



The Harvest Herald

(Ph/Info-line) 868-2704 (Email) order@urbanharvest.ca

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

August 17-19, 2010

Issue #529

Next Week's Bread Special from Okanagan Grocery!

It's a secret! Just kidding- Monika the baker hasn't decided yet which bread treat will be on offer next week. To be announced...

Regular Harvest Box

Local! Orange Carrots - Notch Hill Organics
Local! Zucchini - Notch Hill
Local! 1-2 Pepper(s) (various) - Suncatcher/Pilgrim's
Local! English Cucumber - Wild Flight Farm
Local! Gold Bunched Beets - Notch Hill Organics
Local! Cilantro - Wild Flight Farm
Local! Leaf Lettuce - Notch Hill/Wild Flight
Local! Red Onions - Notch Hill Organics
Local! Santa Rosa Plums - Nazaroff Farm
Local! Peaches - Nazaroff Farm
Local! Nectarines - Nazaroff/Old Tower Farm

Family Harvest Box Extras

Local! Summer Squash (use like zucchini) - Notch Hill
Local! Beefsteak Tomatoes - Schneider-Brown Farm
Local! Spinach - Wild Flight Farm
Local! Kohlrabi - Wild Flight Farm
Local! Sieglinde (yellow) Potatoes - Pilgrim's Produce
Local! Cherry Tomatoes - Wild Flight/Pilgrim's



This Week's HomeGrown Heroes

Little Creek Gardens - West Kelowna
Nazaroff Farm - Oliver
Notch Hill Organics - Sorrento
Pilgrim's Produce - Armstrong
Quail's Farm - Vernon
Schneider-Brown Farm - Cawston
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.*

Feast of Fields Contest Update!

Congratulations to Christie Ewen, who has won 2 tickets to the 2nd Annual Feast of Fields compliments of Urban Harvest, in our recent draw! The event will be held this Sunday, Aug 22nd, at Brock Farm in Okanagan Falls. To find out more about the Feast of Fields, and/or to order tickets (\$85 for adults, \$15 for children 7-12, and free for children 6 and under), please visit www.feastoffields.com or contact FarmFolk/CityFolk at 1-888-730-0452 or info@ffcf.bc.ca.

Fresh Free-Range Poultry Available Now!

1) Okanagan Poultry Processing offers local, organic "pastured" poultry. This means chicks are out in the sunshine, eating bugs and plants from two weeks old. The field is planted with a mix of certified organic seed screenings (flax, spelt etc) from Fieldstone Granary in Armstrong. Price \$4.25/lb for whole bird. \$4.00/lb for utility. Next batch available Aug 22nd. Please contact Peggy Thompson, Okanagan Poultry Processing, 3150 Balldock Rd, Kelowna, 778-477-4004.

2) Quality Farms Free-Range Poultry offers both chicken and turkey. The chicks are hatched locally, and raised for 9 weeks. They are never treated with any kind of hormone or medicated chick starter. They are fed a vegetarian essential poultry feed as well as Hen Scratch which consists of corn and wheat. The farm is situated on four acres on June Springs Rd in South East Kelowna. Quality Farms adheres to the Free Range On-Farm Food Safety Program or OFFSAP. Next processing date is Aug 17th. Whole birds (3-7 lbs), \$3.75/pound. Contact: David Scherle, (250) 258-7818.

Saturday Sale Updates

- IMPORTANT NOTE FOR SAT, AUG 21ST! The Kelowna Apple Triathlon will be taking place from 6am until noon, and many roads near our warehouse will be affected by detours. Please come via Gordon (not Richter), or via Bay Ave, if you are coming from the North End.
- Sat, Aug 21st - Real Raw Foods will be our guest vendor, with their wide array of raw, organic nuts, seeds, dried fruit, and much more! See www.realrawfood.com for info about their products.
- Sat, Aug 28th - Wolfgang's Grain & Flour Mill will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally!

Community Events/Notices

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.

Cloth Diapering 101 Workshop Free informational class for parents + soon-to-be parents interested in finding out more about cloth diapers. Thurs, Aug 26th at 1pm at Malachite Midwives. Please contact info@tidytushes.ca or call 250-870-4106 to reserve your spot (15 people max, including dads/partners).

Book Launch for The Fit n Healthy Plan! Come join local nutritionist Michale Hartte in celebrating her latest book, "The Fit n Healthy Plan". Learn about simple and easy ways to incorporate a healthier diet and lifestyle plan into your life. There will be prize giveaways, fresh organic fruits & veggies (Urban Harvest), raw desserts (Guylaine Lacerte), organic wine (Kalala Organic Winery) and nutritious nibbles (Nature's Fare). Wednesday, August 25th - 5pm-7pm at 1102 Long Ridge Drive (Wilden). Please RSVP to fitnhealthy@telus.net by Aug 19th.

Potato, Summer Squash, and Tomato Gratin

(Adapted from www.marthastewart.com)

- 5 tsp extra-virgin Olive oil
- 2 Garlic cloves, minced
- 1 lb Potatoes, peeled
- 3 Summer squash
- 1 large Tomato, cut into 1/4-inch rounds or 1 C Cherry Tomatoes, sliced in half.
- 1/4 tsp coarse Salt
- freshly ground Pepper
- 1 tsp finely chopped fresh Thyme leaves
- 2 oz finely grated Cantal or Cheddar cheese

Preheat oven to 375°F with rack in upper third. Coat a 9-by-13-inch gratin dish with 1 teaspoon oil, and sprinkle with garlic. Using a very sharp knife, slice potatoes and summer squash as thinly as possible. Arrange potatoes, squash, and tomatoes in overlapping layers in prepared dish, and sprinkle with salt and pepper. Drizzle with remaining 4 teaspoons of oil, and sprinkle with thyme and cheese. Cover and bake until potatoes are tender, 35 to 45 minutes. Uncover and continue baking until top is golden brown, about 25 minutes more. Remove from oven, and serve immediately.

Curried Red Lentil Kohlrabi, and Couscous Salad

(Adapted from www.bonappetit.com)

- 1/4 C White wine vinegar
- 1 Tbs sweet Curry powder
- 1 Garlic cloves, pressed
- 1/3 C extra-virgin Olive oil
- 8-oz Red lentils (about 1 1/4 cups)
- 1/2 C plain Couscous (about 6 ounces)
- 1 large Kohlrabi with leaves (if possible)
- 1/2 C chopped Green onions
- 1 bunch Spinach
- 1/4 C chopped fresh Mint

Whisk white wine vinegar, curry powder, and pressed garlic in medium bowl to blend. Gradually whisk in olive oil. Season dressing to taste with salt and freshly ground pepper. Cook lentils and kohlrabi leaves in heavy large saucepan of boiling salted water until lentils are barely tender but not too soft, about 6 minutes. Drain; rinse under cold water to cool. Drain again. Bring 1 1/4 cups water to boil in same saucepan; remove from heat. Add 3 tablespoons dressing, sprinkle with salt, then stir in couscous. Cover pot and let stand 5 minutes. Transfer couscous to medium bowl. Fluff couscous with fork to separate grains and cool slightly. Season to taste with salt and pepper. Meanwhile, transfer lentils to large bowl. Add 1/2 cup dressing, diced kohlrabi bulb, and chopped green onions; toss to coat. Season mixture to taste with salt and pepper. Arrange spinach leaves over large rimmed platter. Drizzle spinach with 2 to 3 tablespoons remaining dressing. Sprinkle spinach leaves with salt and pepper. Mound lentil mixture in center of platter over spinach leaves. Stir mint into couscous. Spoon couscous around lentils and serve with remaining dressing.

Fresh from the Farm

We have been so lucky this summer to enjoy fresh seasonal produce and have the opportunity to support our local farmers. This week is no exception. The recipes below use up every item in our boxes this week. Enjoy!

Fresh Beet Salad with Cilantro and Scallions A La Leah

(Recipe adapted from "Group Recipes" at www.grouprecipes.com)

- 5-8 raw Beets medium sized, peeled and sliced
- 1 tsp Salt
- 1/4 C Apple cider vinegar
- 3 Scallions
- 1/4 C chopped fresh Cilantro (preferred) or Parsley
- large pot of Water
- 2 tsp Sugar
- 2 Garlic cloves
- juice of one Lemon

Place sliced beets in pot, add enough water to cover. Add sugar and salt and bring to a boil. Reduce heat and allow to cook on medium simmer until they are just fork tender. Place cooked beets into bowl and allow to cool completely in the refrigerator. Once chilled, take out and add vinegar and lemon juice, chopped garlic, chopped scallions and chopped cilantro, stir until combined. Add additional salt if necessary and serve.

Italian Grilled Zucchini and Red Onion

(Recipe adapted from "My Recipes" at <http://find.myrecipes.com>)

- 4 (1/2-inch-thick) slices Red onion (about 1 large)
- 2 lbs small Zucchini, cut lengthwise into (1/4-inch-thick) slices
- 1 Tbs Olive oil
- 1/2 tsp freshly ground Black pepper, divided
- 1/3 C shaved fresh Parmigiano-Reggiano cheese
- 1/2 tsp Salt, divided
- 2 Tbs Red wine vinegar
- 2 Tbs thinly sliced fresh Mint

Prepare grill to medium-high heat. Combine first 3 ingredients in a large bowl. Sprinkle zucchini mixture with 1/4 teaspoon salt and 1/4 teaspoon pepper; toss gently to coat. Arrange vegetables in a single layer on a grill rack; grill 4 minutes on each side or until zucchini is tender and vegetables are well marked. Remove zucchini from grill; reduce grill heat to medium-low. Grill onion an additional 5 minutes or until tender. Combine zucchini, onion, and vinegar in a large bowl, tossing to coat. Sprinkle with remaining 1/4 teaspoon salt, remaining pepper, cheese, and mint.

Peach, Plum and Nectarine Salsa

(Recipe adapted from "Epicurious" at www.epicurious.com)

- 1 Peach, pitted
- 1 to 2 Jalapeno peppers, stemmed and seeded
- 1/4 C minced Red onion
- 1 Tbs Lime juice
- 1 Plum, pitted
- 1 Nectarine, pitted
- 2 Tbs minced Cilantro

Cut each piece of fruit into 8 slices. Place fruit and jalapenos on a well-oiled grill over medium heat and cook for a few minutes on each side to lightly char. Let cool, then chop and place in a medium bowl with onion, cilantro and lime juice. Stir to combine. Cover and refrigerate until ready to serve.

Lentil Salad with Feta, Carrot, Bell pepper, and Onion

(Recipe adapted from "Eat This" at <http://fortunavirilis.blogspot.com>)

- 1 1/2 C Brown lentils, sorted and rinsed
- 1 small Bell pepper, seeded and diced
- 4 oz Feta cheese, crumbled
- juice of large Lemon
- Salt and Pepper to taste
- 1 Carrot, diced
- 1 small Onion, diced
- 2 Tbs Olive oil
- 1 tsp Cumin

Put lentils in a medium saucepan, add water so that it comes a few inches above lentils, and bring to a boil. Then reduce heat to low, cover, and let simmer until lentils are tender (about 40 min). Drain lentils and let cool for about 20 min. Combine cooked lentils with remaining ingredients and stir well. Serve on a bed of lettuce. Serves 5.