



# The Harvest Herald

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August 23-25, 2011

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## OKG Bread Special Aug 23-25

Potato & Walnut Batard! This baguette-style loaf lists local market potatoes and roasted walnuts as ingredients, and is crafted on a milk bread base. Enjoy with summer vegetable soup or corn chowder.

## Regular Harvest Box

LOCAL! Cilantro - Notch Hill Organics  
LOCAL! Zucchini - Notch Hill/Wild Flight  
LOCAL! Rainbow Chard - Notch Hill/Wild Flight  
LOCAL! Beefsteak Tomatoes - Shirlee Mae/Moses  
LOCAL! Mixed Peppers (yl/purp/gr) - Notch Hill  
LOCAL! Red New Potatoes - Wild Flight Farm  
LOCAL! Green Beans (some yellow) - Wild Flight  
LOCAL! Tilton Apricots - Shirlee Mae/Moses  
LOCAL! Peaches - Nazaroff Farm  
LOCAL! Sunrise Apples - Vialo Orchard/Harker's

## Family Harvest Box Extras

LOCAL! Garlic - Hawfield/Notch  
LOCAL! English Cucumber - Wild Flight Farm  
LOCAL! Lettuce Mix - Wild Flight Farm  
LOCAL! Beets (with greens) - Notch Hill  
LOCAL! Sweetheart Cherries - Calissi Farm



## This Week's HomeGrown Heroes

Calissi Farm - Kelowna  
Harker's Organics - Cawston  
Hawfield Farm - Cawston  
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.

## Scent of a Peach Memories...

The stories we received in response to our query "what does the scent of a peach conjure for you" were truly lovely, and I wanted to let you all know that I have now posted them on our website so you can enjoy them too if you get a chance! They are currently posted on our home page (click "Scent of a Peach Contest" to view the stories). Following is one story that stood out for me, not just for the wonderful writing, nor because Jenn used to do the article and recipes for the back page of our Harvest Herald (as Angie Cleveland now does)...you'll see why at the end of the story!

*As a university student, I got a summer job at a nursery. I loved being outside all day, weeding and pruning in the hot sun. At the time, it was a great way to work on my summer tan and smell one of my favourite things ... wet soil. It's probably odd to like the smell of damp soil but for me it was a link to a childhood memory, one that involved my favourite fruit, peaches. Wet soil? Peaches? You might think I spent my childhood summers tending an orchard, but in fact the sensory memory is a winter one. At the back of my granny's kitchen, behind a curtain that lead to a secret living room passage, sat a big heavy door to the basement. The basement was dark and damp with a dirt floor - the smell is etched in my brain and memories flood back when I smell wet soil. I never went down there by myself because the low ceiling and inadequate lighting was downright scary for a young child, but when someone else went down, I always joined them. At the bottom of the steep wooden stairs, we would make our way around to a small room in the back corner of the house. A short wooden door opened to a room that was even damper and cooler than the rest of the basement, which had been warmed slightly by the old furnace that chugged along at the bottom of the stairs. The door led to shelves of preserves. There were likely many different types of preserves but I had eyes for only one ... peaches! It was a delight to carefully carry the big glass jars up the ladder-like stairs to the kitchen and wait for someone to pop a few halves in a bowl. The taste of summer went running through my body as the sweet syrup made its way down my throat. My world felt complete with my granny and the never ending preserves that could only be found in that mysterious basement. My granny died when I was only seven, but the smell of the basement and the taste of those peaches will never fade. Thirty years after her death, I tried my hand at making jarred peaches like my granny. They were delicious but more work than I could have imagined. I only did it once. Perhaps it was missing the key ingredient - a dark musty cellar and a big warm lap to warm my heart! Jenn Peachey (yes, peachey ... funny coincidence really!)*

## Community Events/Notices

**Happily Holistic's 1st Annual 'Be Your Best' Celebration** Mini-workshops, tasty treats, great music & art, activities for the kids, tons of door prizes and wonderful company! For more info, look up Happily Holistic's 1st Annual... on Facebook. Sat, Aug 27<sup>th</sup>, 1-6pm, 7655 Falconridge Crescent (home of Happily Holistic Natural Health & Wellness).

**Sunshine Farm Seed Growers Workshop** Sun, Sept. 4<sup>th</sup>, 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](mailto:sunshinefarm@shaw.ca).

**Change starts with youth!** The United Way, TELUS and Interior Savings are offering Youth Initiative Grants of up to \$1500 for youth up to age 25 who want to make change happen in their communities. Any social issue can be addressed by these grants. Youth teams must partner with a non-profit organization, school, post-secondary institution, church or service club to manage the funds, and are strongly encouraged to meet with a United Way representative before submitting applications. Applications are available from United Way, and are due Dec 9, 2011 (successful applicants will receive grants in Feb 2012). For more info, visit [www.facebook.com/youthgrants](http://www.facebook.com/youthgrants) or [www.unitedwaycso.com](http://www.unitedwaycso.com) or e-mail [avril@unitedwaycso.com](mailto:avril@unitedwaycso.com) or call 250-860-2356.

## Baked Peaches with Honey

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

- 1 tsp Butter
- 4 Peaches, sliced in half
- 1/4 C Honey or Agave nectar
- 1/4 tsp Ginger
- 1/4 C chopped Pecans (optional)

Preheat oven to 400°F. Lightly grease a baking pan or sheet with the butter. Place the peaches in the baking pan, slice side up. Drizzle with remaining ingredients. Bake for 13 to 15 minutes, or until peaches are tender. Serve topped with whipped cream or ice cream if desired.

## Cider-Glazed Mini Apple Muffins

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

- 1/4 C Walnuts
- 1/2 Apple
- 1 C Flour
- 1 1/2 tsp Baking powder
- 1/2 tsp Cinnamon
- 1/4 tsp Salt
- 3 Tbs Butter
- 1/4 C packed Brown sugar
- 2 Tbs unpasteurized Apple cider
- 1 large Egg

### For cider glaze:

- 2 C unpasteurized Apple cider
- 2 Tbs granulated Sugar

Preheat oven to 400°F and grease twelve 1/8-cup mini-muffin cups (about 1 3/4 inches across top and 3/4 inch deep). Lightly toast walnuts and chop fine. Core and peel apple and cut into 1/4-inch dice.

In a bowl, sift together flour, baking powder, cinnamon, and salt. In a saucepan, melt butter and stir in brown sugar. Remove pan from heat. Whisk cider and egg into butter mixture until smooth and add to flour mixture, stirring until combined well. Stir in walnuts and apple. Divide batter among muffin cups and bake 15 minutes, or until golden.

**For glaze:** In a 2-quart saucepan boil cider 15 minutes, or until reduced to about 1/2 cup, and pour through a sieve lined with 4 layers of cheesecloth to remove sediment. Return cider to cleaned pan and add sugar. Simmer mixture, stirring, until syrupy, about 5 minutes. While muffins are still warm, with a wooden pick make several holes in top of each muffin. Brush warm glaze over muffins several times until absorbed.

## The Beauty of Rainbow Chard

Rainbow chard is a brilliant vegetable that originated in the Mediterranean region. The first written recording of chard was by Aristotle in the 4thC BC. Both the Greeks and the Romans honoured chard for its medicinal qualities.

One look at the bright colours in rainbow chard and you know it's good for you. But what is it that makes it so healthy? The phytonutrients found in the leaves and stems provide antioxidant and anti-inflammatory benefits and aid in blood sugar regulation.

## Rainbow Chard Risotto

(Recipe adapted from "Hog's Back Farm" at <http://hogsbackfarm.com>)

- 4 C (packed) coarsely chopped Rainbow chard leaves (about 1 bunch)
- 5 C Vegetable broth
- 1 medium Onion, chopped
- 1/2 C dry White wine
- Additional grated Parmesan cheese
- 2 Tbs Olive oil
- 1 1/2 C Arborio rice
- 1/2 C freshly grated Parmesan cheese

Bring broth to simmer in medium saucepan. Cover and keep warm. Heat oil in heavy large pot over medium heat. Add onion and sauté until translucent, about 5 minutes. Add rice and chard and stir until chard begins to wilt, about 3 minutes. Add wine and simmer until absorbed, stirring occasionally, about 2 minutes.

Add 4 1/2 cups hot broth. Simmer until rice is just tender and risotto is creamy, stirring frequently and adding remaining 1/2 cup broth a 1/4 cupful at a time if mixture is dry, about 20 minutes. Mix in 1/2 cup Parmesan cheese; season to taste with salt and pepper. Transfer risotto to medium bowl. Serve, passing additional Parmesan separately.

## Brown Rice Noodles with Cilantro Pesto and Wintery Greens

(Recipe adapted from "Regina Rae" at <http://reginarae.com>)

### Ingredients for Pasta Salad:

- 5 C brown Rice noodles, dry
- 6 C Greens (ex. Rainbow chard)
- 1 C Cherry tomatoes
- 1/2 C Parmesan cheese, for garnish
- Pasta cooking water
- 1/2 C baby Onion/scallion, chopped
- 1/2 C Cilantro pesto (recipe below)

### Ingredients for Cilantro Pesto:

- 1 bunch Cilantro
- 1/3 C Parmesan cheese
- 3-4 Tbs Olive oil
- 1-2 cloves Garlic
- 1/4 C Walnuts, toasted

Bring a large pot of salted water to a boil on the stove. Reduce heat to a simmer, salt the water and add pasta and cook according to instructions. Meanwhile, combine all pesto ingredients, minus the olive oil, in a blender or food processor. Blend until finely chopped. Slowly add olive oil and continue blending. Taste and add additional olive oil, salt and pepper to taste. Set aside.

In a large skillet, sauté scallion/baby onion until wilted and slightly brown (about 7 minutes). Add greens, reduce the heat to medium-low and put a lid on top of the pot. Steam until bright green and wilted, about 4 minutes. Remove lid. Add cherry tomatoes and cook until heated through (1-2 minutes). Remove from heat.

When pasta has finished cooking, using a slotted spoon, scoop pasta into the sauteed vegetables, reserving the pasta water. Add cilantro pesto to the pasta and stir, adding a ladle of pasta water to the dish as necessary to create a light sauce. Garnish with Parmesan cheese. Eat warm or at room temperature.