



The Harvest Herald

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Place Orders On-line at: www.urbanharvest.ca

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OKG Bread Special Aug 21-23

Green Olive & Herb Ciabatta! This savoury Italian-style ciabatta is seasoned with fragrant tarragon and a tapenade of green olives. Its crisp crust and holey, moist interior are perfect for panini bread or as a side to any salad.

Regular Harvest Box

LOCAL! Fresh Basil - Notch Hill Organics
LOCAL! Zucchini - Notch Hill/Roots & Greens
LOCAL! Field Cuke - Suncatcher Farm/Notch Hill
LOCAL! Cipollini Onions - Notch Hill
LOCAL! Carrots - Green Croft Gardens
LOCAL! Beans (various)- Green Croft
LOCAL! Warba New Potatoes - Wild Flight Farm
LOCAL! Santa Rosa Plums - Nazaroff Farm
LOCAL! Peaches - Nazaroff Farm
LOCAL! Sunrise Apples - Vialo Orchard

Family Harvest Box Extras

LOCAL! Summer Squash (Pattypan) - Notch Hill
LOCAL! Leaf Lettuce - Notch Hill
LOCAL! Spinach - Green Croft Gardens
LOCAL! Leek(s) - Wild Flight Farm
LOCAL! Nectarines - Nazaroff Farm (*unavailable - see note at right!*)
LOCAL! Field Tomatoes - Shirlee/Moses



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Claremont Ranch Organics - Lake Country
Green Croft Gardens - Grindrod
Harker's Organics - Cawston
Nazaroff Farm - Oliver
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Shirlee Mae Schneider/Moses Brown - Cawston
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 of poor quality, please inform us **within 48 hours**, and we'll provide a credit for your next order.*

Nectarine Update

We have unfortunate news about this week's nectarines from Nazaroff Farm! As with many other soft fruit crops in the S. Okanagan, the intense rains of late June and severe hail damage have created a perfect scenario for brown rot (a fungus) to set in. First, the rains helped to spread the spores associated with brown rot, and then hail (in some cases) wounded the fruit, making it more susceptible. Terry Nazaroff says his nectarines are looking okay on the tree (with the exception of the hail damage), but he was concerned that the presence of spores might lead to early decay during storage, so we've decided to play it safe and skip them this time. ****If nectarines were part of your order, a 2* credit has been added for each order.**

Feast of Fields - A Grand Success!

Okanagan folks were treated to beautiful food, drink, scenery, and company at the 4th Annual Okanagan Feast of Fields this past Sunday! Huge thanks (and kudos!) to Molly & Matt Thurston of Claremont Ranch Organics for hosting, to FarmFolk/CityFolk + Jennifer Vincent for stellar organization, to the many hardworking volunteers, and all the amazing farmers, chefs, vintners, brewers, and other foodies for the outstanding eats + drinks!!

There was also some powerful food for the mind, with tables set up by various organizations to educate attendees about some of the challenges we face in our local food system right now (for example, the Okanagan Greens Society had a petition for people to sign to oppose the GMO apple that is being proposed for market by a Summerland company), as well as what kinds of actions are being taken by local folks to strengthen our food system. The Central Okanagan Food Policy Coalition had a display about its exciting new Okanagan Fruit Tree Project which pairs willing volunteers up with landowners with excess fruit in order to harvest otherwise unused fruit for community sharing. FarmFolk/CityFolk, the organization behind it all, offered information about their various provincial food security and sustainable agriculture-related initiatives as well - see www.ffcf.bc.ca to learn more!

Here's hoping this year's Feast was as successful a fundraiser as it was in every other possible way!

Saturday Sale Guest Vendors for Aug 18th

- **Real Raw Foods** (Naramata) - raw, organic nuts, seeds, dried fruit, and more! See www.realrawfood.com for more info.
- **Swheatgrass FROZEN Organic wheatgrass pucks** - for sampling and for sale! Pick Up a New Mid-Afternoon pick-Me-Up! Ditch the coffee, soda and energy drinks. Instead opt for a shot of the phenomenal super food: wheatgrass. It's full of antioxidants, stimulates metabolism and alkalizes the body. Add a frozen cube of wheatgrass to your daily smoothie or simply dissolve a cube in either water or juice. So easy! Swheatgrass Organic Wheatgrass is locally grown and 100% organic (not certified, but seed and soil are both certified organic, water is filtered and no fertilizers or pesticides are used). 18 cubes for \$24 (cubes are just under an ounce, so the cost works out to \$1.67/oz - much lower than the \$3+ per ounce the you might pay at a juice bar, especially since there's no travel involved once you have them in your freezer!).

Community Events/Notices

Yoga Fundraiser for Orphanage in Uganda - Sun, Aug 19th @ 5pm. Kari at Kelowna Hot Yoga is offering a karma yoga class to raise money for an orphanage in Uganda. She is asking for a \$10 donation to help purchase an irrigation system for the orphanage that will allow the land owned by the orphanage to be used productively to grow food for the children to eat (currently, they eat beans and corn mush twice a day). Check out the website and watch the children perform. It is a testament to the human spirit! <http://www.elohimchildren.org>. If you have other fundraising ideas to help out, please contact Rina Simoncioni at 250-979-0121 or Rina.Simoncioni@sd23.bc.ca.

Cipollini (pronounced chip-oh-LEE-nee) is a smaller, flat, pale onion. They have papery thin skin and their flesh is slightly sweet. Because of their shape and sweetness, they are great for roasting.

Roasted Cipollini Onions

(Recipe adapted from "My Recipes" at www.myrecipes.com)

2 quarts water
4 lbs Cipollini onions
4 Rosemary sprigs
1 C dry Red wine
1/2 C low-sodium Soy sauce
1/3 C Balsamic vinegar
2 Tbs Olive oil
2 Tbs Honey
Rosemary sprigs (optional)

Preheat oven to 475°F. Bring water to a boil in a stockpot. Add onions; cook 30 seconds. Drain; cool. Peel onions; arrange in a single layer on a jelly roll pan. Top with 4 rosemary sprigs. Combine wine and next 4 ingredients, stirring with a whisk. Pour wine mixture over onions. Bake for 30 minutes, turning twice. Remove onions from pan with a slotted spoon. Carefully pour cooking liquid into a small saucepan; bring to a boil. Reduce heat; simmer 3 minutes or until mixture is the consistency of a thin syrup. Pour over onions; toss well to coat. Garnish with rosemary sprigs, if desired. Serves 10.

Roasted Tomatoes and Cipollini

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

1 lb Cipollini onions
1 lb small Roma or large Cherry tomatoes
1/4 C Olive oil
coarse Salt
4 slices of thick Bread,
1 15-oz can of White beans, drained and rinsed or 1
1/2 cups cooked beans of your choice
Garlic clove (optional)
few fresh Basil leaves, slivered

Preheat oven to 375°F. Boil a small pot of water and blanch the cipollini for 10 seconds, then plunging them into cold water. Use a paring knife to make a small slit in each, and slide them out of their skins and outer layer. Spread peeled onions and tomatoes in a roasting pan. Drizzle with olive oil and a few good pinches of coarse salt. Toss everything together until well-coated and roast in preheated oven for about 45 minutes, reaching in every 15 minutes with a spatula to roll the tomatoes and onions around to ensure all sides get blistered. Just before you take the tomatoes and onions out, place your bread slices on the oven rack and let them toast lightly. You can rub the toasts with a halved garlic clove, if you like, while still hot. Use tongs to arrange toasts in one layer on a serving platter. Dump the white beans over the bread, and using a pot holder, scrape the entire contents of the tomato-and-onion roasting pan, still hot, over the white beans. Sprinkle the dish with the basil and eat at once. Serves 4.

A Perfect Pair

Zucchini and basil are two items that are easy to grow and even easier to eat. Paired together in a recipe, they are unbeatable. Here are a few zucchini and basil recipes to try:

Pasta & Zucchini with Lemon-Basil Ricotta Cream

(Recipe adapted from "Washington Post" at <http://projects.washingtonpost.com>)

Salt
1 Tbsp Olive Oil
1 C part-skim Ricotta Cheese
8 oz Pasta - Rotini or Fusilli
1 lb Zucchini, in $\frac{1}{4}$ to $\frac{1}{2}$ inch cubes
2 Tbsp low-fat Milk

Bring a pot of salted water to a boil over medium-high heat. Cook the pasta according to the package directions. Drain. Meanwhile, heat the oil in a large skillet over medium heat. Add the onion and season with salt to taste; cook for 2 to 3 minutes, stirring occasionally, until the onion softens. Add the zucchini and toss to combine. Cook for 8 to 10 minutes, stirring occasionally and adjusting the heat so the zucchini becomes tender but does not brown. Combine the ricotta, milk, lemon zest and basil in a large bowl. Season with salt + pepper to taste. When the pasta and vegetables are ready, add them to the bowl and toss to combine. Taste, and adjust the seasoning as needed. Transfer to a serving bowl or to individual serving plates. Garnish with more lemon zest and the basil strips, if desired. Serves 4-5.

Basil Zucchini Orzo Salad

(Recipe adapted from "Food.com" at www.food.com)

2 med Zucchini, coarsely grated
1 $\frac{1}{2}$ cup packed fresh Basil leaves
1-2 cloves Garlic, crushed
2 oz dry Orzo pasta
1-2 Tbsp chopped fresh Parsley
 $\frac{1}{2}$ tsp Salt
 $\frac{1}{4}$ C Olive Oil
3-4 C unsalted Stock
2 Tbsp crumbled Feta or parmesan
Salt & pepper to taste

Sprinkle zucchini with salt in a colander and toss (this allows the zucchini to "sweat" out excess water); let stand for 30 minutes, stirring once or twice, then remove and gently squeeze liquid from zucchini. In a food processor whir together the basil leaves, oil, garlic, and oregano until well incorporated. Place mixture in a large bowl and stir together with the zucchini and set aside. In a large pot over high heat, bring the chicken broth to a boil; add orzo and reduce the heat to medium, cooking until orzo is just tender, about 10-12 minutes; drain the pasta well. Stir the pasta into the zucchini mixture, then add the lemon juice, grated cheese, and fresh parsley. Season to taste with salt and pepper. Chill for at least an hour before serving as a salad, or serve warm at room temperature as a dinner side dish. Serves 8.

Little Zucchini & Basil Frittatas

(Recipe adapted from "Chow" at www.chow.com)

Breadcrumbs
1-2 cloves Garlic, thickly sliced
8 Eggs
 $\frac{3}{4}$ Cup Parmesan
 $\frac{1}{2}$ C Flour
2 Tbsp Olive Oil
2-3 Zucchini, sliced in 4mm-thick rounds
8 Basil Leaves, sliced
100g Feta, cut into cubes

Preheat oven to 350°F. Butter a 12 hole muffin pan. Dust each hole with crumbs then tap out the excess. Place the olive oil and garlic in a large frying pan. Gently heat the oil over medium low heat for 1-2 minutes until the garlic starts to sizzle. Remove garlic and discard. Fry zucchini on both sides until golden. Drain on absorbent paper. In a large bowl, lightly whisk eggs with a fork with the basil, salt and freshly ground black pepper (just enough to cover the surface of the mixture) until just combined. Stir in the parmesan and the flour and then whisk until the flour is combined. Divide the fried zucchini and feta throughout the muffin tin. Place 12 pieces of zucchini aside as garnish. Pour the egg mixture into each muffin hole (about 1/4 cup) and top with a slice of zucchini. Gently tap the sides of the muffin tray to ensure that the mixture has spread throughout the muffin hole. Bake for 20 minutes or until the frittatas feel firm when gently pressed and spring back. Remove from oven and allow them to settle in the pan for about 10 minutes before gently easing them out.

~ Article & Recipes Contributed by Angela Cleveland ~