



The Harvest Herald

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

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

September 5-7, 2012

Issue #631

OKG Bread Special Sept 11-13

Carrot & Caraway Loaf! This customer favourite combines sweet carrots and fragrant toasted caraway seed on a whole wheat sourdough base. It has an incredibly moist interior and caramelized crust.

Regular Harvest Box

LOCAL! Red Onions - Notch Hill Organics
LOCAL! Zucchini - Wild Flight Farm
LOCAL! Field Tomato(es) - S.M. Schneider
LOCAL! Rainbow Chard - Roots/Notch
LOCAL! Sweet Corn - Wild Flight Farm
LOCAL! Leaf Lettuce - Notch/Wild Flight
LOCAL! Carrots - Notch Hill
LOCAL! Sieglinde (Yellow) Potatoes - Wild Flight Farm
LOCAL! Italian Prune Plums - Nazaroff Farms
LOCAL! Glohaven Peaches - Nazaroff Farms
LOCAL! Nectarines - Nazaroff Farms

Family Harvest Box Extras

LOCAL! Field Cukes - Notch Hill Organics
LOCAL! Leeks - Wild Flight Farm
LOCAL! Spinach - Roots & Greens Farm
LOCAL! Cherry Tomatoes - Wild Flight Farm
LOCAL! Bartlett Pears - Herb Garden
LOCAL! Apples (Ginger Gold & Gala) - Old Meadows



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green Croft Gardens - Grindrod
Herb Garden - Oliver
Nazaroff Farm - Oliver
Notch Hill Organics - Sorrento
Old Meadows Organic Farm - Kelowna
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Shirlee Mae Schneider/Moses Brown - Cawston
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 of poor quality, please inform us **within 48 hours**, and we'll provide a credit for your next order.*

Community Events/Notices

One Big Tree Festival THIS WEEKEND! One Big Tree is a grassroots community gathering with spiritual leaders, healers, educators, musicians, dj and ceremony, all taking place at the beautiful Fiddle Sticks Wilderness Park in Cherryville, BC (formerly planned for Heartland Ranch in Kelowna, so please note new location!). Sept 7-9, tix \$50 in advance, \$70 at the gate; children 12 and under are free. This is a family event. For more info, visit www.onebigtree.ca.

5th Annual Okanagan Volunteer Opportunities Fair this Saturday! Visit displays hosted by the 80 non-profit organizations interested in meeting you, sharing their vision and passion for our community, and offering ideas about how you can make a difference. Consider volunteering if you are looking at new career directions and wanting to network or learn new skills; new to our community and looking for ways to get involved; retired and wanting to balance volunteering with travel and recreation; or managing a business and wanting to engage employees in the community...or simply wanting to be of service in some way! Sat, Sept 8 from 10am to 3pm, Parkinson Rec Centre.

Fall/Winter 2012 Children's Art Classes Looking for art classes for your child/teen this fall/winter? Local artist Rena Warren offers a 14-week Fall/Winter session beginning Sept 11th. The total cost is \$350 which includes 28 instructional hours and all materials. Classes are on Tuesdays from 3:30-5:30 (which includes a 10 minute snack break) and are held at the Opus Framing & Art Supply classroom at 1357 Ellis Street. She also offers a 10% tuition break for a second student, either sibling or successful referral of a friend. (Note: Rena will also be keeping a waiting list for Wednesdays.) Register at 250-448-5533 (leave a message) or capricornucopia@hotmail.com. For more info, please visit <http://capricornucopiaartworks.blogspot.ca/p/classes.html>.

Something's Fishy at the EECO! The land locked Kokanee salmon are making their annual spawning run along the many tributaries of Okanagan Lake or along the lake shore itself. During the late summer and fall, local streams will be full of the red, fresh water cousins of the Sockeye.

Now through mid-October, you're invited to learn more about this interesting and important fish to the Okanagan at the 'Something's Fishy - Get to know the Kokanee' exhibit in the Environmental Education Centre for the Okanagan or EECO. It's open Tuesday through Sunday in Mission Creek Regional Park, Springfield and Durnin Roads.

For more information on this and other EECO programs, check out 'Your Guide to Regional Parks', visit the Regional District website (www.regionaldistrict.com/parks) or contact the EECO at 250-469-6140.

ORGANIC OKANAGAN FESTIVAL - Sunday, September 23rd is the date set for this year's Organic Okanagan Festival (OOF) at Summerhill Pyramid Winery. The date has been chosen to coincide with National Organic Week (see www.organicweek.ca to learn more). If you would like to be an OOF Exhibitor, entertainer, or volunteer, visit www.okanagangreens.ca for more info. Urban Harvest is looking forward to participating again this year, and we would love to see you there! Watch for more updates in coming weeks...

The Kelowna Breastfeeding Cafe strives to be a relaxed, non-judgmental, and informative place for moms to find breastfeeding support. Whether you are an expectant mom, brand new mom, or a more seasoned mom, you are welcome! Enjoy a free tea/coffee and create relationships with other moms in your community. Discuss challenges or concerns, share triumphs, and swap tips! Breastfeeding Cafes are held on a drop-in basis on the 1st Tuesday of the month at Kelowna Community Resources (1735 Dolphin Ave) from 10am to noon, AND on the 3rd Thursday of the month at Malachite Midwives (1955 Bowes St.) from noon to 2pm. You can also connect online at the Kelowna Breastfeeding Café Facebook page.

Here are some breakfast recipes that enjoyed in different parts of the world (*adapted from www.whats4eats.com*):

Atole (Mexico)

"Atole (ah-TOH-lay) is an ancient Mexican beverage with origins in pre-Columbian times. Similar warm drinks, thickened with cornmeal, are found throughout Central America and are especially popular for breakfast."

5 C Milk or water
1/2 C Masa harina*
1/4 C Brown sugar
1/2 tsp Cinnamon
1 tsp Vanilla

Whisk the milk or water, masa harina, sugar and cinnamon in a large saucepan until smooth. Place the saucepan over medium heat and bring to a boil, stirring constantly. Reduce heat to medium-low and continue to stir until thickened, about 5 minutes. Remove from heat, stir in the vanilla and serve hot in mugs. Serves 4.

*Masa harina is a flour made from corn that has been soaked in a lime and water solution. It can be found in specialty stores and in some grocery stores.

Chakchouka (Africa)

"This dish, with many variations, is a popular breakfast in North Africa, especially in Algeria and Tunisia. Most recipes include the eggs, but they can actually be left out if you like."

3 Tbs Olive oil
1-2 Tbs Paprika
1 Onion, thinly sliced
2-3 Garlic cloves, minced
3 Tomatoes, peeled, seeded and diced
2-3 Green and red bell peppers, diced
1 C Water
Salt and pepper, to taste
4 Eggs (optional)

Heat the oil in a deep skillet over medium flame. Stir in the paprika and cook slightly to color the oil, about 10 to 15 seconds. Add the onions and garlic and sauté until the onions are translucent and wilted but not browned, about 5 minutes. Add the tomatoes and cook for 3 to 4 minutes to reduce down a little bit. Add the peppers, water and salt and pepper and bring to a boil. Reduce the heat to low, cover and simmer for about 10 minutes. Add more water as needed to keep it from drying out. Using a spoon, form four small indentations in the simmering peppers to hold the eggs. One by one, crack the eggs into a small bowl and slip each from the bowl into an indentation. Cover and simmer for another 10 minutes or so until eggs are cooked through. Serve with crusty bread, pita or rice. Serves 4-6.

Breakfast for Champions

We've all heard it before: breakfast is one of the most important meals of the day. In fact, breakfast eaters tend to perform better at school or work, they have improved concentration and memory, and they are better able to manage their weight and have lower levels of cholesterol.

With summer holidays ending and school starting this week, for many of us it is harder to make complete breakfast meals. Eating Well is a magazine and website that offers a variety of healthy breakfast recipes (among many other things). Their categories include "no-cook breakfast," "hot breakfast," "healthy muffin and quick bread," and "healthy whole grain breakfasts." They also have a section for 15 minute breakfasts, grab-and-go high fiber recipes, and breakfast smoothies. Currently, they are hosting a breakfast challenge for their readers to try their healthy breakfast recipes for 7 days. They also have breakfast tips and lots of other recipes to try. Here are a few recipes from the challenge. Check out www.eatingwell.com for the rest.

Quick Breakfast Taco

(Serves 1, Total Time: 15 min)

2 Corn tortillas
2 Tbs shredded reduced-fat Cheddar cheese
1 Tbs Salsa
2 Eggs or 1/2 C liquid egg substitute

Top tortillas with salsa and cheese. Heat in oven until the cheese is melted. Coat a skillet with cooking spray. Heat over med heat, add eggs or egg substitute and cook, stirring, until the eggs are cooked through, about 90 seconds. Divide the scrambled egg between the tacos and serve.

Almond-Honey Power Bar

(Makes 8 bars, Total Time (including chilling): 1 hour)

1 C old-fashioned Rolled oats
1/4 C Sunflower seeds
1 C unsweetened whole-grain puffed Cereal
1/3 C Currants
1/3 C chopped Golden Raisins
1/4 C Turbinado sugar
1/2 tsp Vanilla extract
1/4 C slivered Almonds
1 Tbs Flaxseeds, preferably golden
1 Tbs Sesame seeds
1/3 C chopped dried Apricots
1/4 C creamy Almond butter
1/4 C Honey
1/8 tsp Salt

Preheat oven to 350°F. Coat an 8-inch-square pan with cooking spray. Spread oats, almonds, sunflower seeds, flaxseeds and sesame seeds on a large, rimmed baking sheet. Bake until the oats are lightly toasted and the nuts are fragrant, shaking the pan halfway through, about 10 minutes. Transfer to a large bowl. Add cereal, currants, apricots and raisins; toss to combine. Combine almond butter, sugar, honey, vanilla and salt in a small saucepan. Heat over medium-low, stirring frequently, until the mixture bubbles lightly, 2 to 5 minutes. Immediately pour the almond butter mixture over the dry ingredients and mix with a spoon or spatula until no dry spots remain. Transfer to the prepared pan. Lightly coat your hands with cooking spray or oil and press the mixture down firmly to make an even layer (wait until the mixture cools slightly if necessary). Refrigerate until firm, about 30 minutes; cut into 8 bars.

Scandinavian Muesli

(Makes 8 servings, Total Time: 2 1/2 hours (including cooling time))

2 C old-fashioned or quick-cook Rolled oats
1/3 C coarsely chopped Almonds, (1 3/4 ounces)
2 Tbs flaked Coconut (sweetened or unsweetened)
1/2 tsp Vanilla extract
1/4 C Flaxseeds, ground
2/3 C Rye flakes or Wheat flakes
1/2 C Raisins
2 Tbs Honey
pinch of Cinnamon

Preheat oven to 350°F. Coat a baking sheet with cooking spray. Spread oats and rye (or wheat) flakes on the baking sheet. Bake for 10 minutes. Stir in almonds and coconut; bake until the oats are fragrant, about 8 minutes. Turn off the oven. Stir raisins into the muesli. Warm honey and stir in vanilla and cinnamon; drizzle over the muesli and stir to coat. Return the muesli to the turned-off warm oven and let cool completely, about 2 hours. Stir in flaxseeds, if using.

~ Article & Recipes Contributed by Angela Cleveland ~