is easily shared with children, family, and friends. Move beyond what is seen, and create from what you feel, watching beauty blossom on the page. To register, contact Karen Close at keclose@yahoo.com.

Grape Cake

(Adapted from

<http://superinstereo.wordpress.com>)

- 2 large Eggs
- 1/3 C Sugar, plus extra for finishing the cake
- 4 Tbs melted Butter
- 1/4 C extra-virgin Olive oil
- 1/3 C Milk
- 1/2 tsp Vanilla extract
- 1 C Flour
- 1/2 C ground Almonds
- 3/4 tsp Baking power
- a pinch of Salt
- zest of one Lemon
- 2 C Coronation grapes

Butter and flour a cake pan, then set it aside. Preheat your oven to 350°F. Beat the eggs and sugar in a large bowl with an electric mixer until they're thick, about 3 minutes. Beat in milk, butter, oil, and vanilla. Sift together the flour, almonds, baking powder and salt. Add the zest, tossing it to make sure it is well-distributed. Then stir the flour mixture into the wet ingredients, making sure it is well-combined. Allow this mixture to sit for 10 minutes to make sure the flour has absorbed the liquids. Gently stir in 1 1/2 cups of grapes, then transfer the batter to your cake pan. Bake on the middle rack for 15 minutes. After 15 minutes, pull out your cake and top it with the reserved grapes. Sprinkle coarse granulated sugar over the top, if desired. Bake for about 40 more minutes, until the top of the cake is golden and springy. Remove from the oven and allow to cool in the pan.

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. Makes 6 servings.

All the Flavour, None of the Mess

For those who don't like dealing with the "bleeding" of regular beets, but still love the flavour, golden beets are the way to go. Although they are more mild in taste than regular beets, they still have that wonderful rich beet flavour, but none of the mess. Golden beets are a good source of potassium, and also contain folic acid and vitamin A. Don't forget the beet greens which contain even more potassium and are high in beta carotene and folic acid.

Golden beets can be cooked the same way as regular beets. A quick way that retains the flavour and nutrients is to steam them, let them cool, slip off the skins, and enjoy. Don't forget to add some simple spices like cloves or nutmeg or lemon or orange zest. Golden beets add a beautiful color contrast to any dish.

Farfalle with Golden Beets, Beet Greens and Pine Nuts

(Recipe adapted from "Oregon Live" at www.oregonlive.com)

- 2 large Onions, quartered lengthwise through root end, sliced crosswise (about 4 cups)
- 2 bunches golden Beets with greens; beets peeled, each cut into 1/2-inch wedges, greens 1/3 C
- grated Parmesan cheese, plus additional for serving
- 1/3 C Pine nuts
- 3 cloves Garlic, minced
- 12 oz Farfalle (bow-tie pasta)
- 4 Tbs extra-virgin Olive oil (divided)
- cut into 1-inch-wide strips
- Salt and freshly ground Black pepper

Heat a heavy, large skillet over medium heat. Add pine nuts and stir until lightly toasted, about 3 minutes. Transfer to a small bowl. Add 2 tablespoons of the oil and the onions to the same skillet and sauté until beginning to soften and turn golden, about 10 minutes. Reduce heat to medium-low and continue to sauté until onions are tender and browned, about 30 minutes. Add garlic and stir 2 minutes. Scatter beet greens over onions. Drizzle remaining 2 tablespoons oil over; cover and cook until beet greens are tender, about 5 minutes.

Meanwhile, set a steamer over boiling water and steam beets, covered, until tender, about 10 minutes; transfer to a bowl. Bring a large pot of salted water to a boil. Add pasta and cook until tender but still firm to bite, stirring occasionally. Drain, reserving 1 cup pasta water. Return pasta to pot. Stir onion-greens mixture and beets into pasta. Add pasta water by 1/4 cupfuls to moisten. Season with salt and black pepper. Stir in 1/3 cup parmesan cheese. Divide pasta among shallow bowls. Sprinkle with pine nuts. Serve, passing additional cheese.

Golden Beet and Apple Salad

(Recipe adapted from "Canadian Living" at www.canadianliving.com)

- 4 golden Beets, (about 1 lb/500 g)
- 3 sprigs fresh Thyme
- 1 Apple
- 2 Garlic cloves, slivered
- 1/4 C Hazelnut
- 2 tsp snipped fresh Chives

Dressing:

- 2 Tbs Hazelnut oil
- 2 Tbs Apple cider or juice
- 1 Tbs Apple cider vinegar
- 1/4 tsp minced Garlic
- 1 pinch Pepper
- 2 Tbs Vegetable oil
- 1 Tbs Lemon juice
- 1 tsp minced Shallots
- 1 pinch Salt

Trim off beet greens, leaving root and about 1 inch (2.5 cm) of stem intact. Wrap along with garlic and thyme in double thickness foil; roast in 400°F oven until tender but not soft, about 1-1/4 hours. Unwrap and let cool. Meanwhile, in small pan, toast hazelnuts in same oven until fragrant and skins crack, about 5 minutes. Dump into towel; rub vigorously to remove most of the skins. Slice thinly.

Dressing: In jar, shake together hazelnut and vegetable oils, apple cider, lemon juice, apple cider vinegar, shallot, garlic, salt and pepper. Peel beets; using mandoline or knife, very thinly slice crosswise. Halve and core apple; cut lengthwise into equally thin slices. Arrange beet and apple slices alternately on salad plates. Sprinkle with hazelnuts and chives; drizzle with dressing.