



# The Harvest Herald

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Place Orders On-line at: [www.urbanharvest.ca](http://www.urbanharvest.ca)

August 21-23, 2012

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## OKG Bread Special Aug 28-30

**Apricot & Buttermilk Flax!** This breakfast-style loaf contains plump apricots, toasted flax seeds, and rich buttermilk. Excellent for French toast!

## Regular Harvest Box

LOCAL! Fresh Dill - Notch Hill Organics  
LOCAL! Zucchini - Wild Flight Farm  
LOCAL! Garlic - Notch Hill Organics  
LOCAL! Cipollini Onions (mini order) - Notch Hill  
LOCAL! English Cucumber - Wild Flight Farm  
LOCAL! Sweet Corn - Wild Flight Farm  
LOCAL! Romaine Lettuce - Roots & Greens  
LOCAL! Chioggia (candy-striped) Beets - Notch Hill  
LOCAL! Santa Rosa Plums - Herb Garden  
LOCAL! Peaches - Nazaroff Farms  
LOCAL! Cantaloupe - Porterfield Farms

## Family Harvest Box Extras

LOCAL! Carrots - Notch Hill/Green Croft  
LOCAL! Sieglinde Yellow Potatoes - Roots & Greens  
LOCAL! Green Beans - Green Croft Gardens  
LOCAL! Field Tomatoes - Shirlee Mae Schneider  
LOCAL! Nectarines - Herb Garden



## This Week's HomeGrown Heroes

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

## Advance Notice of Holiday Schedule

We will be delivering on a holiday schedule for the first week of September, due to the Labour Day holiday. If you will be receiving an order for the week of Sept 2-8, please expect it one day later in the week than usual. Tuesday customers will receive their orders on Wed, Sept 5; Wednesday customers on Thurs, Sept 6; and Thursday customers on Fri, Sept 7.

## Last-Minute Specials!

In the summer months, we often end up with cases of this or that left over that need homes...if you are somebody who likes to do food preserving and make use of extras (or maybe you just have a hungry household!), you can watch for bulk specials as they come up on our Facebook and Twitter updates (you can click the Facebook or Twitter links at [www.urbanharvest.ca](http://www.urbanharvest.ca) to "like" us on Facebook or follow us on Twitter). If you do not use Facebook or Twitter, you can also log in to our order page on Sundays or Monday mornings to check the Produce Specials of our order page, as we will sometimes post extra specials there at that time. We will often have special deals on at our Saturday Sales as well - be sure to ask us what's on special if you're in on a Saturday!

## Paper-Free Harvest Herald Option

If you enjoy the recipes, updates, newsy bits, and/or community events in our Harvest Herald newsletter, but prefer to avoid paper waste, please note that we do offer an online reading option! You'll find new and archived Harvest Herald newsletters at [www.urbanharvest.ca/news](http://www.urbanharvest.ca/news). To opt out of the paper version, look for the newsletter check box next time you're placing an order (you'll find it on the final order review page). Simply uncheck the box, and no more print newsletters will come.

## Community Events/Notices

**ORGANIC OKANAGAN FESTIVAL** - Sunday, September 23<sup>rd</sup> is the date set for this year's Organic Okanagan Festival (OOF) at Summerhill Pyramid Winery. The date has been chosen to coincide with National Organic Week (see [www.organicweek.ca](http://www.organicweek.ca) to learn more). If you would like to be an OOF Exhibitor, entertainer, or volunteer, visit [www.okanagangreens.ca](http://www.okanagangreens.ca) for more info. Urban Harvest is looking forward to participating again this year, and we would love to see you there! Watch for more updates in coming weeks...

**Fall/Winter 2012 Children's Art Classes** Looking for art classes for your child/teen this fall/winter? Local artist Rena Warren offers a 14-week Fall/Winter session beginning Sept 11<sup>th</sup>. The total cost is \$350 which includes 28 instructional hours and all materials. Classes are on Tuesdays from 3:30-5:30 (which includes a 10 minute snack break) and are held at the Opus Framing & Art Supply classroom at 1357 Ellis Street. She also offers a 10% tuition break for a second student, either sibling or successful referral of a friend. (Note: Rena will also be keeping a waiting list for Wednesdays.) Register at 250-448-5533 (leave a message) or [capricornucopia@hotmail.com](mailto:capricornucopia@hotmail.com). For more info, please visit <http://capricornucopiaartworks.blogspot.ca/p/classes.html>.

**The Kelowna Breastfeeding Cafe** strives to be a relaxed, non-judgmental, and informative place for moms to find breastfeeding support. Whether you are an expectant mom, brand new mom, or a more seasoned mom, you are welcome! Enjoy a free tea/coffee and create relationships with other moms in your community. Discuss challenges or concerns, share triumphs, and swap tips! Breastfeeding Cafes are held on a drop-in basis on the 1<sup>st</sup> Tuesday of the month at Kelowna Community Resources (1735 Dolphin Ave) from 10am to noon, AND on the 3<sup>rd</sup> Thursday of the month at Malachite Midwives (1955 Bowes St.) from noon to 2pm. You can also connect online at the Kelowna Breastfeeding Café Facebook page.

## Grilled Corn with Dill

(Adapted from [www.tasteofhome.com](http://www.tasteofhome.com))

- 5 medium ears Corn in husks
- 1/2 C Butter, softened
- 1 Tbs minced Chives
- 1 Tbs minced fresh Dill or 2 tsp Dill weed
- 1/2 tsp Lemon juice
- 1/2 tsp Worcestershire sauce
- 1/4 tsp Garlic salt
- 1/8 tsp Pepper

Soak the corn in cold water for 1 hour. Meanwhile, in a small bowl, beat the butter, chives, dill, lemon juice, Worcestershire sauce, garlic salt and pepper; set aside. Carefully peel back husks from corn to within 1 inch of bottom; remove silk. Spread each ear of corn with butter mixture. Rewrap corn husks and secure with kitchen string. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Grill corn, covered, over medium heat for 25-30 minutes or until tender, turning occasionally. Serves 5.

## Zucchini, Dill and Feta Fritters

(Adapted from [www.tasteofhome.com](http://www.tasteofhome.com))

- 4 C Zucchini, coarsely chopped
- 4 Shallots, finely sliced
- 1 Onion, grated
- 1 Garlic clove, grated
- 2 Eggs
- 1 C Feta, crumbled
- 3 Tbs grated Parmesan
- 3 Tbs chopped Dill
- 3 slices Bread, crusts removed
- 1/2 C Flour
- 4 Tbs light Olive oil
- Salad leaves, chopped tomato, chopped cucumber and extra dill, to serve

Place the zucchini in a colander, sprinkle with 1 tablespoon salt and set aside to drain for 30 minutes. Refresh under cold water, then wrap in a tea towel and squeeze dry. Transfer to a bowl with the shallots, onion, garlic, eggs, cheeses and dill. Season with salt and pepper. Place bread in a food processor and process until crumbs. Add to the zucchini mixture and mix well (it should be quite dry, if not add a few extra crumbs). Roll heaped tablespoons of the mixture into 12 balls, then flatten slightly. Place flour in a bowl and add patties to coat. Heat oil in a non-stick frying pan, add patties and cook in batches over medium heat for 1-2 minutes each side. Layer salad leaves between fritters and serve with a salsa of chopped tomato, cucumber and dill.

## Appealing to the Senses

The Chioggia beet, also known as candy cane beet or the bullseye beet, originated in the Italian coastal town of Chioggia (near Venice). They are slightly sweeter than a regular purple beet but when sliced open, they show their true colours. Featuring stripes of brilliant pink and crisp white, this beautiful beet is stunning in any dish. Unfortunately, these beautiful stripes fade slightly when cooked.

As with most beets, Chioggia beets can be cooked in many ways. They can be baked or boiled, but if you want to boil them, be sure to add 1-2 tsp of lemon juice or vinegar to keep their vibrant colour. To grill these beets and showcase their brilliant colour and pattern, cut cooked, peeled Chioggia beets into wedges measuring no more than 1 1/2 inches at their thickest point. Drizzle olive oil over the cut beets. Add fresh-ground black pepper and a pinch of salt, if desired. Mix gently to coat the beets. Set the coated beet wedges on a grill over medium heat. Cook them for five to six minutes, turning once or twice to allow the beet sections to warm through and develop light golden-brown grill-hash marks.

## Roasted Beet Salad with Barley, Feta, and Red Onion

(Recipe adapted from "The Kitchn" at [www.thekitchn.com](http://www.thekitchn.com))

- 1/2 large Red onion (about 1 cup), minced and soaked in cold water for 1/2 hour
- 1/2 block of Feta (about 4 oz), cut into small squares or crumbled
- 1 C dry Pearl barley
- 4 medium Beets, tops removed
- 4-5 Scallions, sliced into fine rounds
- 1 1/2 Tbs Lemon juice
- 1 Tbs extra-virgin Olive Oil
- Salt and Pepper to taste
- extra sliced Scallions for garnish

Heat the oven to 450°F. Loosely wrap the beets in tin foil and roast in the oven until they are just fork tender - 30 - 45 minutes. Peel and dice the beets into small cubes. Meanwhile, bring 3 cups of water to a boil. Add the barley and 1/2 teaspoon of salt. Reduce to a simmer, cover, and cook until the barley is al dente, about 30 minutes. If there is extra liquid in the pot, drain the barley and return it to the pan. Cover with a clean dishtowel until ready to use. Drain the red onion. Combine barley, beets, red onion, feta, and scallions in a large mixing bowl. Sprinkle the lemon juice and olive oil over the top and toss to coat. Taste the mixture. As needed, add salt 1/4 teaspoon at a time. Pepper to taste. Serves 5.

## Chioggia Beets with Raspberry Mint Vinaigrette

(Recipe adapted from "Epicurious" at [www.epicurious.com](http://www.epicurious.com))

- 1 lb Beets (4 to 6; preferably Chioggia\*), 1 inch of stems left intact
- 3 Tbs thinly sliced Scallions
- 2 - 2 1/2 Tbs Raspberry vinegar
- 2 tsp fresh Lemon juice, or to taste
- 2 Tbs chopped fresh Mint
- 1/2 tsp Salt + 1/2 tsp Black pepper
- 1/4 C Olive oil
- 1 Tbs finely grated Orange zest (from 2 Oranges)
- Garnish: fresh mint sprigs

Cover beets with water by 1 inch in a 2- to 3-quart saucepan (add 1-2 tsp vinegar or lemon juice) and simmer until tender when pierced in center with a fork, about 30 minutes. Drain in a colander and rinse under cold running water. Let stand until cool enough to handle, then slip off and discard skins. Cut beets into 1/4-inch-thick slices.

While beets are cooking, stir together scallions, 2 tablespoons vinegar, lemon juice to taste, mint, zest, salt, and pepper in a bowl. Add oil in a slow stream, whisking until combined. Add warm beets and toss with vinaigrette and vinegar and salt to taste. Serve warm or slightly chilled.