



# The Harvest Herald

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Place Orders On-line at: [www.urbanharvest.ca](http://www.urbanharvest.ca)

Sept 30 - Oct 2, 2014

Issue #732

## OKG Bread Special Oct 7-9

**Cranberry Thyme Loaf!** A mild sourdough with sweet + tart cranberries and a sprinkling of fresh thyme. A Thanksgiving customer favourite!

## Regular Harvest Box

LOCAL! Sweet Corn - Wild Flight Farm  
LOCAL! Carrots - Roots & Greens Farm  
LOCAL! Lacinato (Tuscan) Kale - Wild Flight Farm  
LOCAL! Yellow Sieglinde Potatoes - Wild Flight  
LOCAL! Yellow Onions - West Enderby/Left Fields  
LOCAL! Delicata Squash - Green Croft Gardens  
LOCAL! Asian Pears (mini order) - Harker's  
LOCAL! Late Italian Prune Plums - Forbes Farm  
LOCAL! Coronation Grapes - Djordjevich Farm  
LOCAL! Bartlett Pears - Claremont Ranch  
LOCAL! Spartan Apples - Vialo Orchard

## Family Harvest Box Extras

LOCAL! 1 bunch Red Beets - Pilgrim's Produce  
LOCAL! Arugula - Wild Flight  
LOCAL! Fresh Dill - Wild Flight  
LOCAL! Garlic - Wild Flight  
LOCAL! Spring Mix - Wild Flight  
LOCAL! Honeycrisp Apples - Bite Me Organics



## This Week's HomeGrown Heroes *(certified organic, unless specified)*

Bite Me Organics - Kelowna  
Claremont Ranch Organics - Lake Country  
Djordjevich Farm - Kelowna  
Forbes Farm - Oliver  
Green City Acres - Kelowna (NOT cert org)  
Green Croft Gardens - Grindrod  
Harker's Organics - Cawston  
Left Fields Farm - Sorrento  
Morning Dove Gardens - Kelowna (NOT cert org)  
Old Meadows Organic Farm - Kelowna  
Pilgrim's Produce - Armstrong  
Roots & Greens Farm - Grindrod  
Vialo Orchard - Cawston  
West Enderby Farm - Armstrong  
Wild Flight Farm - Mara  
Wise Earth Farm - Kelowna (NOT cert org)

## 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.*

## Organic Festival A Success!

Christine and Lisa enjoyed seeing lots of familiar and new faces at the Organic Okanagan Festival on Sunday! (OOF took place Sept 28 at the Rotary Centre for the Arts.) We would like to congratulate Wendy Wright and the Okanagan Greens team for hosting the 9<sup>th</sup> annual event, and also express our gratitude to all of the volunteers and sponsors, including major sponsor Choices Markets! It had a different feel this year with the new location (the festival has been held at Summerhill Pyramid Winery in past years), but the RCA was a great venue for different reasons, and the change was fun!!

Congrats to our winner for the prize draw of \$100 Urban Harvest dollars ~ Michele Hucull

## Saturday Sale Guests/Vendors for October

- **Oct 4 - Chef Giulio** of the **One Big Table** project! Bringing fresh, locally-inspired tasty bites and ideas to reinvigorate your culinary pursuits! ([www.onebigtable.ca](http://www.onebigtable.ca))
- **Oct 4 - The Rudy Family Farm** with natural, pastured pork sausages, lamb, chickens, and turkeys! For more info, visit [www.therudyfamilyfarm.com](http://www.therudyfamilyfarm.com)
- **Oct 11 - Caf e Femina (CFUW) + Kelowna Zambia Partnership.** (The KZP supports a weavers' co-operative run by women in Zambia to generate income and promote gender equity.)
- **Oct 18 - Real Raw Food** ([www.realrawfood.com](http://www.realrawfood.com)) + **Swheatgrass** ([www.swheatgrass.ca](http://www.swheatgrass.ca))
- **Oct 25 - Dolan's Specialty Meats** ([www.dolanhomedelivery.com](http://www.dolanhomedelivery.com))

*Urban Harvest is open for public Saturday Sales, year-round, from 9am - 1pm at 806 Crowley Ave (north end, downtown Kelowna). See [www.urbanharvest.ca/sale](http://www.urbanharvest.ca/sale) for a map and updated produce list.*

## Community Events/Updates

**FIRST Thursdays in the Cultural District** Explore Kelowna's Cultural District on the first Thursday of each month, from 4-7pm (timing varies per venue). Street parking is free after 5pm, or why not make it an opportunity to use public transit (or your trusty bicycle!). Events include fruit sampling at the BC Orchard Industry Museum (4-6pm, inside Laurel Packinghouse), wine tasting at the BC Wine Museum & VQA Wine Shop (4-6pm, inside Laurel Packinghouse), open rehearsal of Hansel & Gretel at Bumpershoot Children's Theatre from 7-9:30pm (Cannery Lane), free admission at the Kelowna Art Gallery, Throwback Thursday Cult Movie Night with screening of "Batman: The Movie" at the Kelowna Library (7-8:30pm, Ellis St branch), Inspired Word Caf e from 5-7pm at the Okanagan Heritage Museum, and a live jazz jam (5-7pm at Rotary Centre for the Arts)! Several area businesses will be staying open late to participate as well, including various studios within the Rotary Centre for the Arts, Full Moon Beads & Jewelry, Gypsy Soul Designs, Chaibaba Tea House, and Georgie Girl, among others. What a great way to get to know this special part of our town a little more intimately!

**2014 Breastfeeding Challenge THIS SATURDAY!** Attention Breastfeeding Mamas! Save this date! Get ready to latch on for the International Breastfeeding Challenge on October 4<sup>th</sup> at 11am at the Kelowna Farmers' and Crafters' Market, hosted by the Kelowna Breastfeeding Cafe. Register from 9:30-10:30; Latch on @ 11am. Prizes to follow! <http://www.babyfriendly.ca/> [www.kelownabreastfeedingcafe.com](http://www.kelownabreastfeedingcafe.com)

**Simple Solutions to a Healthier Pregnancy & Baby!** Presented by Michale Hartte B.A.Sc (Nutr), NNCP, CH, in conjunction with Community Midwives Kelowna. Learn how an optimal diet, supplements, and lifestyle can raise a 'super baby'. Guests will receive recipes and meal ideas from Michale's soon-to-be-released book, "The Fit n Healthy Pregnancy Guide - Simple Solutions to Having a Healthier Pregnancy & Baby". Wed, Oct 22 from 6-7pm, at The Spall Business Centre (1873 Spall Rd). Please RSVP TO [info@fitnhealthynutrition.com](mailto:info@fitnhealthynutrition.com) or call 250-718-1653.

## Coronation Grape Chia Jam

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

- 1 Tbs Chia seeds
- 1 C Coronation grapes
- 1/16 to 1/8 Stevia to taste
- 1/2 Tbsp Water\* if required

Place chia seeds in a small food processor and blend until they become a powder. Remove the chia seeds from the food processor and set aside. Place the coronation grapes and stevia into the food processor and blend until smooth, add water if the mixture is too thick. Add the chia seeds and pulse until mixed. Spoon the Coronation Grape Chia Jam into a Mason jar and place in the fridge to set for 30 minutes.

## Baked Blue Grape Pancakes

(Adapted from

<http://foodandspice.blogspot.ca>)

- 2 Tbs Butter
- 4 Eggs, separated
- 1 C Milk
- 1 C Flour
- 3 Tbs Sugar (or equivalent of your favourite sugar substitute)
- 1 tsp Vanilla
- 1 1/2 C Coronation grapes
- Icing sugar (optional)

Heat an oven to 425°F. Place 1 Tbs of butter in each of two deep 9-inch pie plates. Put in oven to melt. Beat the egg whites until stiff. In a medium mixing bowl, beat the egg yolks with the milk, flour, sugar and vanilla. Fold the egg whites into the batter. Remove the pie plates from the oven and pour half of the batter into each. Scatter the grapes on top. Bake for 15 to 20 minutes, until golden on top. Remove from the oven and sprinkle with icing sugar if desired. Serve hot or warm. Reheat leftover portions at 300°F for 10 minutes. Makes two 9-inch pancakes.

## Grape-Berry Protein Smoothie

(Adapted from <http://dailyburn.com/life>)

- 1 tsp dry Chia seeds
- 1 scoop of your favourite Protein powder (optional)
- 1 1/2 C seedless Grapes
- 1/2 C Blueberries
- 1 tsp Flaxseed oil
- 1/2 C Water

Combine ingredients and blend until smooth.

## Divine Delicata

Delicata squash are one of the most beautiful winter squashes with their yellow rind and green striations. They are perfect for stuffing, baking, and roasting. Like most winter squash, they are fat free, cholesterol free, sodium free, and provide vitamins A and C.

### Baked Delicata Squash with Lime Butter

(Recipe adapted from "All Recipes" at <http://allrecipes.com>)

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| 2 Delicata squash*, halved and seeded | 3 Tbs Butter, softened                |
| 1 Tbs fresh Lime juice                | 1 tsp Chili powder, or to taste       |
| 1/2 tsp Lime zest (optional)          | Salt and ground Black pepper to taste |

Preheat oven to 350°F. Place the squash cut side down into a baking dish. Pour water into the dish to about 1/4 inch deep. Bake in preheated oven until the squash pierces easily with a fork, about 30 minutes. Meanwhile, blend the butter with the lime juice and chili powder in a small bowl. Mix in the lime zest, if desired. Season to taste with salt and pepper. Spoon the butter mixture into the cooked squash, and serve immediately.

\*Recipe can be halved

### Roasted Delicata Squash Wedges

(Recipe adapted from "Food.com" at [www.food.com](http://www.food.com))

Start with 1 Delicata squash:

#### For Sweet squash

- 1 tsp Brown sugar
- 1 tsp Cinnamon
- Salt

#### For Savory squash

- 1 tsp Brown sugar
- 1 tsp Chili powder
- Salt

#### For Spicy squash

- Salt
- Cayenne, to taste
- Ketchup, for dipping

Preheat the oven to 425°F. Wash the squash thoroughly. Cut the hard ends off each squash, and cut them in half. Using a spoon, scoop out the seeds and strings. Cut each half into 3 or 4 wedges. Place the squash wedges skin down on a cookie sheet. Spray with cooking spray and sprinkle on your seasonings. Roast in the oven for 40 minutes. Serves 1.

### Roasted Delicata Squash with Butter and Miso

(Recipe adapted from "Slender Kitchen" at [www.slenderkitchen.com](http://www.slenderkitchen.com))

- 1 Delicata squash, seeded and cut into slices
- 1 1/2 Tbs Butter
- 1 1/2 Tbs White Miso

Preheat the oven to 400°F. Melt the butter and miso together. Stir until smooth. Toss the squash with the miso butter. Lay out flat on the baking sheet, without having them overlap. Roast for 15 minutes. Flip and roast for 10 more minutes. Serves 4.

### Maple Roasted Delicata Squash

(Recipe adapted from "Web MD" at [www.webmd.com](http://www.webmd.com))

- 3-4 lbs Delicata squash (or another variety with an edible skin)
- 1/4 C Olive oil
- 1/4 C Maple syrup
- 1 tsp Salt

Preheat oven to 425°F. Cut the squash in half vertically. Scrape out all of the seeds. Cut each half into 3/4-inch thick slices. Arrange slices on a large baking sheet and toss with olive oil, maple syrup, and salt. Make sure to toss well so that each slice is coated. Bake in the oven until tender and starting to brown, about 15-20 minutes. Allow to cool slightly, then remove from the baking sheet. Can be served warm or room temperature.