



# The Harvest Herald

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## OKG Bread Special Oct 5-7

Cranberry Thyme Loaf! Mild sourdough dotted with both sweet and tart cranberries and a sprinkling of fresh thyme. An ideal part of Thanksgiving meals!

## Regular Harvest Box

Local! Bunched Carrots - Notch Hill Organics  
Local! Ruby Chard - Notch Hill Organics  
Local! Peppers, Mixed Colours - Notch/Suncatcher  
Local! Tatsoi (Asian greens) - Wild Flight Farm  
Local! Salad Turnips - Roots/Wild Flight  
Local! King Richard Leeks - Wild Flight Farm  
Local! Roma Tomatoes - Schneider-Brown  
Local! Early Italian Prune Plums - Green Hills Acres  
Local! Bartlett Pears - McCoubrey Farm  
Local! Gala Apples - Vialo Orchard  
Local! Coronation Grapes - Djordjevich Farm

## Family Harvest Box Extras

Local! Radishes - Wild Flight Farm  
Local! Red Potatoes - Wild Flight Farm  
Local! Red Onions - Notch Hill Organics  
Local! Green Cabbage - Roots & Greens Farm  
Local! President Plums - Sproule & Sons Farm  
Local! Golden Delicious Apples - Vialo Orchard



## This Week's HomeGrown Heroes

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.

## You are Invited! Fall Harvest Celebration at McCoubrey Farm!

**Sun, Oct 3<sup>rd</sup>, 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 1<sup>st</sup>, 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 100<sup>th</sup> 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 3<sup>rd</sup> to meet Matt and Molly, to see how we grow our produce and to help us to celebrate another successful harvest.

## Saturday Sale Updates/Guest Vendors

- **Sat, Oct 2<sup>nd</sup>** - Dawn's Agape Treats...from healthy chocolate to yummy granola, all made with whole foods, and without refined sugar
- **Sat, Oct 9<sup>th</sup>** - 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 beautiful AND functional 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 (you'll have to come see us to find out how!).
- **Sat, Oct 16<sup>th</sup>** - Real Raw Foods (Naramata) offer a wide array of raw, organic nuts, seeds, dried fruit, and more! ([www.realrawfood.com](http://www.realrawfood.com))

## Community Events/Notices

**FREE Workshop on Energy and Water Efficiency** for households and small businesses! Learn how to save money, generate your own energy, and protect the environment for future generations, with speakers Dave Williams (Electronic Engineering Technology at Ok College) and Mike Seibert (Systemetric Energy Management), as part of the Okanagan Chapter of the British Columbia Sustainable Energies Association (BCSEA) broader series of interactive workshops called the **Sustainable Energy Education Series (SEEDS)**. Workshop/refreshments by donation; all proceeds used to support local clean energy projects.

**Harvest Hoot** Sun, Oct 17<sup>th</sup>, 1-4pm at the Okanagan Mission Community Hall. A harvest fun fair for the whole family. Event includes local food stalls, games, live music, and fun activities for the kids. Admission is FREE.

**The Art of Creating a Healthy, Compassionate & Sustainable World** - The Okanagan Health Forum presents John Robbins, author of 7 best-selling books, including *Diet for a New America* and *Healthy at 100*. Thurs, Oct 21, 6:30-9pm, Kelowna Community Theatre. Tix avail @ Choices Markets & Nature's Fare. For more info: [www.okanaganhealthforum.com](http://www.okanaganhealthforum.com) (also on FaceBook).

**Canada's very first National Organic Week** will begin on Thanksgiving Day and run until World Food Day on October 16th.

This week, tatsoi can be found in the family boxes. Tatsoi is a dark green Asian salad green very similar to bok choy. Its spoon shaped leaves boast a mild mustard flavour that can be enjoyed raw or added to soups.

### Browned Butter Pasta with Tatsoi

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

Pasta of your choice, preferably curved or with ridges  
1/2 stick unsalted Butter  
Salt and pepper  
Leaves of 2 to 3 bunches of Tatsoi, rinsed  
1/2 C chopped Sage  
freshly grated Parmesan  
Lemon wedges, optional

Cook pasta to al dente in salted water. When the pasta is almost done, melt the butter in a skillet. Swirl the butter in the pan as it foams. (At this point, remove pasta from the heat and drain well in a colander.)

When butter begins to brown, toss in pasta and mix to coat with butter. Salt and pepper to taste. Add tatsoi and sage and cook until slightly wilted, about 1 to 2 minutes.

Plate and serve immediately with grated parmesan and lemon wedges on the side.  
Serves 2.

### Chilled Sesame-Ginger Tatsoi

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

1 1/2 lb Tatsoi, washed and dried  
Salt to taste  
1/3 C Soy sauce  
2 Tbs Sesame oil  
1 Tbs Ginger; minced  
2 Tbs Sugar  
1/4 C White vinegar  
4 dash Tabasco sauce  
Black pepper to taste  
1/4 C Sesame seeds, toasted

Bring a large pot of salted water to a rolling boil. Add the tatsoi, blanch for one minute, drain, immediately plunge into ice water to stop the cooking process, and drain again.

In a small bowl, combine the soy sauce, sesame oil, ginger, sugar, vinegar and Tabasco. Mix well, and season to taste with salt and pepper.

In a large bowl, combine the tatsoi and dressing, and mix well. Refrigerate until well chilled, garnish with sesame seeds and serve.  
Serves 4.

## Festive Fall Salads

Even though summer is over, we can still enjoy beautiful salads. With the fall harvest, salads now take on a different look and many new flavours. Here are some fall salad recipes to enjoy as the days get shorter and colder.

### Moroccan Carrot Salad

(Recipe adapted from "About.com: Moroccan Food" at <http://moroccanfood.about.com>)

1 1/2 lb fresh Carrots  
1 1/2 Tbs Vegetable oil  
1 tsp Cumin  
Pepper  
1 1/2 Tbs Lemon juice  
1 Tbs chopped fresh Parsley  
Salt

Wash the carrots and cut them into small cubes about 1/4" thick. Place the carrots in a pot, cover them with cold water, and bring to a boil. Reduce the heat to medium-low and simmer the carrots about 10 minutes, or until desired tenderness. Drain the carrots, then immediately cover them with cold water to stop further cooking. Allow the carrots to sit in the water for a minute, then drain again. When the carrots have cooled completely, mix them in a large bowl with the remaining ingredients, seasoning to taste with salt and pepper. Toss gently to mix, cover tightly, and refrigerate at least an hour or overnight. Prior to serving, taste the salad and adjust the seasoning if desired.

### Tangy Red Grain Salad

(Recipe adapted from "Group Recipes" at [www.grouprecipes.com](http://www.grouprecipes.com))

2/3 C Beets, coarsely grated (peeled if necessary)  
3/4 C Water  
1/4 C dry Bulgur  
1 Tbs seasoned Rice wine vinegar  
Black pepper to taste  
1/2 tsp Salt  
1 Tbs dried Cranberries  
1/2 Tbs Vegetable broth

Combine water and salt in a small pot, bring to a boil. Add bulgur and simmer 5 minutes. Remove from heat, cover and let stand 15 minutes. Stir in beets, cranberries, vinegar, broth and pepper. Serve immediately or chill.

### Roma Tomato Salad with Feta and Garlic

(Recipe adapted from "Whole Living" at [www.wholeliving.com](http://www.wholeliving.com))

6 Roma tomatoes, quartered lengthwise  
1/4 C fresh Basil leaves, cut into thin strips  
1 1/2 Tbs Balsamic vinegar  
1 to 3 cloves Garlic, peeled and minced  
2 Tbs Olive oil  
2 oz Feta cheese, crumbled

In a large bowl, toss together tomatoes, garlic, basil, olive oil, balsamic vinegar, and feta cheese. Chill in the refrigerator for 10 minutes before serving. Serves 4.

### Kale Salad

(Recipe adapted from "Cleanse Girl" at <http://cleansegirl.com>)

4 Tbs Olive Oil  
1/1/2 tsp Lemon Juice  
1/2 tsp Cayenne powder  
1 tsp fresh Ginger  
1 bunch Kale  
1 Tbs Miso  
1 tsp Curry powder  
3 cloves fresh Garlic  
2 whole Dates

Put first 8 ingredients into blender. Add water to thin out if necessary. Wash the kale and cut into very thin strips. Add dressing and toss for 1 minute. Serve right away or let chill for 1-2 hours.