



The Harvest Herald

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August 16-18, 2011

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OKG Bread Special Aug 16-18

Arugula, Cherry Tomato, and Anchovy Flatbread!
Rich arugula pesto, salty anchovies, and sweet cherry tomatoes are the toppings here, all atop thinly stretched focaccia dough. A great bread for a summer picnic or getaway!

Regular Harvest Box

LOCAL! Garlic Curls (Scapes) - Wild Flight Farm
LOCAL! Bunched Carrots - Notch Hill
LOCAL! Mix of Summer Squash - Notch Hill Organics
LOCAL! English Cucumber - Harker's/Wild Flight
LOCAL! Chard - Wild Flight/Notch
LOCAL! Salad Turnips - Wild Flight Farm
LOCAL! Lodi Apples - Harker's
LOCAL! Apricots - Shirlee Mae/Moses
LOCAL! Peaches - Nazaroff Farm
LOCAL! Santa Rosa Plums - Nazaroff Farms

Family Harvest Box Extras

LOCAL! Leeks - Wild Flight Farm
LOCAL! Green Beans - Kazy Farm Organics
LOCAL! Spinach - Wild Flight Farm
LOCAL! Lettuce Mix - Wild Flight Farm
LOCAL! Firebrite Nectarines - Nazaroff Farm



This Week's HomeGrown Heroes

Harker's Organics - Cawston
Hawfield Farm - Cawston
Isaac's Organics - Kelowna
Kazy Farm Organics - Sorrento
Nazaroff Farm - Oliver
Notch Hill Organics - Sorrento
Pilgrim's Produce - Armstrong
Roots & Greens Farm - Grindrod
Shirlee Mae Schneider/Moses Brown - 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.*

Introduction to Kazy Farm Organics!

Kazy Farm is a small-scale organic farm, growing high-quality, season veggies for your family and theirs! They share the land surrounding Crannog Ales (a certified organic micro-brewery) in Sorrento with Left Fields Farm, and this is their first year growing on this land. Previously, Eric worked at Wild Flight Farm with Hermann and Louise Bruns, so we have known Eric for some years now through Wild Flight Farm, and are thrilled to support him in his new endeavour. Eric's partner Jen has been very involved in the Shuswap Food Action Co-op, the BC Food Security Network, and has also founded an Eco-Friendly Family Shop (www.twopotatotots.ca) with a partner, while parenting young children! We're excited to see Eric and Jen taking on the challenge of farming - integrating their passion and skills in a setting where they can raise their young family while growing quality food for the community!

This year seems to us to be a banner year for young farmer start-ups in the Okanagan, as we have also seen Jordan Marr and Vanessa Samur farming at The Homestead in Peachland, Molly and Matt Thurston taking over from the McCoubreys at the newly named Claremont Ranch in Lake Country, Isaac Potash and Jennifer Large of Isaac's Organics (farming on the certified organic Fugger Farm in Kelowna), Curtis Stone continuing to do his amazing SPIN Farming, Brenda Paterson and John Hofer farming biodynamically and organically (though not certified organic) with their new GOOBY Gardens urban farming adventure, and I'm probably missing many more! We are also hearing more stories of the adult children of our supplier farmers getting involved with their family farm operations in significant ways. With the average age of farmers continuing to rise, it's wonderful to see so many young, energetic farmers getting involved in organic and sustainable agriculture! We think it bodes well for our eating future!

Congratulations to Our Feast of Fields Ticket Winner!

We would like to congratulate Sherri MacDonald, and wish Sherri and Bob a wonderful time at the 2011 Okanagan Feast of Fields event, this Sunday, August 21st. Sherri, an Urban Harvest customer since 2002 (!), has won 2 free tickets to the Feast of Fields by submitting a brief story/description of what the scent of a peach conjures for her (all who responded to our question were entered into the draw). If you would like to read some of the wonderful stories we received as entries for our "Scent of a Peach" draw, please visit www.urbanharvest.ca/news/ and select the title "Scent of a Peach". We'd like to thank everybody who took the time to participate - we sure enjoyed reading your entries!

Community Events/Notices

2nd Annual Grindrod Garlic Festival - August 21st! The 2nd annual Grindrod Garlic Festival will be held in Grindrod at the Grindrod Park Sunday, August 21 from 10 am to 5pm. With an emphasis on "Homegrown, Homemade, Organic", it will feature local garlic and produce, local artisans, garlic contests, live music and kids' entertainment all day. For more info, visit the Green Croft Gardens website at www.greencroftgardens.com.

Deer Deterrent for Gardeners A long-time Urban Harvest customer is so pleased with how this solution has been working to keep the deer out of her garden, that we thought it may be helpful to some of you as well! Beat together 1 Tbsp baking powder, 1 egg yolk, and 1 litre water. Beat together and spray on plants once/week. Clean sprayer thoroughly after use.

Sunshine Farm Seed Growers Workshop Sun, Sept. 4th, 10am to 3pm. \$20 per person includes lunch! Learn the basics of seed production with tips and tricks from 2 experienced seed growers. Take part in hands-on harvesting and cleaning, using simple but effective methods. This workshops should be of interest to small-scale market gardeners, urban SPIN farmers and gardeners and homesteaders eager to expand their skills in this important aspect of food production. Presented by Patrick Steiner of Stellar Seeds and Jon Alcock of Sunshine Farm Seeds. Sponsored in part by FarmFolk/CityFolk. Space is limited, Please register with Sher at sunshinefarm@shaw.ca.

Not in the mood for a pizza as your main course? Then how about for dessert?

Grilled Pizza with Peaches, Goat Cheese and Honey

(Adapted from <http://zested.wordpress.com>)

Ripe peaches, thinly sliced
1/4 Water
3 Tbs Honey
fresh Thyme sprigs
2 tsp Balsamic vinegar
fresh Goat cheese, crumbled
good Olive oil, for brushing
freshly ground Salt, to taste

Preheat grill on high. Heat water until boiling, add honey and thyme. Cook down until reduced by half. Stir in balsamic vinegar and set aside. Roll out a small handful of dough into an 8-inch pizza pie. Work on a well-floured surface, and turn the dough 90 degrees after every time you roll it to get an even circle. You want it to be fairly thin.

Lay pie on flat surface. Cover with saran wrap if rolling several out at once, and keep cool. (If they get too warm they'll stretch and tear when you try to cook them.)

Carry pies and toppings out to grill. Brush one side of the pie lightly with olive oil and lay it, oiled side down, directly on the grill. After about a minute, rotate pie 90 degrees to make sure it's cooking evenly. Dough will begin to puff in big bubbles, 2-3 minutes. Slide off the grill onto a flat surface like a cutting board and flip over, reducing heat to low.

Brush again lightly with olive oil. Sprinkle with goat cheese, and arrange peaches on top. Close grill top until dough crisps and cheese begins to soften, about 3 minutes. Remove from grill and drizzle immediately with the honey-balsamic reduction, and a few grates of coarse salt. Serve immediately.

Apple Pizza

(Adapted from <http://vegetarian.about.com>)

3 large Apples, sliced thin
1 C Apple juice
2 Tbs Flour
1/2 tsp Cinnamon
2 Tbs Honey
1/4 C chopped Pecans
1 C white cheddar Cheese

Cook apples in apple juice until tender. Drain off juice and reserve. Place apple slices on dough. Dissolve flour in apple juice, cinnamon, and honey. Cook over medium heat until clear.

Spread sauce over apples. Sprinkle pecans on top. Top with cheese. Bake in a 425°F oven for 15-20 minutes. Makes 8 slices of apple pizza.

Pizza in the Great Outdoors

The barbecue can be used for much more than grilled meat or veggies. One of the most enjoyable and unique things to cook on a barbecue is pizza. There are a few simple steps to follow to ensure that your barbecued pizza is a success:

1. Heat up the grill.
2. Have your dough rolled out and ready to go.
3. Have all your toppings ready and near the grill.
4. Place pizza crust(s) on the grill to par-bake the first side. Cook it long enough to firm up the dough (may only take a few minutes).
5. Flip the pizza over and add your sauce and toppings. If you prefer a firm crust and warmed toppings, you can leave the pizza on the grill for a few minutes (but watch it carefully) or you can move your pizza to a cooler part of the grill to finish baking.

Basic Grilled Pizza Crust

(Recipe adapted from "About.com: Barbecues Grilling" at <http://bbq.about.com>)

4 C Flour	1 1/2 C warm Water
2/3 C Whole-wheat flour	1 Tbs Olive oil
1 package active dry Yeast	1 1/2 tsp Salt
1 tsp Sugar	

Combine water, oil, yeast and sugar in a small bowl. Let stand 5 minutes or until it bubbles. Mix flours and salt together thoroughly. Add water mixture while blending and mix until dough is smooth. Knead briefly on a lightly floured surface. Place in a large oiled bowl and let stand in a warm place for 2-3 hours. It should double in size. Once the dough has risen, lightly flour two cooking sheets. On a floured surface roll out 1/4 of the dough into a circle about 1/8 inch thick. Place on cooking sheet. Repeat process until you have four rounds. Place one pizza on a clean, oiled and preheated grill. Grill for about 1 minute or until the bottom is brown. With tongs, gently flip it over and grill for an additional 30 seconds. Remove from grill and repeat with remaining pizzas. Let cool. Top with your favorite pizza toppings and return to a preheated grill for about 2-3 minutes. Watch carefully to avoid burning. It's best to grill one pizza at a time.

Mexican Pizza with Garlic Curls and Summer Squash

(Recipe adapted from "Cultivating Sustainability" at <http://cultivatingsustainability.com>)

3 medium Summer squash (any combination of yellow squash and zucchini), sliced	
1 medium Onion, chopped	5-8 Garlic curls, chopped
1 Tbs extra virgin Olive oil	6 oz sharp Cheddar cheese
6 oz Monterey jack cheese	1/4 C Black olives, sliced
1/4-1/2 C high-quality, prepared Salsa	Pizza crust

Slice or chop all the vegetables. Heat olive oil in a large cast iron skillet wok (or other large skillet). Add onions and garlic curls. Saute for 5 minutes, or until they begin to brown. Add summer squash and saute for another 5 minutes, or until squash begins to brown. Remove from heat, and set aside. Meanwhile, shred the cheese. Spread salsa evenly over pizza. Sprinkle with 1/3 of the cheese, then top with vegetables, rest of the cheese, and olives.

Swiss Chard Pizza

(Recipe adapted from "Sidewalk Shoes" at www.sidewalkshoes.com)

1 bunch Swiss chard (stems removed, roughly chopped)	
1/4 C Olive oil	4 cloves Garlic, minced
1 ball fresh Mozzarella cheese	1/4 C Parmesan cheese
Salt and Pepper	Pizza crust

Pour olive oil in a small pot and add minced garlic. Heat over medium heat until bubbles appear around garlic. Reduce heat to low and let steep for about 30 minutes. Strain out garlic and pour oil into a jar. Swirl a little olive oil in a skillet over medium heat and saute swiss chard until wilted, about 3 minutes. Brush garlic oil on pizza crust. You can sprinkle strained garlic on the pizza crust. Spread the swiss chard evenly over the pizza and season with salt and pepper. Top with parmesan cheese and break apart the mozzarella and dot over the pizza.

~ Article & Recipes Contributed by Angela Cleveland ~