



# The Harvest Herald



## Elderberry Syrup

From Elderberry Grove Farm in Salmon Arm, BC. They sustainably grow, gather, formulate and bottle fresh organic elderberries in small batches for maximum goodness!

It's a great way to support a healthy immune system throughout the winter months, and it tastes great too!

[www.elderberrygrove.ca](http://www.elderberrygrove.ca)

You can find their Elderberry Syrup in the ADD-ONS tab of our Order Page, under DRESSINGS/OIL/VINEGAR/PRESERVES!

### Satisfaction Guaranteed!

We aim to offer quality produce, with consistent, reliable service. If you find items missing from your box, or of poor quality, let us know **within 48 hours** and we'll provide a credit for your next order. We always appreciate the feedback and the chance to make it up to you!

## New Prices Effective Feb 19!

We last increased our Harvest Box prices in 2015 (*ish?!), and as you might guess, food prices and overhead costs have risen substantially since that time. Much as we hesitate to add to our customers' financial burden or risk losing valued customers, the time has come! We recently reached out to a sample of 300 customers with 3 pricing options, and the following was the strong winner:*

**Increase our standard Harvest Box prices to \$40 (Regular) and \$50 (Family), with 2 extra stars (total 20) in our Regular box and 1 extra star (total 28) in our Family box. Increase star add-on charge to \$1.75. Family box savings: \$4.**

This option allows us to offer a little more in our basic boxes and increase overall sales, which better supports our producers; however, if you are a Regular box customer and find you don't need 20 stars each time, you are welcome to bank extra stars for weeks when you need a little more (*keeping in mind that we request a min of 16 stars per order*), or to cash in for a "free" box (*prepaid by stars*) when you've amassed 20 stars. (*Family box customers have the option to drop down to the Reg box if you do not need all of your stars.*)

**Thank you** to all those of you who responded to our survey – your thoughtful comments were appreciated as well!

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## Citrus Fruits – Organic vs Conventional

**\*\* Contributed by Shauna Gavigan**

(derived from <https://www.thenibble.com/reviews/nutri/matter/2008-02-organic-citrus.asp>)

Winter is citrus season in the grocery stores. Everywhere you look there are beautiful lemons, limes, grapefruits, oranges, and more! But what's the difference between organic and conventionally grown citrus fruits? Apart from the obvious use of agricultural chemicals used in the growing process of conventional fruits, there are several standard post-harvest procedures that bear some further examination.



Let's start with the "beauty" treatment of Dye jobs. Sometimes, citrus fruits are

fully ripe before their natural "ripe" colour is well-developed (*meaning there may be some green in the colour of the fruit that is already fully mature*). But we as consumers are comfortable using colour as a visual test for citrus fruit ripeness. So how does the industry respond? Some growers (*such as in Florida*) will actually dye their citrus (*usually oranges*) to improve the colour (*although colouring citrus in this manner is prohibited in both California and Arizona. And Certified Organic growers are NOT permitted to dye fruit at all!*).

Growers can also give better colour to citrus fruits through a "de-greening" process called Gassing (*the fruit is exposed to ethylene gas under carefully controlled conditions*). Ethylene is a gas that is emitted by fruit as it matures and causes coloration changes in the fruit's peel (*think ripening bananas!*). This practice is permitted by both conventional and organic growers. Although no harmful effects from ethylene have been documents when it is strictly controlled, there are some consumers who dislike the idea of their produce having been exposed to it.

Waxing is another common component of citrus processing. Wax is often applied to both conventional and organic lemons, limes, grapefruit, oranges, and tangerines as a protective barrier against moisture loss and dehydration (*as well as an attractive shiny finish!*). Citrus fruits actually produce a wax coating naturally, however once picked it undergoes a thorough cleaning process which can damage or destroy this natural coating. There are major differences in the waxes applied though to conventional and organic produce. Wax for conventional produce contains petroleum-derived ingredients, and often includes preservatives or fungicides in it, whereas wax for organic produce is prohibited from containing preservatives, fungicides or from using petroleum-based ingredients (*using alternatives such as beeswax, wood rosin, and carnauba wax (extracted from palm leaves!)*).

## What's the best way to store Citrus fruits at home?

Organic citrus fruits can sit on the counter for a couple of days (max), but will store BEST loose in the refrigerator (*the vegetable drawer is the ideal spot!*). Don't keep them in a plastic bag/airtight container as this can encourage any breakdown to spread faster. Check through your citrus fruits regularly and use the ones that are getting soft or have bad spots first. If you're planning to juice them, take them out of the fridge for awhile to bring them back to room temperature first (*and you'll get the most juice possible!*). Are they going soft but you're not ready to use them yet? No problem! Both the zest and the juice can be frozen for use later.



## Denman Island Chocolate Hearts

How do you like to share love? A simple kindness?... a smile?... a gesture?... so many ways to let those around you know you see their beauty and that you love who they are. And sometimes... we like to say it with chocolate! (*and not ONLY on Valentine's Day!*)

Denman Island chocolate hearts are certified organic, fair-trade, dark chocolate dreams. Made with a high (*min 63%*) cocoa mass content, this is chocolate for the true chocolate lover, with its more intense, rich, and clean flavour (*TIP: let it warm to room temp before enjoying!*). **You can find these lovelies in the Add-ons section of our Order Page, under CHOCOLATE.**

### Valentine's Special - 2 for \$5!

Check out

<https://www.denmanislandchocolate.com>

to see what makes Canada's original organic chocolate company so great!





## February Recipes

*\*\* Contributed by Angela Cleveland*

### Velvety Beet Soup

(Recipe adapted from "Down Shiftology" at

<https://downshiftology.com>)



- 2 Tbs Avocado oil or Olive oil
- 1 Yellow onion
- 3 Garlic cloves minced
- 1 Tbs fresh Ginger, peeled and finely chopped
- Salt and Pepper to taste
- 3 large Beets, peeled and diced (or 4 beets, if smaller)
- 1 medium Parsnip or Carrot, peeled and diced (approx. 1 cup)
- 4 C Vegetable broth or more for desired texture

#### **Garnish:**

- Coconut cream or yogurt
- Parsley
- Black sesame seeds
- cracked Black pepper

Heat the oil in a large stock pot on medium high heat. Add the onion and cook for 3-4 minutes, until softened. Add the garlic, ginger, salt and pepper and cook for an additional 1-2 minutes, until fragrant. Add the diced beets, diced parsnips and vegetable broth. Turn the heat to high and bring to a boil. Then reduce the heat to low, cover the pot and simmer for 25-30 minutes or until the beets are fork tender. Use a ladle to transfer the soup to a high-powered blender. Blend for one minute or until creamy. To serve, pour the soup into a bowl and garnish with coconut cream or yogurt, parsley, black sesame seeds and cracked black pepper.

Need a boost of green this winter?

Microgreens are the way to go!

They're packed full of nutrients, easy to prepare, and delicious. Here is a simple microgreens salad with a choice of dressings:



**Sweet Haven Farms Microgreens can be found in the OTHER PRODUCE tab of our Order Page!**

## Microgreens Salad

(Recipe adapted from "Everyday Dishes" at <https://everydaydishes.com>)



- 1 package Microgreens
- 6 Radishes or 1 Carrot, thinly sliced

### Dressing #1: Lime Dressing

- 2 Tbs Lime juice
- 1/8 tsp dry Mustard powder
- 1/4 tsp Salt
- 4 Tbs Olive oil
- coarse Sea salt to taste
- ground Pepper to taste

Whisk together the remaining ingredients, cover and refrigerate until ready to serve.

### Dressing #2: Little Creek Cherry Balsamic Dressing

Place the microgreens and radishes into a serving bowl and reserve in the refrigerator until ready to serve. Just before serving, dress the salad lightly with dressing of your choice and sprinkle with sea salt and fresh ground pepper.

## Beet-Apple Grilled Cheese

(Recipe adapted from "Love Beets" at <https://lovebeets.com>)



- 6 slices Whole grain bread
- Butter (*for spreading*)
- 6 slices White cheddar cheese
- 2 Gala apples, sliced
- 6 Tbs whole grain Mustard
- 1 C cooked Beets, sliced
- 2 handfuls Microgreens

Preheat the oven to 450°F. Spread a small amount of butter over each slice of bread and spread about a tablespoon of whole grain mustard over the opposite side of each slice. Add one slice of cheddar cheese to the mustard side of every slice of bread. Layer apples, beets, and micro greens over 3 of the slices and place the remaining slices of bread on top to form sandwiches. Place sandwiches on a baking sheet and place on the center rack of the preheated oven. Cook for 6-8 minutes, or until golden-brown. Carefully flip each of the sandwiches and bake an additional 6-8 minutes, or until bread is golden and cheese is melted.

**Note:** as an alternative to baking the grilled cheese, you can prepare the grilled cheese on the stovetop in a skillet – just note that flipping the sandwiches may be a challenge.

## Turmeric Tea

(Recipe adapted from "Cookie and Kate" at <https://cookieandkate.com>)



2-inch nub of fresh Turmeric (*no need to peel*)  
1 C Water

Optional: Lemon or Orange round, Honey or Maple syrup

To prepare the turmeric, wash/scrub and slice it into thin rounds (*no wider than 1/4-inch*). Combine the sliced turmeric and water in a saucepan over high heat. Bring the mixture to a simmer, then reduce the heat as necessary to maintain a gentle simmer for 5 minutes. Remove the pot from the heat. Carefully pour the mixture through a mesh sieve into a heat-safe liquid measuring cup, or directly into a mug. If desired, serve with a lemon or orange round and/or a light drizzle of honey or maple syrup, to taste. Serve hot.



## Sunchokes with Orange Dressing

(Recipe adapted from "Quick and Tasty Food" at [www.quickandtastyfood.com](http://www.quickandtastyfood.com))



3 C Sunchokes  
2 Carrots  
2 Potatoes (opt)  
1 Tbs Rice  
1 Onion, chopped  
2 Garlic cloves, chopped or crushed  
1 Lemon  
1/2 Orange  
1 tsp Salt  
1 tsp Sugar (*or equivalent of your favourite sugar substitute*)  
3 Tbs Olive oil  
5 stalks Parsley or Dill, chopped

Peel the sunchokes with a sharp small knife or using the sides of a spoon. Put them immediately into a bowl of water with lemon juice in it so they do not get dark. If they are large cut them into half.

If you choose to add potatoes peel and cut to similar sizes. Peel and dice the carrots. Slightly heat the olive oil in a pressure cooker if you have one, if not in a pot. Add chopped onions and cook for 2-3 minutes until they are translucent, then add chopped garlic cloves and stir for an additional minute.

Rinse the sunchokes and potatoes and add to the onions. Also add the carrots, stir for a minute.

Add the salt, sugar, half a lemon's juice and half an orange juice. Add enough warm water to cover the bottom of the pot. When the water boils add rinsed rice if you decide to use it. Cook with first high, and then low heat until the sunchokes are ready. Test with a fork. They cook pretty fast. Keep the lid covered while cooking. After removing from the heat, keep the pot covered until the pot cools down. Serve chilled, garnish with chopped dill or parsley and lemon wedges.

## Fudgy Vegan Double Chocolate Beet Muffins

(Recipe adapted from "Minimalist Baker" at <https://minimalistbaker.com>)



2 Tbs Flaxseed meal *(to make flax eggs)*  
 5 Tbs Water *(to make flax eggs)*  
 1 C Beet puree *(or sub butternut squash, applesauce, or another hearty fruit puree)*  
 1/4 C Maple syrup  
 1/3 C Brown sugar  
 1/4 tsp Sea salt  
 1 1/2 tsp Baking soda  
 1/4 C melted Coconut oil or Vegan butter  
 1/4 C unsweetened Almond milk  
 1/2 C unsweetened Cocoa powder  
 1 1/3 C whole-wheat Pastry flour *(or unbleached all-purpose)*

1/3 C dairy-free semisweet Chocolate chips  
*(plus more for topping)*

Preheat oven to 375°F and line 12 muffins with paper liners, or lightly grease. Prepare flax eggs in a large mixing bowl by mixing flaxseed meal and water and let rest for 5 minutes. Add beet puree, melted oil, maple syrup, brown sugar, baking soda, salt and whisk for 45 seconds. Stir in the almond milk and whisk once more. Add cocoa powder and flours and stir with a spoon or spatula until just combined, being careful not to over-mix. If the batter appears too thick, add a touch more almond milk. But it should be quite thick and NOT pourable – rather, scoopable. Lastly, stir in chocolate chips.

Divide batter evenly between muffin tins and sprinkle with a few more chocolate chips *(optional but recommended)*. Bake for 17-22 minutes or until a toothpick inserted into the center comes out clean. Let cool for a few minutes in the pan, remove from tins and let cool on a cooling rack. Enjoy!



## Poached Turmeric, Lime and Honey Pears

(Recipe adapted from "Sydney Markets" at [www.sydneymarkets.com.au](http://www.sydneymarkets.com.au))



6 Pears  
3 C Water  
3 cm-piece fresh Turmeric, washed and sliced  
1 small Lime, sliced

1/2 C Honey, plus extra to serve  
1 Star anise or 1/4 tsp Allspice  
Greek-style natural Yogurt and honey, to serve  
**Optional:** Top with shavings of Denman Island Chocolate

Peel pears, leaving the stalk intact. Using a small sharp knife, remove the cores from the base end of the pears. Place pears into a deep medium saucepan. Add water, turmeric, lime, honey and star anise or allspice. Place a sheet of baking paper over the pears to cover. Cover the pan with a lid and bring to a gentle boil over medium heat.

Reduce heat and gently poach pears, stirring occasionally, for 10-12 minutes or until just tender when tested with a skewer. Turn off the heat and leave the pears to cool in the syrup. Serve pears with the cooking syrup, yogurt, a drizzle of honey and chocolate shavings.



## We love your contributions!

Send us a recipe and a photo, using Urban Harvest produce, and we'll enter you into our monthly draw!

The winner will have their recipe + photo featured in the upcoming newsletter and receive a **\$50 credit!!**



# Urban Harvest Supports Community Food Security!

Did you know that Urban Harvest supports the [Kelowna Women's Shelter](#) and the [Bridge Youth and Family Services](#) each week? We've been supporting these great local organizations for 10+ years!

We offer them a weekly delivery of fresh produce to help supplement their food needs, in an effort to help bolster food security in our local community. Food security is a universal issue, and we believe that building community around food can help expand empathy and understanding in other areas as well.

## Here's what the Bridge Youth & Family Services has to say about how our support benefits their program:

"The Bridge Youth & Family Services Society is a not-for-profit, registered charity that has provided innovative and quality programming to the children, youth and families of the Central Okanagan since 1969.

We inspire healthy communities and resilient people through innovation, leadership and collaboration. The Bridge strengthens communities, families and people by offering a constellation of services and programs to the community. The Bridge offers Early Years programs, Youth & Family Services and Recovery & Addictions services.

The Parent Education & Support team at The Bridge Youth & Family Services has been receiving a weekly donation of fresh fruit and vegetables from Urban Harvest for many years. This contribution of fresh food is used at our Early Years programs to prepare meals for participants and their children from birth to 6 years of age. It has been instrumental in increasing the quantity and quality of the meals we have been able to provide to families who attend our programs. Because of Urban Harvest, the families we serve have access to high-quality, local and organic produce that they may not have been able to access otherwise due to financial barriers.



*This soup was made entirely from produce received from Urban Harvest. Yum!*

The diverse variety of healthy produce donated has helped us to in providing education to families about how to prepare, use, and cook produce that they are not normally exposed to. The opportunity to explore new and different produce has expanded participant's food knowledge and has significantly improved the nutritional health of many families. The families and staff of these programs are truly grateful to Urban Harvest for their generous donation."

And here's what some of the participants, who attend their programs, have to say about how Urban Harvest's donations benefit them:

- "Thank you so much for the delicious food! It's so wonderful to enjoy a meal out together that's vegan and gluten free! Bless you!"
- "I know that for one meal a week I don't have to worry about whether or not my kids are getting proper nutrition and how much that will cost. We had a beautiful display of fresh veggies this Christmas, which blessed our dinner of 9 people. Which, again, saved me the stress of choosing how to budget and what to sacrifice this year due to the rising cost of everything! These donations have been an absolute blessing during tough times."
- "Thank you so much, all the fresh fruit and veg is amazing. We have soup with it and fresh snacks."

### Want to know how you can help support The Bridge?

Check out the Bridge Youth & Family Services website at <https://thebridgeservices.ca/> to learn more about how to volunteer or donate to their programs.

You can also help to support our donation program by choosing one of the options in the **ADD-ONS section of our ORDER PAGE under GIFTS/DONATIONS** - as a small business, we always appreciate your support in helping our community!



## Life on the Farm –

with Seth Armbruster of Sweet Haven Farms, Cherryville BC

*\*\* Contributed by Shauna Gavigan*

Sweet Haven Farms is a family farm, based in Cherryville BC, owned and operated by Seth Armbruster along with the amazing help and support of his family and friends. The farm was founded in 2018, based upon the principles of good agriculture and seeking to promote quality, healthful products. They take pride in growing their products naturally without the use of chemical sprays or fertilizers. The microgreens are produced year-round in their innovative indoor grow-op, simply using organic soil, pure water, lighting, and of course, lots of love. They believe that food should be healthy and taste good - and that's why they do what they do, so that you can eat healthy and live better!



*Seth proudly displaying a tray of microgreens in front of his growing setup.*

### What interested you to start farming microgreens?

**Seth** - *"I became interested in farming and growing food ever since I was about 14. I started growing garlic and other veggies in hopes to sell them and make some summer cash. Then, several years later I came across some YouTube videos on how to grow microgreens, and I loved the idea. So I started several trays in the living room of our house and soon realized how enjoyable they were to grow. After several months a room was set up in the basement in order to expand growing space. And now, we have a 1000 ft<sup>2</sup> growing facility producing 350 trays/ week of delicious micro-greens."*

### What do you enjoy most about farm life?

**Seth** - *"The most enjoyable part is having an active lifestyle growing food that you know for certain is benefiting people's health."*

### Any new projects or crops for 2023?

**Seth** - *"We have recently purchased a freeze dryer and are looking forward to having an array of different freeze-dried farm products (fruits, etc.); we have also begun growing a small field of wheat which we're pretty excited about."*

## THIS MONTH'S HOME-GROWN HEROES!



(Certified Organic,  
unless specified)

**Brown-Schneider Farm** – Cawston  
**Claremont Ranch Organics** - Kelowna  
**Fresh Picks (not organic)** – Lake Country  
**Green Croft Gardens** – Grindrod  
**GreenLion Farm** – Armstrong (not organic)  
**Mara Valley Produce** – Grindrod  
**Nelson-Rouleau** – Cawston  
**Rieger Farm (not organic)** - Armstrong  
**Roots & Greens Farm** – Grindrod  
**Sweet Haven Farms** – Cherryville  
**Wild Flight Farm** - Mara

## Congrats on your new Certified Organic Status!

### What does being Certified Organic mean to you?

**Seth** - "To me it's deeper than just the name "organic". Its really all about farming for the future- building the soil, improving methods, and learning new ones; helping nature fight its battles rather than robbing it of its natural resources."



### What hobbies do you enjoy in your spare time? (Ha! Spare time?)

**Seth** - "Haha when I get a chance, probably my favourite hobbies are backpacking, hiking, camping, almost anything outdoors, and music."

### What's your favorite way to enjoy your fresh and tasty microgreens?

**Seth** - "Probably my favourite ways are rolling them into sushi, packing them into a sandwich, and simply having a delicious micro-green salad."

You can find out more about Sweet Haven Farms on their Facebook page at

<https://www.facebook.com/SweetHavenFarms>.

**And you can find their fresh + tasty microgreens in the OTHER PRODUCE tab of our Order Page!**

