



The Harvest Herald

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

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

Sept 7-9, 2011

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OKG Bread Special Sept 14-16

Peanut Pumpernickel! This dense, fragrant loaf - made with a fermented pumpernickel grain and rye sourdough base - gets a further infusion of flavour from rich peanut butter and crunchy peanuts.

Regular Harvest Box

LOCAL! Summer Crisp Lettuce - Notch Hill
LOCAL! Zucchini - Notch Hill
LOCAL! Baby Dill - Wild Flight/Notch
LOCAL! Green Beans - Notch/Roots
LOCAL! King Edward (pink-tinged) Potatoes - Notch
LOCAL! Corn (mini-order!) - Wild Flight/Calissi
LOCAL! Orange Carrots - Notch Hill
LOCAL! Beefsteak Tomatoes - Shirlee Mae/Moses
LOCAL! Black Amber Plums - Sproule/Harker's
LOCAL! Glohaven Peaches - Claremont Ranch Organics
LOCAL! Sunrise Apples - Harker's

Family Harvest Box Extras

LOCAL! Sweet Onion(s) - Harker's
LOCAL! Green Onions - Wild Flight
LOCAL! Curly Green Kale - Notch Hill
LOCAL! Mixed Colour Peppers - Notch Hill
LOCAL! Purple Beets (with tops) - Wild Flight
LOCAL! Cantaloupe - Harker's



This Week's HomeGrown Heroes

Calissi Farm - Kelowna
Claremont Ranch Organics - Lake Country
Fugger Farm - Lake Country
Harker's Organics - Cawston
Isaac's Organics - Kelowna
Notch Hill Organics - Sorrento
Roots & Greens Farm - Grindrod
Shirlee Mae Schneider/Moses Brown - Cawston
Similkameen River Organics - Cawston
Sproule & Sons - Oyama
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.*

Introducing Claremont Ranch Organics

We would like to take this opportunity to introduce you to Molly & Matt Thurston of Claremont Ranch Organics! Claremont Ranch is a certified organic farm located in Lake Country, producing a wide range of fruit and vegetables for local restaurants and markets (including Urban Harvest!).

Formerly McCoubrey Farm, Molly & Matt Thurston took over the farm business in Jan, 2011. In their own words, they are "dedicated to providing our clients with the same high quality produce and friendly service that Bob & Sharon McCoubrey have provided for so many years." That's a pretty tall order to fill...but we know they're up for the challenge! And at this time, we, the Urban Harvest team, would like to also express our gratitude to Bob & Sharon McCoubrey for the wonderful food, service, mentorship, and friendship they've offered to us over the past 11 years!

Many of you will remember McCoubrey Farm as the host of several wonderful fall harvest celebrations for Urban Harvest customers...and we are delighted that Molly and Matt are keen to continue this tradition. Please mark your calendars, as we'll be gathering once again on Sun, Oct 23rd for our 2011 celebration, and we'd love to see you there!!

Community Events/Notices

Raw Food Course Guylaine Lacerte is taking registration now for her 'Live Food and Nutrition Course 5 class series' in the fall, starting September 25th. Learn how to incorporate more healthy, life-giving foods easily into your every day diet. For registration and information email at: therawfoodpath@gmail.com or phone 250-469-2265. For more info: www.rawfoodpath.com.

Change starts with youth! The United Way, TELUS and Interior Savings are offering Youth Initiative Grants up to \$1500 for youth up to 25 who want to make change happen in their communities. Youth teams must partner with a non-profit organization, school, post-secondary institution, church or service club to manage the funds, and are encouraged to meet with a United Way representative before submitting applications. Applications are available from United Way, and are due Dec 9, 2011 (granting takes place Feb 2012). For more info, visit www.facebook.com/youthgrants or www.unitedwaycso.com or e-mail avril@unitedwaycso.com or call 250-860-2356.

6th Annual Organic Festival! OK's Finest Green Living Expo takes place Sun, Sept 18, 11am to 5pm at Summerhill Winery & Okanagan College @ KLO. Park 'n' Ride Free Bus from OK College! Activist Alley, Eco Presentations, Kekuli Drumming & Dancing, BCSEA-Electric & Hybrid Vehicle Show, Green Speakers, Green Energy & Building Info, Organic Food & Wine, Green Fashion & Gifts, Local Music & Kiki the Eco Elf! Admission includes both locations - \$6 + Kelowna Food Bank Donation. Kids under 10 Free, Cyclists Free! Be sure to come say hi to the Urban Harvest Team!

2011 Car-Free Day! Sun, Sept 25, 11am to 4pm in Stuart Park and on Water Street, across from City Hall. International Car Free Day encourages people to take back the streets by enjoying all kinds of fun outdoor activities in places where cars usually have the right of way. The outdoor festival draws more than 2,000 people, all to raise awareness about keeping our air clean, our roads less congested and getting healthy by active modes of transportation. So skate, walk, cycle, ride transit or carpool down to Car Free Day and show your support! **Bike Parade at 1pm:** Decorate your bike at home or when you arrive at Car Free Day. The bike parade will lead the Okanagan Family AIDS Walk, happening simultaneously in Stuart Park. **Activities to enjoy:** BMX half pipe demos, free pedicab tours around the event, free fitness classes, live entertainment from Kelowna's City Band, Kelowna Rock School and the Raging Grannies, street hockey challenge between the Fire Dept and RCMP Cycling, walking, skateboarding, rock climbing activities, Kidz Zone (free bouncy castle, face painting, bike decorating and more), Shop Artisan Alley, Bike Shop Bonanza, Free Dog training activities - Bring your Dog!, Secure Bike Valet bike parking, and Much More!

There are many benefits to drinking tea such as strengthening your immune system, reducing your risk of cancer, preventing tooth decay and fighting bad breath, building stronger bones and protecting your heart.

Amber at MOTEAS shared these great recipes that incorporate the benefits and flavour of their delicious teas with some of our favourite seasonal fruit:

Berry Blush Cooler

(Makes 9 x 8oz Servings)

4 Bags of MOTEAS 100% Organic Lemongrass Green Tea
4 C Hot Water
4 C Red Berry/Veggie Juice
1 C Apricot Purée (blend 5-6 very ripe apricots in a blender)

Infuse Lemongrass green tea sachet in 4 C hot water. Let infuse for 8 min. Remove the tea bags and place tea in fridge to cool for 2 - 4 hours. Add fruit Purée. Stir, serve and Enjoy! (Option: Add 8oz of Apricot Brandy)

Orchard Peach Punch

(Makes 9 x 8oz Servings)

4 Bags of MOTEAS 100% Organic Okanagan White Orchard
4 C Hot Water
4 C Apple Juice
1 C Peach Purée (blend 2 peaches in a blender)
1/4 C Watermelon Purée (optional)

Infuse White tea sachet in 4 C hot water, let steep for 4-8 min, remove tea bags. Place tea in the fridge and let cool for 2 - 4 hours. Add apple Juice and peach purée. Stir, serve and Enjoy! (Option: Add 8oz of Peach Schnapps)

In addition to just drinking tea, there are other ways to enjoy the benefits of tea outside the cup (www.teamuse.com):

Oolong tea can be ground with white pepper and used as a rub on steak, pork chops, or fish. **Earl Grey** tea makes a wonderful marinade for chicken or tofu. Use it by itself or add it to your favourite marinade for a wonderful flavour. **Rooibos** tea makes an excellent meat tenderizer. **Jasmine** tea is an aromatic tea that can awaken a rice dish. Tea for dessert is another interesting option. Green Tea Sorbet, Earl Grey Muffins or a Jasmine Ganache are all wonderful options.

Waste-Free Lunches

September is here and it's time to break out the lunch boxes as the kids head back to school. More and more schools are encouraging students to bring not only nutritious lunches, but waste-free ones as well. Here are some tips on how to reduce or even eliminate excessive packaging in your child's lunch box (*adapted from www.healthychild.com*):

- Pack food in reusable containers—avoid plastic bags, plastic wrap, aluminum foil, and pre-packaged foods whenever possible. With a resealable container, children can save uneaten food for later.

- Purchasing lunch foods in larger containers instead of single-serve packages costs less. Buy yogurt and applesauce in larger containers and spoon it into a smaller container for lunch.

- Cut up fruits and vegetables, so your children can eat some and save the rest for later. It's hard to take two bites out of an apple during snack time and save the rest for lunch.

- Use a Refillable Drink Bottle. Juice pouches and some juice boxes are not recyclable, so consider packing water in refillable bottle.

Chunky Bean Spread Sandwiches

(Recipe adapted from "Veg Kitchen" at www.vegkitchen.com)

1/2 medium Green or Red bell pepper, cut into 1-inch chunks
1 to 2 Scallions, green part only, coarsely chopped
One 16-oz cans Pinto or Pink beans, drained and rinsed
2 Tbs Mayonnaise, or more, as desired
1/4 C pimiento-stuffed Green olives
1 Tbs Lemon juice
1 tsp ground Cumin
Fresh whole-grain or rye Bread
thinly sliced Tomatoes
Sprouts or shredded Lettuce

Combine the bell pepper, olives, and scallion in a food processor. Pulse on and off several times, until everything is coarsely and evenly chopped into approximately 1/4-inch pieces. Add the beans, mayonnaise, lemon juice, and cumin to the food processor. Pulse on and off until everything is evenly chopped, leaving a chunky texture. Transfer to a small serving container.

Let everyone assemble their own sandwiches as follows: spread a generous amount of the bean mixture on one slice of bread, top with a few slices of tomato and a handful of sprouts or lettuce, then cover with another piece of bread.

Pasta Salad with Black-Eyed Peas and Corn

(Recipe adapted from "Veg Kitchen" at www.vegkitchen.com)

15- to 16-oz can Black-eyed peas, drained and rinsed
2 C cooked Corn kernels, preferably fresh (from 3 large ears)
1 C Snow peas, trimmed, halved crosswise, and briefly steamed, or 2 Celery stalks, diced
1/2 medium red bell pepper, cut into narrow strips
1/2 C Vinaigrette (homemade or store-bought) or more, to taste
8 oz Pasta, any short, chunky shape
2 Scallions, thinly sliced
1/4 to 1/2 C finely chopped fresh Parsley
Salt and freshly ground Pepper, to taste

Cook the pasta in plenty of rapidly simmering water until al dente. Drain and rinse under cool water, then drain well again. Combine the cooked pasta with the remaining ingredients in a serving bowl, and toss together. Add the dressing and toss again. Cover and refrigerate until needed, or serve at once.

~ Article & Recipes Contributed by Angela Cleveland ~