



The Harvest Herald

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

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

August 28-30, 2012

Issue #630

OKG Bread Special Sept 5-7

Summer Cornbread! This loaf brings together fresh, seasonal corn and cornmeal flour on a mild sourdough base. Excellent with your summer BBQ!

Regular Harvest Box

LOCAL! Fresh Basil - Wild Flight Farm
LOCAL! Mini Summer Squash - Notch Hill Organics
LOCAL! Field Tomato (mini order) - S.M. Schneider
LOCAL! Green Curly Kale - Wild Flight Farm
LOCAL! English Cucumber - Wild Flight Farm
LOCAL! Sweet Corn - Wild Flight Farm
LOCAL! Green Beans - Notch Hill Organics
LOCAL! Carrots (sunshine mix - yl/or/white) - Notch Hill
LOCAL! Italian Prune Plums - Nazaroff Farms
LOCAL! Glohaven Peaches - Nazaroff Farms
LOCAL! Nectarines - Nazaroff Farms

Family Harvest Box Extras

LOCAL! Zucchini - Wild Flight Farm
LOCAL! Rosara Potatoes (pink skin, yl flesh) - Notch Hill
LOCAL! Garlic Scapes (aka garlic curls) - Wild Flight Farm
LOCAL! Leaf Lettuce - Wild Flight Farm
LOCAL! Spinach - Roots & Greens Farm
LOCAL! Santa Rosa Plums - Herb Garden

Holiday Delivery Schedule Next Week!

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 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!

Community Events/Notices

One Big Tree Festival Sept 7-9 One Big Tree is a grassroots community gathering with spiritual leaders, healers, educators, musicians, dj and ceremony, all taking place at the beautiful Fiddle Sticks Wilderness Park in Cherryville, BC (formerly planned for Heartland Ranch in Kelowna, so please note new location!). Sept 7-9, tix \$50 in advance, \$70 at the gate; children 12 and under are free. This is a family event. For more info, visit www.onebigtree.ca.

ORGANIC OKANAGAN FESTIVAL - Sunday, September 23rd 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 to learn more). If you would like to be an OOF Exhibitor, entertainer, or volunteer, visit 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 11th. 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. 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 1st Tuesday of the month at Kelowna Community Resources (1735 Dolphin Ave) from 10am to noon, AND on the 3rd Thursday of the month at Malachite Midwives (1955 Bowes St.) from noon to 2pm. You can also connect online at the Kelowna Breastfeeding Cafe Facebook page.



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green Croft Gardens - Grindrod
Herb Garden - Oliver
Nazaroff Farm - Oliver
Notch Hill Organics - Sorrento
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.*

Stuffed Patty Pan Squash

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

6 Patty pan squash
1/2 Tbs Olive oil
1 Green onions, finely chopped
1/2 clove Garlic
1 C Broth
1/3 C long grain White rice
1/4 tsp Salt
dash Black pepper
1/4 cup shredded Parmesan cheese plus more
for sprinkling
1 C chopped fresh Spinach, about 3 oz

Boil squash until just fork tender, about 20 minutes, depending on size. Heat oven to 350°F. Grease a 9x13-inch baking pan.

Heat olive oil in a medium saucepan or saute pan. Add green onions and garlic and cook, stirring, for 1 minute. Add the broth and bring to a boil. Add rice, 1/8 teaspoon salt, and pepper. Reduce heat, cover, and simmer for 20 minutes, or until rice is tender.

Stir in the 1/4 cup Parmesan cheese and spinach until spinach is wilted. Cut part of the tops off of a squash and scoop out some of the interior, being careful not to break through the sides or bottom of the squash.

Mound rice onto the squash using a spoon or cookie scoop. Repeat with remaining squash and arrange in the prepared baking pan. Sprinkle lightly with salt and pepper and sprinkle a little more Parmesan cheese over the squash. Bake at 350°F for 15 to 20 minutes, until hot.

Couscous-Stuffed Tomatoes

(Adapted from www.foodnetwork.ca)

1 C Couscous
1 1/2 C boiling Water
Zest and juice of 1 Lemon or 2 Limes
1/4 C of fresh Mint leaves, sliced thinly or
chopped
4 ripe Tomatoes, pulp removed and set aside
Salt and Pepper

Put couscous in a medium sized bowl and cover with boiling water. Cover tightly with a piece of plastic wrap and let steam for about 10 minutes, or until couscous is tender.

Toss with a fork and add lemon juice and zest, fresh mint, tomato pulp and salt and pepper to taste. Spoon couscous mixture into hollowed out tomatoes and serve.

Super Kale

Kale has many things to be proud of. Not only is it one of the best sources of beta-carotene, it is also high in other carotenoids including lutein and zeaxanthin which are believed to help protect the eyes from damaging UV rays. Kale has beneficial amounts of vitamin C, folic acid, vitamin B6, manganese and potassium. One thing that it doesn't have is oxalic acid (unlike spinach or chard). This acid prevents the body from absorbing calcium. Therefore the calcium in kale is more absorbable than the calcium in milk.

These are just a few of the benefits of eating kale, but if you don't store it properly, you won't be able to enjoy any of them. To keep your kale fresh and at its peak, place your unwashed kale in a plastic bag and keep it in the vegetable crisper of your refrigerator for up to a week. You can also wash, dry, mince, and then freeze your kale to be used a later date. Even though it may lose some of its nutritional properties, it may be more convenient to use and, therefore, eaten more often.

Super Easy Kale with Pecans

(Recipe adapted from "Summer Tomato" at <http://summertomato.com>)

1 bunch Kale or Chard
extra virgin Olive oil
1/2 C Beans or Lentils, cooked

1/4 C chopped Pecans or Pistachios
1 Garlic clove, minced
Sea salt to taste

Rinse the greens and place them all on a cutting board oriented in the same direction. If the stems are thick, you may want to remove them. Pile the greens on top of each other. Cut them into 1-2 inch squares. Lightly toast the nuts, stirring regularly. After 2-3 minutes, add olive oil to the pan and allow it to heat up. Add your chopped greens to the pan, sprinkle generously with sea salt and toss with tongs. Cover.

Stir the greens occasionally so they don't burn, always replacing the lid after stirring. Continue cooking the greens as they wilt and turn dark green. If they start to burn, lower the heat, add 1-2 Tbs of water and cover again to steam. Before turning off the heat, use tongs to clear a space in the center of the pan and add your minced garlic in a single layer. Allow the garlic to cook until it becomes fragrant, about 30 seconds, then mix it up with the kale and nuts. Add half cup of beans or lentils at this point if desired.

Continue to cook greens uncovered for another minute or two. Taste test a leaf for saltiness and adjust to taste. Serves 1-3. Serve immediately.

Yellow Squash with Kale

(Recipe adapted from "CD Kitchen" at www.cd-kitchen.com)

3/4 lb Kale or other Greens, stemmed, washed, and coarsely chopped
1 Tbs extra virgin Olive oil
2 cloves Garlic, minced
1 tsp fresh Thyme (or 1/2 tsp dried)
freshly ground Black pepper, to taste

1 lb yellow Summer squash, sliced
Salt, to taste
1/2 C Water or Vegetable stock

If the greens are dry, rinse them again and do not shake dry. Heat the oil in a large, heavy skillet over medium heat. Add the squash. Cook, stirring often, for about 5 minutes, until the squash is lightly browned and slightly translucent. Add the garlic, stir together for about 30 seconds, until fragrant, then add the greens, which should still be wet from washing. Continue to cook, stirring, until the greens wilt, about 3 to 4 minutes. Add the salt and thyme and 1/4 cup water and continue to cook, stirring, for another 5 minutes, until the squash and the greens are tender. Add more water if the mixture seems dry or begins to stick to the pan. Add pepper, taste, and adjust the seasonings. Serve hot or at room temperature.

~ Article & Recipes Contributed by Angela Cleveland ~