



# The Harvest Herald

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

Sept 27-29, 2011

Issue #584

## OKG Bread Special Oct 4-6

Cranberry & Thyme Loaf! A mild sourdough dotted with both sweet + tart cranberries, and a sprinkling of fresh thyme. Sliced at the table, used for stuffing, or saved for sandwiches, this loaf is always something to look forward to at Thanksgiving!

## Regular Harvest Box

LOCAL! Leaf Lettuce - Notch Hill/BC  
LOCAL! Radishes - Wild Flight Farm  
LOCAL! Orange Carrots - Notch Hill Organics  
LOCAL! Sweet Corn - Wild Flight Farm  
LOCAL! Red Potatoes - Wild Flight Farm  
LOCAL! Purple Beets (with greens) - Wild Flight Farm  
LOCAL! Roma Tomatoes - Shirlee Mae/Moses  
LOCAL! Coronation Grapes - Djordjevich Farm  
LOCAL! Early Italian Prune Plums - Green Hills Acres  
LOCAL! Bartlett Pears - Claremont Ranch  
LOCAL! Gala Apples - Vialo Orchard

## Family Harvest Box Extras

LOCAL! Walla Walla Street Onions - Notch Hill  
LOCAL! Green Peppers - Notch Hill Organics  
LOCAL! Mixed Beans - Wild Flight/Notch Hill  
LOCAL! Spinach - Wild Flight Farm  
LOCAL! Leeks - Wild Flight Farm  
LOCAL! Friar Plums - Sproule & Sons Farm



## This Week's HomeGrown Heroes

Bite Me Organics - E. Kelowna  
Claremont Ranch Organics - Lake Country  
Djordjevich Farm - Kelowna  
Green Hills Acres - Summerland  
Harker's Organics - Cawston  
Notch Hill Organics - Sorrento  
Roots & Greens Farm - Grindrod  
Shirlee Mae Schneider/Moses Brown - Cawston  
Sproule & Sons Farm - Oyama  
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 of poor quality, please inform us **within 48 hours**, and we'll provide a credit for your next order.*

## Sin Grano Ancient Grains Bakery - Gluten-Free!

Coming soon to Urban Harvest - a new gluten-free supplier! And in the meantime, Sin Grano will be selling gluten-free bread, muffins and brownies at the Kelowna Farmer's Market on Wednesdays and Saturdays for the rest of the season.

Sin Grano Ancient Grains Bakery specializes in gluten-free bread and baked goods. Sin Grano takes full advantage of the goodness and high nutritional content of ancient grains such as quinoa, buckwheat, sorghum, millet, pulses and amaranth.

Zoë Nixon is the owner of Sin Grano. After her family members were diagnosed as gluten-intolerant, they tried the gluten-free rice breads available at grocery stores and found them to be stale and unpalatable. Having a love of baking, Zoë was inspired to create delicious breads for her family to enjoy. Finding that ancient grains were a much better and healthier substitute for rice, Zoë knew she had struck gold!

Zoë has made it her mission to create delicious and nutritious bakery goods for all of Kelowna to enjoy. Sin Grano Ancient Grains Bakery is Gluten-free without compromise!

Watch for Sin Grano's Buck-Qui (buckwheat-quinoa) and Sunflax (sunflower-flax) breads to be listed in the Bread section of our order page bread list in the coming weeks.

## Community Events/Notices

**Theatre Kelowna Presents: "The Swingin' Sixties"** - a musical cabaret with all your favourite tunes from that wonderful decade. Black Box Theatre (back of Kelowna Community Theatre). Refreshments. Sept 15 - Oct 2, Thurs-Sat evenings 7:30pm; Sat/Sun Matinees 2pm. Advance tix \$20 Adult, Student/Senior (plus service charges). All tix at the door \$25. [Selectyourtickets.com](http://selectyourtickets.com), 762-5050, Prospera Place Box Office. Info: [www.theatrekelowna.org](http://www.theatrekelowna.org).

**PechaKucha Night Kelowna Vol. 3** - Fri, Sept 30<sup>th</sup>, 7:15pm at the Streaming Café, 596 Leon Ave. Pechakucha is a lively event of up to 10 presenters, each given a limited amount of time to speak about their creative ideas. Presenters will have a total of 6minutes 40seconds 20 images x 20 seconds per image. This is the third in a series of PechaKucha Nights in Kelowna. Come find out what the buzz is about! Interested in presenting? Contact Stephanie at 250-469-8474. <http://www.pechakucha.org/night/kelowna>

**Xeriscape (Water Wise) Gardening Classes** Tues, Oct 4/11 OR Wed, Oct 5/12, from 7-9pm at the H2O Aquatic Centre, 4075 Gordon Dr. Cost \$50/person or \$45 with Okanagan Xeriscape Assoc membership. \$90/couple from the same household. Practical info for people who want to make changes to an existing landscape as well as those who are new to gardening in the Okanagan and for people who are creating a new landscape. Register online at <http://okanaganxeriscape.org> or contact Gwen at [gwen@okanaganxeriscape.org](mailto:gwen@okanaganxeriscape.org).

**Yoga, Meditation & Tantra Events in Kelowna - October.** \*\*Public Talks by Donation. All 7-9pm at The Rosewood Room, 867 KLO Rd. **What is Meditation?** With Sahajananda, Oct. 13<sup>th</sup>. **The Spiritual View of Masculinity & Femininity \*AND\* Yoga in Daily Life**, with Swami Vivekananda, Oct. 20<sup>th</sup> & 27<sup>th</sup>. **\*\*3-Day Meditation Workshop-Retreat**, Oct. 14-16<sup>th</sup>. The Rosewood Room. **\*\*Tantra 2 Workshop: The Spiritual Couple Relationship**, Oct. 21-23<sup>rd</sup>. 2042 Tomat Ave. **\*\*Art of Dying Workshop: A Spiritual/Yogic Perspective**, Oct. 28-30<sup>th</sup>, The Rosewood Room. Contact Virginia Preston at 250-300-YOGA (9642) or [truenatureyoga@live.ca](mailto:truenatureyoga@live.ca) with questions or to register.

## Wheat Berry Salad with Coronation

### Grapes

(Adapted from [www.besthealthmag.ca](http://www.besthealthmag.ca))

- 1 C Wheat berries
- 1/2 C minced Red onion
- 1/4 C extra virgin Olive oil, divided
- 2 Tbs Red wine vinegar
- 1 tsp Salt
- 1/2 tsp fresh cracked Pepper
- 1/2 C finely diced Red pepper
- 1/2 C finely diced Cucumber
- 2 C halved Coronation grapes
- 1/2 C toasted Walnuts, roughly chopped
- 1/4 C minced fresh Basil
- 1/4 C crumbled Feta

Cook wheat berries in a large pot of boiling, salted water (uncovered) until they are soft, about 20 minutes. Drain in sieve. In skillet, heat 1 tbsp (15 mL) of the oil over medium high-heat. Add red onion and cook, stirring often, until softened, about 5 minutes. Remove from heat. Pour in remaining oil, vinegar, salt and pepper. Add warm wheat berries, red pepper, cucumber, grapes and basil and toss to combine. Transfer to a bowl and let salad rest for at least 30 minutes, tossing occasionally so the wheat can absorb the dressing. Sprinkle with feta and serve at room temperature. Makes 6 servings.

## Coronation Grape Clafouti

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

- 1 Tbs Butter
- 3 C Coronation grapes
- 3 large Eggs
- 2/3 C Sugar
- 2/3 C Flour
- 1- 1/2 C light Cream (10%)
- pinch Salt
- 1 tsp Vanilla extract

Preheat oven to 350°F. Make sure your oven rack is in the middle-lower position. Place a baking sheet on the rack. Butter the bottom and sides of a 9-inch glass pie plate and set aside. Gently pull the grapes off their stems and place them in a large measuring cup. Once you have three cups, cover the grapes with cold water and swish around to gently clean the grapes. Drain off the water. Pour the grapes into the prepared pie pan. In a blender, combine the eggs, flour, sugar, salt, vanilla and cream. Blend until smooth. Alternatively, you can whisk the eggs, sugar and flour until smooth, then add the salt, vanilla and cream and whisk until smooth. Pour the batter over the grapes in the pie plate. Place the filled pie plate in the oven on the preheated baking sheet. Bake for 1 hour, rotating the pan about half-way through baking. Clafouti is done when it is puffed and golden around the edges and the centre only jiggles very slightly. Let cool for at least 20 minutes before serving. Clafoutis can be served warm or at room temperature.

## An Okanagan Treat

Bursting with flavour, Coronation grapes were developed right here in the Okanagan at the Pacific Agri-Food Research Centre in Summerland. They have a fresh sweet and sour flavour, are virtually seedless, and have a vibrant blue-purple skin that creates a beautiful and delicious dish. They are hardy grapes that can be eaten fresh or made into fruit preserves or added to sauces, desserts or breads.

## Okanagan Grape Muffins

(Recipe adapted from "Kootenay Bliss" at <http://kootenayliving.blogspot.com>)

- |                         |                             |
|-------------------------|-----------------------------|
| 2 1/2 C Flour           | 3/4 C Sugar                 |
| 2 1/2 tsp Baking powder | 1/4 tsp Salt                |
| 1 C Buttermilk          | 2 medium Eggs (well beaten) |
| 1/2 C melted Butter     | 1 1/2 C Coronation grapes   |

Preheat oven to 400°F. Line muffin tins with paper cups. Combine flour, sugar, baking powder and salt. Make a well in the centre. Add buttermilk, eggs and melted butter. Stir until ingredients are just combined. Lightly fold in grapes. Bake 25 minutes or until golden brown on top. Cool in pan. Makes 12 muffins.

## Baked Okanagan Grape Pancake

(Recipe adapted from "Refined Chef" at [www.refinedchef.com](http://www.refinedchef.com))

- |                         |             |
|-------------------------|-------------|
| 1 C Coronation grapes   | 1/2 C Sugar |
| 2 Tbs Butter            | 1/2 C Flour |
| dash of Salt            | 1/2 C Milk  |
| 2 Eggs, slightly beaten | icing sugar |

Preheat oven to 425°F. Spray a 9-inch ovenproof glass pie dish with non-stick cooking oil. Sauté grapes, sugar and butter in skillet over medium heat for 2-3 minutes, stirring frequently until sugar is melted and grapes are well coated. Remove from heat. Add flour, salt, milk, and eggs to a bowl and beat with a hand mixer until combined. Add butter and grapes to glass pie dish. Pour egg batter evenly over grape mixture. Bake for 20 minutes until pancake is golden brown and puffy. Cut in wedges and dust with icing sugar. Serve immediately.

## Grape Focaccia with Rosemary

(Recipe adapted from "Smitten Kitchen" at <http://smittenkitchen.com>)

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 3/4 C warm Water (105° to 110°F) | 2 Tbs Milk, slightly warmed      |
| 1 1/2 tsp Sugar                  | 1 1/4 tsp active dry Yeast       |
| 2 C Flour                        | 1/2 tsp Salt                     |
| 6 Tbs Olive oil                  | 1 1/2 C halved Coronation grapes |
| 1 tsp fresh Rosemary needles     | 2 Tbs coarse sugar               |
| 2 tsp coarse Sea salt            |                                  |

Stir together the water, milk, sugar, and yeast. Let the mixture sit until foamy, about 10 minutes. Add the flour, salt and 2 tablespoons of the olive oil to the yeast mixture and mix well. Knead the dough for 8 minutes. Brush a large bowl with a generous amount of olive oil. Scrape dough into the bowl and brush the top with additional oil. Cover with plastic wrap and let it rise in a cool place until it doubles in bulk, 1 1/2 to 2 hours.

Press the dough down with a floured hand. Turn the dough out onto a floured surface and divide it into two balls. Brush a large baking sheet (or two small ones) with olive oil, place the balls of dough on it and brush the top with more oil. Set it aside for 20 minutes, lightly covered with a kitchen towel. After 20 minutes, dip your fingers in olive oil and press and stretch each ball of dough into an 8 to 9-inch circle shape. It will be dimpled from your fingers. Cover again with the towel and let it rise for another 1 1/4 hours in a cool place.

Preheat the oven to 450°F. Brush tops of dough with remaining olive oil and top the sprinkle grapes, rosemary, coarse sugar and coarse sea salt evenly over the dough. Bake for 15 minutes, until the crust is golden brown and puffed around edges. Let cool before serving. Serve warm or at room temperature.

~ Article & Recipes Contributed by Angela Cleveland ~

