



The Harvest Herald

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

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

September 25-27, 2012

Issue #634

OKG Bread Special Oct 2-4

Cranberry Thyme Loaf! A mild sourdough dotted with both sweet and tart cranberries, and a sprinkling of fresh thyme. Sliced at the table, used for stuffing, or saved for sandwiches, this loaf is always something to look forward to at Thanksgiving!

Regular Harvest Box

LOCAL! Cipollini Onions - Notch Hill Organics

LOCAL! Curly Parsley - Harker's

LOCAL! Radishes - Notch Hill Organics

LOCAL! Green Beans - Wild Flight/Notch

LOCAL! Gold Beets - Wild Flight Farm

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! Honeycrisp Apples - Bite Me Organics

Family Harvest Box Extras

LOCAL! Roma Tomatoes - Old Meadows Organic Farm

LOCAL! Mixed Peppers - Suncatcher/Old Meadows

LOCAL! Fingerling Potatoes - Green Croft Gardens

LOCAL! Spinach - Wild Flight Farm

LOCAL! Lettuce Mix - Wild Flight Farm

LOCAL! McIntosh Apples (mini order) - Green Hills



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

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.

National Organic Week Sept 22-29!

This week is National Organic Week! We'd like to take this opportunity to thank all of our amazing suppliers, and YOU, our customers, for your commitment to purchasing organic produce. We have much to celebrate in Canada, as per the website, www.organicweek.ca:

- *A growing sector. Organic farming is a rare success story for Canadian agriculture with lots of new farmers, fair prices and growing markets in Canada and abroad.*
- *A transparent food source. Organic foods are the most regulated in Canada, offering Canadians a healthy source of food that isn't just good for our health, but also good for the health of our environment.*
- *A source of food that is sustainable in the future. Organic farmers work with nature, not against it to produce food that doesn't degrade soil quality, ensuring future generations will have access to the rich farmland that exists in Canada.*

Saturday Sale Guest Vendors & Updates

- Sept 29th - **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!
- Oct 6th - **Thanksgiving Saturday Sale** - lots of traditional Thanksgiving favourites available! Also: in the spirit of community and "thanks-giving", we'll be co-creating a giant GRATITUDE POSTER for fun and to inspire reflection! Kids may enjoy drawing or writing about what they're grateful for on our poster table while parents are picking up their groceries...and adults are welcome to contribute too!

Community Events/Notices

"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.

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.

Okanagan Walk to Remember The 1st Annual Okanagan Walk to Remember will take place on Sat, Oct 13 at the Kelowna City Park (in the big open field just west of the main parking lot/south of the water & skate parks). Registration begins @ noon; Program/Walk start at 1pm; Closing Ceremony & Balloon Release to follow walk. The Okanagan Walk to Remember takes place in October, which is Pregnancy & Infant Loss Awareness month in BC. It is an event for parents, families, and friends to honor and remember their gone-too-soon babies, to connect with other families with similar experiences, and to access helpful resources.

Apple, Date, and Ginger Crisp

(Adapted from www.wholeliving.com)

- 4 Tbs light Brown sugar
- 4 Tbs unsalted Butter, melted
- 2 Tbs grated fresh Ginger
- 1/2 tsp ground Cinnamon
- 1 tsp grated Orange zest
- 4 pitted Medjool dates, chopped into $\frac{1}{4}$ " pieces
- 4 Apples, peeled, cored, and cut into $\frac{1}{2}$ " wedges
- 9 Gingersnap cookies, finely crumbled (3/4 cup)
- 2 Tbs chopped Pecans
- 2 Tbs old-fashioned Rolled oats
- 1/2 C thick unsweetened Yogurt

Preheat oven to 350°F. In a medium bowl, combine 3 Tbs sugar, 1 Tbs melted butter, ginger, cinnamon, orange zest, and dates. Add apples and toss to combine. Transfer mixture to an 8-inch square baking dish. In a small bowl, combine gingersnaps with pecans, remaining sugar, oats, and remaining butter. Using your fingertips, work mixture to form a crumble topping. Distribute topping over apples. Cover dish tightly with aluminum foil. Bake until fruit is bubbling, about 30 minutes. Uncover and continue baking until topping has browned and apples are tender, about 20 minutes. Let cool 10 minutes before serving with yogurt.

Cranberry-Pear Sauce

(Adapted from www.wholeliving.com)

- 1 bag (12 oz) fresh Cranberries, picked over
- 3 ripe Bartlett pears, (about 1 1/2 pounds), peeled, quartered, cored, and cut into 1/2-inch chunks
- 1/3 C Sugar (or your favorite equivalent)
- 1/2 C dried Cherries

In a medium-size, heavy-bottom non-aluminum saucepan, combine cranberries, pears, sugar, dried cherries, and 1/2 cup water. Bring to a boil over medium heat. Reduce to a simmer and cook, stirring frequently to prevent scorching, until berries have popped and are tender, about 15 minutes. Cool to room temperature. Cover and refrigerate until chilled. Makes 4 C.

Pineapple Cranberry Sauce

(Adapted from www.glamour.com)

- 2 (12-oz) bags of fresh Cranberries
- 1 C crushed Pineapple
- 1 C Orange juice
- 1 C Pomegranate juice
- 1 tsp fresh Ginger, minced
- 1/4 C Maple syrup
- 1 tsp ground Cloves

Add the cranberries, pineapple, orange juice, pomegranate juice and ginger to a saucepan and cook over medium heat for about 5 to 7 minutes. When the berries start to pop, stir consistently until the mixture thickens. Remove from heat. Stir in maple syrup and cloves. Chill until ready to serve. Serves 12.

Thanksgiving Preparations – Part 1

With the first day of autumn behind us, we now face thanksgiving preparations. Here are some recipes for those who like to get a head start on the planning.

Maple Roasted Pumpkin Salad

(Recipe adapted from "Whole Living" at www.wholeliving.com)

- 1 sugar Pumpkin (3 1/2 to 4 pounds), peeled, seeded, and cut in 1 1/2-inch chunks
- 1/4 C Pumpkin seeds
- 6 Garlic cloves, unpeeled
- Coarse Salt and Black pepper
- 3 Tbs fresh Lime juice
- 1 1/2 lbs Arugula (2 to 3 bunches, thick stems removed), washed and dried
- 6 oz Feta cheese
- 5 Tbs Olive oil
- 1/4 to 1/2 tsp Red pepper flakes
- 2 Tbs plus 1 tsp pure Maple syrup
- 1 Tbs Dijon mustard

Preheat oven to 450°F. Spread pumpkin seeds on a large rimmed baking sheet; toast in oven, tossing occasionally, until fragrant and beginning to brown, 5 to 7 minutes. Set aside. On a large, rimmed baking sheet, toss pumpkin with 2 Tbs oil, garlic, red pepper, salt, and black pepper. Roast, tossing occasionally, until pumpkin is tender, 25 to 30 minutes. Remove garlic cloves from sheet pan; set aside. Drizzle pumpkin with 2 Tbs maple syrup; toss to coat. Return to oven and continue roasting, tossing occasionally, until pumpkin is glazed, 5 to 10 minutes more; let cool. Meanwhile, cut off root ends of garlic cloves; squeeze out garlic and mash to a paste with the side of a knife. Transfer to a large bowl. Add lime juice, mustard, and remaining maple syrup; season with salt and pepper. Whisking constantly, add remaining oil in a steady stream; set aside. Add arugula and pumpkin and toss to combine. Serve salad sprinkled with toasted pumpkin seeds and crumbled feta cheese.

Roasted Winter Squash and Apple Soup

(Recipe adapted from "Whole Living" at www.wholeliving.com)

- 1 large Winter squash (about 2 1/2 pounds), peeled, seeded, and cut into 2-inch pieces
- 2 Apples, such as Granny Smith, peeled, cored, and quartered
- 2 medium Onions, peeled and quartered
- 2 Tbs extra-virgin Olive oil
- Chili powder, for seasoning (optional)
- Cilantro Walnut Pesto, for garnish (optional)
- 3 cloves Garlic, peeled
- coarse Salt
- 4 C Vegetable stock

Preheat oven to 400°F. In a large roasting pan, toss squash, onions, garlic, and apples with oil to coat. Season well with salt and chile powder. Roast, stirring every 10 minutes, until vegetables are fork-tender and lightly browned, about 40 minutes. Transfer half the vegetables and 2 C stock to a food processor; puree until smooth. Repeat with remaining vegetables and broth. Return pureed mixture to pot, thinning soup with stock, if necessary. Season with salt and chile powder; bring to a simmer over medium-low heat. Serve immediately, garnished with Cilantro Walnut Pesto, if desired. Serves 4.

Hearty Garlic Greens

(Recipe adapted from "Whole Living" at www.wholeliving.com)

- 1 1/2 lbs Hearty Greens, well washed, stems removed, and sliced into 3-inch strips
- 3 Tbs extra-virgin Olive oil
- 1 lb Spinach
- 8 cloves Garlic, sliced paper-thin
- 1/4 to 1/2 tsp Red pepper flakes

Bring a large pot of salted water to a boil. Drop greens into water and blanch for 4 minutes. Immediately plunge blanched greens into a bowl of ice-cold water to stop the cooking. Drain, squeeze dry, and set aside. Heat oil and garlic in a large skillet over medium-low heat. Cook until the garlic is golden around the edges, 8 to 10 minutes.

With a slotted spoon, remove garlic from skillet; set aside. Raise heat to high. Add hearty greens and cook for an additional 5 minutes. Add spinach; season with salt and red pepper flakes to taste. Cook until spinach wilts, stirring frequently (about a minute). Return garlic to pan and stir. The greens can be served immediately or at room temperature. Serves 8.

~ Article & Recipes Contributed by Angela Cleveland ~