



# The Harvest Herald

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August 24-26, 2010

Issue #530

## Next Week's Bread Special from Okanagan Grocery!

To be announced....busy times at Okanagan Grocery!

## Regular Harvest Box

Local! Carrots - Roots & Greens Farm  
Local! Eggplant - Wild Flight/Suncatcher  
Local! Peppers, Mixed Colours - Notch/Suncatcher  
Local! Field Cucumber - Suncatcher Farm  
Local! Green Beans - Notch Hill/Wild Flight  
Local! Leaf Lettuce - Notch Hill Organics  
Local! Walla Walla Onion - Wild Flight Farm  
Local! Rosara (pink skinned) Potatoes - Notch Hill  
Local! Early Italian Prune Plums - Nazaroff Farm  
Local! Sunglo Nectarines - Nazaroff Farm  
Local! Glohaven Peaches - Nazaroff Farm

## Family Harvest Box Extras

Local! Summer Squash (use like zucchini) - Notch Hill  
Local! Beefsteak Tomatoes - Schneider-Brown Farm  
Local! Red Chard - Notch Hill Organics  
Local! Beets (with greens) - Wild Flight Farm  
Local! Salad Mix - Little Creek Gardens  
Local! Raritan Rose White Flesh Peaches - Sproule



## This Week's HomeGrown Heroes

Little Creek Gardens - West Kelowna  
Nazaroff Farm - Oliver  
Notch Hill Organics - Sorrento  
Quail's Farm - Vernon  
Schneider-Brown Farm - Cawston  
Sproule & Sons Farm - Oyama  
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.*

## 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 22<sup>nd</sup>. 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 on two wonderful acres in small batches. They are fed an all natural poultry feed as well as bugs and grass. 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. Whole birds (3-7 lbs), \$3.75/pounds are available now. Contact: David Scherle, [david@theluckstopshere.ca](mailto:david@theluckstopshere.ca) or (250) 258-7818 (note: Turkeys are in limited supply and will be available for Christmas only)

## Saturday Sale Updates

- Sat, Aug 28<sup>th</sup> - 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

**Sustainable Energy Education Series (SEEDS)** The Okanagan Chapter of the BC Sustainable Energy Association is offering a series of educational workshops at the EECO Centre in Mission Creek Regional Park (2363 Springfield Rd) over the next weeks/months. The first of these workshops takes place this Wed, Aug 25<sup>th</sup> (our apologies for the late notice!), from 7-9pm. Workshop 1 will cover **Solar Hot Water Systems**, led by John Suttie. By donation with proceeds supporting local clean energy projects.

Topics for future workshops include: photovoltaics (harnessing energy from the sun), improving home energy efficiency and reducing home energy costs, running vehicles on alcohol-based fuels, home heating and cooling your home using geothermal technology, EarthShips (self-sustaining homes made from tires, dirt, cans, and bottles), electric vehicles (converting cars from gas to electric power), and wind-powered energy.

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

**Parkinson SuperWalk Sept 11<sup>th</sup>** This year marks a first for Kelowna! The first annual Parkinson's SuperWalk. It will take place at Concession Plaza in Waterfront Park near Dow Reid's Dolphin Sculpture. You are invited and encouraged to get a team together and raise funds or simply make a donation (cash or in-kind). To register a team, simply go to and click on the REGISTER NOW! Button. All donations are greatly appreciated.

**Pub Night Fundraiser** All proceeds to Kelowna United U16 Boys Soccer Team, representing Kelowna and BC at the Canadian National Soccer Finals...the team has just a few weeks to raise \$30,000! Dakota's Sports Bar & Grill, Sat, Sept 11<sup>th</sup> @ 7pm. Silent Auction, toonie toss, wine basket draw. Tix \$40, available at Soccer Express (5-1470 Harvey Ave), or through [gordjoyce@shaw.ca/250-763-1087](mailto:gordjoyce@shaw.ca) or [donnaandjacques@shaw.ca/778-477-0885](mailto:donnaandjacques@shaw.ca).

## Herbed Crepe Batter

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

1 C Flour  
1 C plus 2 Tbs Broth  
3 large Eggs  
2 Tbs unsalted Butter, melted and cooled  
1/2 Tbs Salt  
1/3 C minced fresh Parsley leaves or a mixture of other minced fresh herbs, such as Chives, Coriander, or Tarragon  
melted unsalted Butter for brushing the pan

In a blender or food processor blend the flour, the broth, the eggs, the butter, and the salt for 5 seconds. Turn off the motor, with a rubber spatula scrape down the sides of the container, and blend the batter for 20 seconds more. Transfer the batter to a bowl, stir in the herbs, and let the batter stand, covered, for 1 hour. The batter may be made 1 day in advance and kept covered and chilled. Makes enough batter for about 16 crêpes.

Heat a crepe pan or non-stick skillet measuring 6 to 7 inches across the bottom over moderate heat until it is hot. Brush the pan lightly with the butter, heat it until it is hot but not smoking, and remove it from the heat. Stir the batter, half fill a 1/4-cup measure with it, and pour the batter into the pan. Tilt and rotate the pan quickly to cover the bottom with a layer of batter and return any excess batter to bowl. Return the pan to the heat, loosen the edge of the crepe with a spatula, and cook the crepe for 1 minute, or until the top appears almost dry. Turn the crepe, cook the other side lightly, and transfer the crepe to a plate. Make crepe with the remaining batter in the same manner, brushing the pan lightly with butter as necessary. The crepes may be made 3 days in advance, kept stacked, wrapped in plastic wrap, and chilled.

## Eggplant Crepes

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

1 Eggplant, cut into 2cm cubes  
1 Onion, finely chopped  
1 clove Garlic, finely chopped  
1 Tbs Harissa (Moroccan hot sauce)  
2-3 ripe Tomatoes, chopped  
250g Feta, cut into 1 cm cubes  
A good amount of fresh Coriander, chopped

Heat a large pan and add some olive oil. Add the eggplant cubes and fry, stirring occasionally, until they start to colour. Add the onions, garlic, and harissa, and cook for a few minutes, until the onions start to soften. Add the tomatoes, stir to combine, cover and simmer for 15-20 minutes, until the eggplant is soft and delicious. Remove from heat, stir in the feta and the coriander. Place crepe on a plate. Fill the middle third with eggplant mixture, leaving a little room at one end. Fold up the end, then fold in the sides.

## Creative Crepes

Crepes - so versatile, so delicious. Easy to make and easy to fill. Your choices for the fillings are endless. Leftover crepes freeze great so they can be pulled out for your next spur-of-the-moment dinner, brunch, or dessert. Here are some crepe tips to read before you get started (adapted from [www.medicinenet.com](http://www.medicinenet.com)):

- Some recipes suggest letting crepe batter rest 1-2 hours before cooking because it allows the flour particles to expand in the liquid and promotes a tender and thin crepe.
- In general, you need about 1/4 cup of batter per crepe. If you need a slightly larger crepe, increase it to 1/3 cup.
- Lots of crepe recipes call for brushing the skillet with melted butter or oil, but giving the pan a quick coat of canola cooking spray also works well.
- While the first side may take 1 to 1 1/2 minutes to cook, the second side generally takes about 30 seconds.

## Summer Vegetable Crepes

(Recipe adapted from "Eating Well" at [www.eatingwell.com](http://www.eatingwell.com))

1/2 C chopped fresh Chives, divided, plus more for garnish  
1/3 C Yogurt  
2 tsp Lemon juice  
1 Tbs extra-virgin Olive oil  
1 1/4 C chopped Green beans  
1 C part-skim Ricotta cheese  
1/4 tsp freshly ground Pepper  
3 Tbs low-fat Milk  
3/4 tsp Salt, divided  
2 C chopped Zucchini  
1 C fresh Corn kernels  
1/2 C shredded Monterey Jack cheese  
4 9-inch prepared Crepes

Stir yogurt, 1/4 C chives, milk, lemon juice and 1/4 tsp salt in a small bowl until combined. Set aside. Heat oil in a large nonstick skillet over med-high heat. Add zucchini, green beans and corn and cook, stirring, until beginning to brown, 6 to 8 minutes. Reduce heat to low; stir in ricotta, cheese, the remaining 1/4 C chives, the remaining 1/2 tsp salt and pepper. Cook, stirring gently, until the cheese is melted, 1 to 2 minutes. Remove from the heat. To roll crepes: Spoon one-fourth of the vegetable-cheese mixture (about 3/4 cup) down the center of the crepe. Gently roll the crepe around the filling. Place the crepe seam-side down on a dinner plate. Serve each crepe topped with 2 Tbsp of the reserved sauce and more chives, if desired.

## Crepes with Ricotta, Green Bell Pepper, and Spring Tomato Sauce

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

### For the filling:

1 large Green bell pepper, minced  
1 Garlic clove, minced  
1/2 C freshly grated Parmesan  
herbed Crepe batter (recipe follows) made with Parsley or Chives  
1/4 C Olive oil  
1 lb Ricotta cheese  
melted Butter for brushing the crêpes  
1 1/4 C spring Tomato sauce

### For the tomato sauce:

14- to 16-oz can plum Tomatoes, including the juice  
1/2 tsp Salt, or to taste  
2 Tbs Tomato paste  
3/4 C peeled, seeded, and diced fresh Tomatoes  
1/4 tsp Sugar  
1/2 tsp dried Basil, crumbled  
1/8 tsp Cayenne, or to taste

In a skillet, cook the bell pepper in the oil over moderately low heat, stirring, until it is softened, add the garlic, and cook the mixture, stirring, for 1 minute. In a bowl, stir together the bell pepper mixture, the ricotta, and 1/3 cup of the Parmesan with salt and pepper to taste and let the filling cool. Make 12 crepes. Spread about 2 tablespoons of the filling on each crepe up jelly-roll fashion. Arrange the crepes, seam sides down, in a buttered shallow baking dish just large enough to hold them in one layer, brush them lightly with the butter, and sprinkle them with the remaining Parmesan. Bake the crepes in the middle of a preheated 400°F oven for 20 minutes and serve them with the sauce.

To make the tomato sauce: Blend the canned tomatoes with the juice and place into a saucepan. Stir in the salt, the sugar, the tomato paste, the basil, and the cayenne, bring the mixture to a boil, and simmer it, stirring, for 20 minutes. Add the fresh tomatoes and cook the mixture for 5 minutes. Serve the sauce warm. Makes about 1 1/4 cups.