



The Harvest Herald

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September 8-10, 2010

Issue #532

Okan. Grocery Artisan Bakery CLOSED Sept 17th - 18th

The bakers will be away taking an educational workshop at the San Francisco Baking Institute.

Regular Harvest Box

Local! Rainbow Carrots - Notch Hill Organics
Local! Radishes - Wild Flight Farm
Local! Peppers, Mixed Colours - Notch/Suncatcher
Local! Sieglinde (yellow) Potatoes - Wild Flight Farm
Local! Ruby Chard - Notch Hill Organics
Local! Red Bunched Beets - Notch Hill Organics
Local! Salad Mix - Little Creek Gardens
Local! Early Italian Prune Plums - Green Hills Acres
Local! Nectarines - Sproule & Sons
Local! Cresthaven Peaches - Nazaroff Farm
Local! Bartlett Pears - Commandeur Family Farm

Family Harvest Box Extras

Local! Kohlrabi - Wild Flight Farm
Local! Field Tomatoes - Schneider-Brown Farm
Local! Spaghetti Squash - Notch Hill/Suncatcher
Local! English Cucumber - Wild Flight Farm
Local! Yellow Onion (1 large) - Roots & Greens Farm
Local! Green Summer Cabbage - Roots/Wild Flight



This Week's HomeGrown Heroes

Commandeur Family Farm - Naramata
Green Hills Acres - Summerland
Little Creek Gardens - West Kelowna
Nazaroff Farm - Oliver
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
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.*

Offsetting Our Environmental Impact

We are excited to be exploring a couple of different avenues for offsetting the environmental impacts of our warehouse and delivery activities. We have recently offset our carbon footprint of 19.9 tonnes for our 2009 gasoline purchases, through the Australian-based **Climate Friendly** offset program (see www.climatefriendly.com for more info). In addition, our Urban Harvest warehouse location is now **bullfrogpowered™**, which means that we have purchased Green Electricity certificates that match the amount of electricity we use at our warehouse with 100% B.C. wind power that is injected onto the regional electricity grid (see www.bullfrogpower.com for more info).

Carbon offsets and green electricity certificates (GECs) are two ways that individuals, businesses, and other types of organizations can align their energy consumption with their environmental values. They are unique ways to support greener forms of energy production, while continually improving the energy footprint of our business operations and activities wherever feasible.

Community Events/Notices

Free-Range Turkeys Available for Christmas Okanagan Poultry Processing offers local, organic "pastured" poultry. This means birds are out in the sunshine, eating bugs and plants from two weeks old. The field is planted with a mix of certified organic seed screenings (flax, spelt etc) from Fieldstone Granary in Armstrong. \$4.25/lb for whole bird. Pick-up on Christmas Eve! Please contact Peggy Thompson, Okanagan Poultry Processing, 3150 Balldock Rd, Kelowna, 778-477-4004.

Parkinson SuperWalk Sept 11th This year marks a first for Kelowna! The first annual Parkinson's SuperWalk. It will take place at Concession Plaza in Waterfront Park near Dow Reid's Dolphin Sculpture. You are invited and encouraged to get a team together and raise funds or simply make a donation (cash or in-kind). To register a team, simply go to and click on the REGISTER NOW! Button. All donations are greatly appreciated.

Pub Night Fundraiser Sept 11th All proceeds to Kelowna United U16 Boys Soccer Team, representing Kelowna and BC at the Canadian National Soccer Finals...the team has just a few weeks to raise \$30,000! Dakota's Sports Bar & Grill, Sat, Sept 11th @ 7pm. Silent Auction, toonie toss, wine basket draw. Tix \$40, available at Soccer Express (5-1470 Harvey Ave), or through gordjoyce@shaw.ca/250-763-1087 or donnaandjacques@shaw.ca/778-477-0885.

Kokanee Salmon Festival Sat, Sept 19th from 11am to 3pm in Mission Creek Regional Park. Interpreters will be available to explain the kokanee spawning cycle, you can take part in various fishy activities and there will be entertainers and musicians performing throughout the day." There will also be a mini-festival set up at Hardy Falls Regional Park in Peachland with Salmon interpreters, crafts, activities and refreshments for the entire family.

Community Consultation on Culture The City of Kelowna is hosting a community consultation event on Sept 22 from 4:30-6:30pm at the Kelowna Art Gallery to provide input into the new Cultural Plan. It will be an interactive session, and will include a performance by spoken word artist Cameron Welch. For more info, visit www.kelowna.ca/culture or call 250-469-8474.

Raw Food Workshops Sandra Butler, Certified Raw Food Chef, will demonstrate these raw recipes: Garden Soup, Savoury Crackers, Creamy Dill "Pasta", Tomato Salad, Brownies. Cost \$40/person/class (includes recipes/sampling). Held at Forsythe Chiropractic, 225 S Rutland Rd. Sept 22 6pm-9pm. Reservation & advance payment req'd.: (250) 862-1158 or sandrabutler@uniserve.com.

Pizzadillas With Red Sauce

(Adapted from

<http://kidshealth.org/kid/recipes/>)

- 4 Whole-wheat tortillas (8 inches)
- 2/3 C fresh or frozen Spinach, finely chopped
- 2/3 C part-skim Mozzarella cheese, shredded
- 1 C Marinara sauce (store-bought or homemade)
- Cooking spray

Lay 2 tortillas on a flat surface. Divide spinach and cheese between the tortillas. Top with remaining 2 tortillas. Place skillet over medium heat. Lightly coat pan with cooking spray. Gently slide 1 pizzadilla into the pan and cook until light golden brown on one side (about 1-2 minutes).

Using a thin spatula, gently flip over the pizzadilla and cook for 30-60 seconds more or until cheese is fully melted. Remove pizzadilla and cut into triangles. Repeat with remaining pizzadilla. Serve with marinara sauce for dipping.

You can wrap and refrigerate leftovers to take to school for lunch. Serves 4.

Black Beans and Rice

(Adapted from

<http://kidshealth.org/kid/recipes/>)

- 2 15-oz cans Black beans, drained
- 1 C Onion, chopped
- 2 Bay leaves
- 4 cloves Garlic, minced
- 1 Tbs Cilantro
- 14 oz can diced Tomatoes
- 1/2 C frozen Corn niblets, thawed
- 1 C hot cooked Rice
- 1/4 C Jalapeño jack cheese, shredded
- 1/2 tsp Cumin
- 1/2 tsp Chili powder
- Red pepper flakes to taste

Sauté 3/4 C onions, garlic, and bay leaves in oil. Add black beans, cilantro, tomatoes, cumin, chili powder, red pepper flakes, and corn. Simmer until heated through and flavors meld.

Make a mold of cooked rice on a platter. Pour bean mixture over the rice.

Garnish with 1/4 C chopped onions. Sprinkle cheese over the beans.

Back-to-School Baking

It's back-to-school time once again! Time to get the kids up early, fill their bellies with a healthy breakfast, and get them off to school on time. But with this busy time upon us, where do we find the time to make delicious and healthy meals and snacks that our kids can take with them to school? One trick that we use in our house is the "big batch" method. By combining the dry ingredients of our favourite baked goods, we can easily whip up muffins, scones, and pancakes that are not only healthy, but also delicious. Here are some of our favourite big-batch recipes:

Homemade Muffin Mix

(Recipe adapted from "EHow" at www.ehow.com)

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|------------------------|---------------------------|
| 2 C Spelt flour | 2 1/2 C Whole wheat flour |
| 2 C quick cooking Oats | 2 C Wheat bran |
| 2 C milled Flax seed | 1 C Sugar |
| 2 tsp Salt | 3 Tbs Baking powder |

Mix together the dry ingredients listed, and store them in an airtight container. When you are ready to make muffins, follow the next steps.

**For 12 regular muffins, measure 2 cups of muffin mix into a large bowl. Add 1 cup buttermilk, 1/3 cup oil (canola, olive, or corn oil), and 1 large egg. Stir everything together, mixing just until the dry ingredients are moistened. The batter will be a bit lumpy. Spoon the batter into prepared muffin cups. Bake in a preheated 400°F oven for about 15 mins.

Big Batch Scone Mix

(Recipe adapted from "Chef Jamie Gwen" at www.chefjamie.com)

For the Big-Batch Dry Mix

- 9 C Flour (can use a mix of your favourite flours)
- 1 1/4 C granulated Sugar
- 2 Tbs + 2 tsp Baking powder
- 1 tsp Baking soda
- 1 1/4 tsp Salt

For Each Batch

- 8 Tbs very cold Butter, cut into pieces
- 2 1/2 C Dry mix (see above)
- 3/4 C Buttermilk
- 1 tsp pure Vanilla extract

To make the Dry Mix, combine the flour, sugar, baking powder, soda and salt. Whisk to blend and store airtight until ready to use.

**To make a batch of scones, preheat the oven to 400°F. Combine the dry mix, butter and flavor option of choice and toss to combine. Drizzle the buttermilk and vanilla over the mixture and stir until the dough comes together in moist clumps. Place the dough onto a work surface and briefly knead it into a round. Cut into 8 wedges and space them 2-inches apart on a baking sheet. Bake until golden, about 18 mins. Cool the scones 15 mins.

Big Batch Pancake Mix

(Recipe adapted from *Angie's Kitchen*)

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|---------------------------|---------------------|
| 1 1/2 C regular Oats | 6 C Spelt flour |
| 1 1/2 C Whole Wheat Flour | 1 1/2 C Cornmeal |
| 3/4 C ground Flax | 3/4 C Wheat germ |
| 3/4 C Sugar | 9 tsp Baking powder |
| 4 1/2 tsp Salt | 3 tsp Baking soda |

Process oats in food processor and process until smooth. Add remaining ingredients and process until smooth. Store in a tightly sealed container in refrigerator.

**To make batter add the following ingredients together and cook as you would any pancake recipe:

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|---------------------|-----------------------|
| 1 1/2 C Pancake mix | 1 1/2 C Buttermilk |
| 3 Tbs Vegetable oil | 1 Egg, lightly beaten |