



# The Harvest Herald

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

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## OKG Bread Special Sept 16-18

**Sesame Semolina Crown** This crown-shaped loaf pairs two great ingredients - semolina and sesame - for a bread with wonderful flavour and texture. Excellent with fresh tomatoes and basil.

## Regular Harvest Box

LOCAL! Salad Turnips - Wild Flight Farm  
LOCAL! Rainbow Carrots - Pilgrim's Produce  
LOCAL! Green Beans - Wild Flight/Roots & Greens/BC  
LOCAL! Garlic Scapes - Wild Flight Farm  
LOCAL! Yellow Sieglinde Potatoes - Old Meadows  
LOCAL! Green Cabbage - Green Croft/Wild Flight  
LOCAL! Green Curly Kale - Roots & Greens/Wild FI  
LOCAL! Beefsteak Tomatoes - Schneider-Brown  
LOCAL! Gala Apples - Bite Me Organics  
LOCAL! Bartlett Pears - Claremont Ranch Organics  
LOCAL! Early Italian Prune Plums - Nazaroff Farms

## Family Harvest Box Extras

LOCAL! Rainbow Chard - Wild Flight  
LOCAL! Kohlrabi - Wild Flight  
LOCAL! Gold Beets - West Enderby Farm  
LOCAL! Coronation Grapes - Nazaroff Farms  
LOCAL! Honeycrisp Apples - Bite Me Organics



## This Week's HomeGrown Heroes

(all are certified organic, unless otherwise specified)

Bite Me Organics - Kelowna  
Claremont Ranch Organics - Lake Country  
Eastwood Organic Farm - Kelowna  
Green Croft Gardens - Grindrod  
Morning Dove Gardens - Kelowna  
Nazaroff Farms - Cawston  
Old Meadows Organic Farm - Kelowna  
Pilgrim's Produce - Armstrong  
Quail's Farm - Vernon  
Roots & Greens Farm - Grindrod  
Schneider-Brown Farm - Cawston  
Suncatcher Farm - Kelowna  
West Enderby Farm - Armstrong  
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.

## Saturday Sale Guest Vendors - Updated!

- **Sept 13** - Café Feminina coffee and cuddly handmade felted animals, sold by the Canadian Federation of University Women to raise \$\$ for their scholarship fund
- **Sept 20** - Real Raw Food ([www.realrawfood.com](http://www.realrawfood.com)) + Swheatgrass ([www.swheatgrass.ca](http://www.swheatgrass.ca)) + The Rudy Family Farm ([www.therudyfamilyfarm.com](http://www.therudyfamilyfarm.com))
- **Sept 27** - 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.

## 9<sup>th</sup> Annual Organic Okanagan Festival

Tickets are now available for this year's OOF! Purchase your tickets via Paypal + receive a BONUS food ticket @ [www.okanagangreens.ca/admission](http://www.okanagangreens.ca/admission)! **Sun, Sept 28<sup>th</sup>** from 11am to 4pm at the Rotary Centre for the Arts (NEW VENUE!!) in the atrium and outer courtyard. \$10 at the door + food donation to the Kelowna Community Food Bank; Students & Seniors \$8 at the door; children under 12 FREE! Sample, Shop, and Learn with Activist Alley, Certified Organic Farmers' Market, the Green Living Marketplace, Organic Food Court, Nature's Path Organic Soil Workshop, Live Music, and more!

Hope to see you there! We encourage you to come and help celebrate **National Organic Week in Canada** (Sept 20-28<sup>th</sup>) while getting to know the local organic community in your own backyard!

## Community Events/Updates

**GO FOODISM! Gatzke Orchard Dinner Series!** Gatzke Orchard is offering two more on-farm experiences in this summer's diverse dinner series! All take place on Sunday evenings from 4-7pm, and tickets (\$69) can be ordered online @ [gatzkeorchard.com](http://gatzkeorchard.com) or @ 250-307-3713.

- **Sept 14** is "That's Amore!" with Chef Ricardo Scabba (wine partner: Ex Nihilo Wines)
- **Sept 28** is "Modern Harvest!" with chef Shelley Robinson (wine partner: Ancient Hill Winery)

**Garden to Table Dinner & Cooking Class** Growing Inspired invites you to attend an outdoor cooking class and al fresco sit-down dinner on **Sat, Sept 13**, 4:30-8pm, in beautiful Casa Loma, West Kelowna. Tour the edible demonstration gardens, taste seasonal tapas from the wood-fired clay oven, and explore dishes featuring the garden's organic produce, with European flare. \$68 per person; \$119 for couples. Register at <http://growinginspired.com/portfolio/garden-to-table-cooking-class-al-fresco-dinner/> or email Elana for more details or the couples discount: [hello@growinginspired.com](mailto:hello@growinginspired.com).

**Okanagan College 6<sup>th</sup> Annual POWWOW Youth Exhibition!** **Thurs, Sept 18** from 10am to 2pm in the Courtyard at the Kelowna Campus of Okanagan College, 1000 KLO Rd. MC Richard Jackson, Whip Man Noel Ferguson, Drum Groups Iron Mountain and Little Hawk (invited drums only). All are welcome!

**Expressive Arts & Meditation Classes** Monday evenings, 6:30-9pm, **Sept 15-Oct 27** @ Praxis Meditation Centre. This playful course will combine expressive arts with basic meditation and relaxation practices. Duncan Harte, M.A., has been enthusiastically teaching meditation and expressive arts since 1997. [www.praxiscentre.ca/expressive-arts.html](http://www.praxiscentre.ca/expressive-arts.html) or 250-870-0920 for more info.

**The Healing Journey - 3-day all-inclusive retreat** led by Rhonda Victoor and Troy Payne **Sept 26-28** near Kelowna. Learn to heal your old stories so you can stop repeating patterns and start remembering who you really are. Details & video here: [www.EmbraceThisJourney.com](http://www.EmbraceThisJourney.com) (The Urban Harvest team enjoyed a wonderful mini-retreat with these and had an amazing experience!)

## Green Cabbage and Apple Sauté

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

- 3 lbs head green Cabbage, halved cored and coarsely shredded (12 cups)
- 1 C Riesling wine
- 2 Tbs fresh Lemon juice
- 1 1/2 Tbs Sugar (or equivalent of your favourite sugar substitute)
- 1/4 C extra virgin Olive oil
- 1 large Onion, thinly sliced
- 2 Apples, peeled halved, cored and sliced 1/8 inch thick
- Salt and freshly ground Black pepper

In a large bowl, toss the cabbage with the wine, lemon juice and sugar (or substitute). Let marinate for 1 hour, tossing often. In a large deep skillet, heat the olive oil. Add the onion and cook over moderate heat until golden, about 8 minutes. Add the cabbage and its marinade and cook over moderately high heat, tossing, until wilted, about 5 minutes.

Cover and cook over moderately low heat, stirring occasionally, until almost tender, about 20 minutes. Add the apples and toss well. Cover and cook, stirring occasionally, until the apples are just tender, about 10 minutes. Season with salt and pepper and serve.

## Creamy Baked Cabbage

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

- 1 head Green cabbage
- 1 Tbs Butter
- 1/2 C thinly sliced White Onion
- 2 cloves Garlic
- 1 Tbs fresh Thyme leaves
- Salt and freshly ground Black pepper
- 1/4 C White wine
- 1/3 C heavy Cream

Bring a large pot of water to a boil and add a tablespoon salt. Remove any outer leaves of the cabbage that look tough. Cut in half and cut out the core. Slice cabbage into 1/4-1/2" slices. Drop into the boiling water and boil for 2-3 minutes or until it starts to soften. Immediately drain and immerse in cold water, continuously changing the water until the cabbage is back to room temperature. Set aside. (You can prepare it up to this step in advance.)

Turn oven on to 375°F. In a large oven proof skillet melt butter on medium low. Add onion and stir for 5 minutes. Meanwhile remove the germ from the garlic and crush. Add to onion along with fresh thyme and a generous amount of freshly ground pepper. Continue cooking for another 5 minutes stirring occasionally. It should be lovely and fragrant.

Add cabbage and turn heat to medium. Stir to toss well with onion and cook until heated through and most of the excess liquid has been absorbed -- about 5 minutes. Add white wine and simmer until reduced. Add cream, and a big pinch of salt, stir and put the pan in the oven. Bake for 30 minutes. Taste for seasoning and serve hot. Serves 4.

## Grain Pairings

The fall change in weather is coming soon, but it's not here yet! We still have some time to enjoy our fresh local summer produce. One of the best ways to enjoy our veggies is to pair them up with a whole grain. Here are some recipes that focus on quinoa and millet. The list of nutrients provided by quinoa is lengthy! It also has a delicious nutty flavour and is easy to incorporate into many dishes. Millet also has a lengthy list of benefits and offers a creamy base to your meal.

### Quinoa with Cabbage and Green Beans

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

- 1 large Red or Yellow onion, quartered and thinly sliced
- 8 to 10 oz fresh slender Green beans, trimmed and cut into 1-inch lengths
- 1 C raw Quinoa (any variety)
- 2 C Vegetable broth
- 2 Tbs Olive oil
- 4 C thinly shredded Green cabbage
- 2 Tbs minced fresh Dill, or more, to taste
- 1 Tbs Poppy or Sesame seeds, optional
- Salt and freshly ground Pepper to taste

Rinse the quinoa in a fine sieve and combine in a saucepan with the broth. Bring to a slow boil, then lower the heat, cover, and simmer until the water is absorbed, about 15 minutes. Meanwhile, heat the oil in a large skillet or stir-fry pan. Add the onion and sauté over medium-low heat until translucent. Layer the cabbage and green beans over the onions, cover, and cook for 5 minutes. Uncover, turn the heat up to medium-high, and sauté, stirring frequently until all the vegetables are lightly and evenly browned. Transfer the cooked quinoa to the skillet and stir it in. Sauté for 3 to 4 minutes longer, stirring often. Add the dill and optional poppy seeds, season with salt and pepper, and serve.

### Crispy Quinoa with Kale

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

- 1 bunch of Kale, thick bottom part of the stem removed
- 1 C uncooked Quinoa
- 2 tps Cumin
- 1 tsp Cinnamon
- 2 cloves of Garlic, finely chopped
- 2 Eggs, whisked
- 9 Tbs Olive oil
- 1/2 - 1 C of grated Cheese

Bring 3 cups of water to a boil. Add kale leaves and boil for 3 minutes. Keep the water boiling on the stove but remove the kale and chop it into thin strips. Add the quinoa to the boiling water. Turn the heat down to low and simmer the quinoa with a lid for 15 minutes, or until the liquid is absorbed and the quinoa is soft but chewy. Each grain will look like it has popped open. Mix the kale, cumin, cinnamon, garlic and eggs in with the quinoa. Heat 3 tablespoons of olive oil in a skillet over high heat. When the oil is sizzling, add 1/3 of the quinoa mixture and smooth it out evenly in the skillet. Let it cook for 3 minutes without stirring so the bottom becomes brown and crispy. Stir once then saute for another 3-5 minutes. Remove from the pan. Heat another 3 tablespoons of oil in the skillet until sizzling. Add half of the remaining quinoa mixture and again let it cook for 3 minutes without stirring so the bottom becomes brown and crispy. Stir once then saute for another 3-5 minutes. Repeat this whole process with the last batch of quinoa. (Cooking the quinoa in three small batches helps the quinoa to brown and become crispy). Combine the cooked quinoa in one bowl and grate cheese on top. Serve warm or at room temperature. Serves 4.

### Pan-fried Millet with Carrots, Onions, and Garlic scapes

(Recipe adapted from "So Wabi Sabi" at [www.sowabisabi.com](http://www.sowabisabi.com))

- 1 C Millet
- 1/2 C Carrots, diced
- 1 Spring onion, diced
- 2 Garlic scapes, diced
- 4 C Water
- 3-4 Tbs Olive oil
- Salt to taste

Toast millet in medium saucepan over medium heat while stirring constantly for about 5 minutes or until the millet smells nutty. Slowly add 1 cup of water to the pot by pouring it down the side of the pot. Add the other 3 cups of water and the carrots, onions, and garlic scapes. Bring to a boil. Reduce heat to low and cover. Continue to cook for 15 minutes or until all the water is absorbed. Transfer cooked millet and vegetables to shallow dish and cool in the refrigerator for at least 3 hours. Cut the millet into squares or rectangles. Coat a skillet with olive oil and place on stove over medium heat. Place the millet squares in the heated oil and cook for 5-7 minutes on each side until golden brown. Salt to taste and serve warm.