



The Harvest Herald

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Next Week's Bread Special from Okanagan Grocery!

Arugula Pesto & Tomato Flatbread - thinly-stretched focaccia topped with Little Creek's fresh arugula, local sun-ripened tomatoes, and a light crumbling of Carmelis herbed chevre. Great picnic fare!

Regular Harvest Box

Local! Mixed-Colour Carrots - Notch Hill Organics
Local! Summer Squash (use like zucchini) - Notch Hill
Local! Swiss Chard - Notch Hill/Roots & Greens
Local! Field Cucumber - Suncatcher Farm
Local! Red New Potatoes - Wild Flight Farm
Local! Radishes - Wild Flight Farm
Local! Salad Mix - Little Creek Gardens
Local! Field Tomatoes - Shirlee Mae/Pilgrim's
Local! Sweetheart Cherries - Sproule & Sons
Local! Peaches - Nazaroff Farm
Local! Nectarines - Nazaroff/Old Tower Farm

Family Harvest Box Extras

Local! Basil - Notch Hill Organics
Local! Pepper(s), Green/Purple - Suncatcher Farm
Local! Walla Walla (sweet) Onion - Wild Flight Farm
Local! Green/Yellow Beans - Wild Flight/Roots
Local! Sunrise Apples - Vialo Orchard (or sub Sumacs)
Local! Santa Rosa Plums - Nazaroff Farm



This Week's HomeGrown Heroes

Little Creek Gardens - West Kelowna
Nazaroff Farm - Oliver
Notch Hill Organics - Sorrento
Old Tower Farm - Keremeos
Pilgrim's Produce
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Suncatcher Farm - Kelowna
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.

2nd Annual Okanagan Feast of Fields...Win 2 Free Tickets!

This year's Okanagan Feast of Fields takes place from 1-5pm on Sunday August 22nd at Brock Farm in Okanagan Falls (next to the Blue Mountain Winery). This event will showcase the bounty of the Okanagan and Similkameen Valleys and the great food and wine that is grown and made throughout the region. Feast of Fields will bring together the best chefs, farmers and vintners to one beautiful farm, ready for you to discover. Think of the event as a roaming, 25-course, wine-paired tasting menu! Tix are \$85 and must be pre-purchased, as the event is expected to sell out. Tix for children 7-12 are \$15, and children under the age of 7 may attend for free.

The Contest! Send us your best photo of Urban Harvest food - spilling out of your bin, diced on the chopping board, in the pot, plated up and ready to serve, or on its way to a smiling mouth...it's up to you! We look forward to seeing your photos...and please be sure to let us know if you do NOT wish to have us post it in the customer photo section of our Facebook page. **Please email your photo in a .jpg format to order@urbanharvest.ca by Saturday, August 14th!** ALL photo contributors will be entered into a draw to win **2 free tickets to the Okanagan Feast of Fields event!**

Community Events/Notices

Music & A Movie Aug 18th & Aug 25th! Part of the Festivals Kelowna's Parks Alive line-up for August are two exciting music + movie nights...you won't want to miss these! Both are at the Island Park Stage in Waterfront Park (behind the Delta Grand Okanagan on the shore of Okanagan Lake). Where else can you picnic in the outdoors, dance to free music, take time out for a dip in the lake, and then snuggle up in your beach blanket on the grassy hillside to watch a movie?!

The first of these events will be held on Wed, Aug 18th from 6-10pm. The evening begins with local duo *The Grateful Dads*, with cover pop songs and lots of energy. At 7pm, you'll be treated to the must-dance grooves of *Flying Fox and the Hunter Gatherers* (a 7-piece indie jazz/folk band). And from 8:30 onward, you'll be entertained by the movie *The Princess Bride*! On Wed, Aug 25th, the format is the same, with the movie *ICE AGE* and bands still to be confirmed.

Be sure to bring warm clothing/blankets, as the grass and the air are always chilly as the evening progresses (particularly if there is wind coming off the water). If you have little ones, bring the stroller so they can snooze while you enjoy the entertainment...and then be wheeled home (or back to the car) when it's time to go home!

Parks Alive hosts a variety of events throughout the summer. From lakeside events to art shows to major concerts and exciting activities. Visit <http://parksalive.festivalskelowna.com/> for a calendar of events. Events are free, though donations of food for the Food Bank as well as cash donations are encouraged (cash donations support future activities of Festivals Kelowna).

1st Annual Grindrod Garlic Festival! The Grindrod Recreation Association is delighted to present the 1st Annual Grindrod Garlic Festival from 10am-5pm on August 22nd. The festival will feature local garlic and produce, local artisans, garlic contests, live music and kid's entertainment. For more information call Gabriele at 838-6581 or greengdn@junction.net.

Free one act play from Theatre Kelowna! "The Last Time We Saw Her" by Jane Anderson directed by student Mackenzie Paterson with actors Laura Harvey and Jason Desautels. Okanagan College Theatre Fri. Aug. 13th 8PM & Sat. Aug. 14th 2PM. Admission by donation to Food Bank or Theatre Kelowna. Complimentary Refreshments after the show. Contact: 250-862-8673.

Lentil Stuffed Tomatoes

(Adapted from www.allrecipes.com)

1/2 C uncooked Brown Rice
1/2 C Red lentils
1 C boiling Water
2 Tbs Butter
1 Onion, chopped
1 Tbs chopped fresh Mint
Salt to taste
ground Black pepper to taste
8 medium Tomatoes
2 Tbs Vegetable oil
1 clove crushed Garlic

Rinse rice and lentils in a strainer. Place in a small saucepan and stir in boiling water. Cover. Cook until tender over medium heat.

Meanwhile, melt butter or margarine in a pan. Add onion, and saute until golden brown over medium low heat. Stir in lentil mixture and mint. Season generously with salt and pepper.

Slice the tops off tomatoes, and reserve. Scoop out the middles, and reserve. Fill tomato shells with lentil mixture, and replace the tops. Stand in a baking dish. Chop reserved tomato middles, and place in a small bowl. Mix in oil and garlic. Pour around the stuffed tomatoes.

Bake in a preheated 450° F for 10 to 15 minutes. Remove from oven, and serve.

Stuffed Tomatoes

(Adapted from <http://healthycooking.suite101.com>)

4 large Tomatoes, any variety
1/4 C Pesto (try the chard pesto)
1/4 C Panko (Japanese bread crumbs)
2 Tbs chopped fresh Parsley
2 Tbs minced Garlic
1 Tbs extra virgin Olive oil
1/4 C grated Parmesan cheese

Preheat oven to 350°F. Core the tomatoes and scoop out the seeds and inner flesh. Mix the pesto, Panko, parsley, garlic and olive oil in a small mixing bowl. Divide the mixture evenly among the tomatoes. Bake for 20 minutes.

Top each tomato with one tablespoon of grated Parmesan cheese. Bake another 5 to 10 minutes until the cheese is brown and bubbly. Serve immediately.

Great Glorious Greens

Greens can be divided into three categories: salad greens, quick-cooking greens, and hearty greens. Salad Greens, such as romaine lettuce, are usually eaten raw. Quick cooking greens, such as spinach and chard, can be eaten raw or slightly steamed. Hearty greens, such as kale and collard greens, are often ignored, but they boast the most nutrition, taste great, and have a cooking time of only 10 minutes.

Here are some benefits of eating greens (from www.natural-health-girl.com):

-Green plant foods balance your pH. Many modern foods are acidic in nature and can lead to health issues, so balancing your body with neutralizing foods like greens keeps your body's pH at a healthier level.

-Some dark greens include omega-3 essential fatty acids, which are important to many of the body's functions, especially for brain function.

-Chlorophyll in green plants acts as a blood detoxifier.

-They are high in nutrients and enzymes necessary for your body to function, such as iron, calcium, potassium, and magnesium and vitamins, including vitamins K, C, E, and many of the B vitamins.

-In greens, you'll find a variety of phytonutrients including beta-carotene, lutein, and zeaxanthin, which protect your cells from damage and your eyes from age-related problems.

-Greens are powerful antioxidants, and they support the immune system.

Swiss Chard Salad with Apples and Pecans

(Recipe adapted from "Raw Riffic" at <http://rawrifficfood.wordpress.com>)

1 large bunch (about 6-8 leaves) fresh Chard
1/4 C Radishes, diced
1/2 C Raisins
drizzle Hemp oil
1-2 handfuls fresh Salad mix
2 large Apples
1/2 C raw Pecan pieces
drizzle Balsamic vinegar

Rinse chard leaves, and trim off ends. Chop leaves and add to a large bowl. Core and seed apples. Cut into small slices and add to bowl. Add herb lettuce, diced radishes, raisins and pecans. Toss well. Drizzle hemp oil and balsamic vinegar, toss again until well combine. Ready to serve. Makes 2-4 servings.

Raw Pecan Chard Pate

(Recipe adapted from "Cook.Vegan.Lover" at www.cookingforaveganlover.com)

2 C raw Pecans
1/4 C Scallions, chopped
1 Tbs cold pressed extra virgin Olive oil
1/4 tsp Black pepper
2 Tbs Nama Shoyu (or you can use Tamari or Soy sauce)
1 C Chard leaves
1 clove Garlic, chopped
1 tsp Italian seasoning
2 Tbs Water

Place all ingredients except water in the food processor and process to a paste. Scrape down the sides and then process for another minute and slowly stream the water into the pate. Serve with veggies or crackers.

~ Article & Recipes Contributed by Angela Cleveland ~