



The Harvest Herald

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

August 3-5, 2011

Issue #577

OKG Bread Special Aug 9-11

Pita Bread! Okanagan Grocery's version of the classic, composed of Canadian organic flour, a touch of honey, and olive oil. Grill, stuff, or panini this versatile flatbread! (Who knew "panini" could be a verb!)

Regular Harvest Box

LOCAL! Romaine Lettuce - Notch Hill Organics
LOCAL! Carrots - Roots & Greens Farm
LOCAL! Zucchini - Roots/Notch/Wild Fl
LOCAL! Red Beets (with greens!) - Notch Hill
LOCAL! Warba New Potatoes - Wild Flight Farm
LOCAL! Chard - Wild Flight/Notch
LOCAL! Broad Beans - Wild Flight/Kazy Farm
LOCAL! Apricots - Shirlee Mae/Moses
LOCAL! Peaches - Nazaroff Farm
LOCAL! Cherries - Harker's

Family Harvest Box Extras

LOCAL! Fresh Dill - Wild Flight Farm
LOCAL! Kale - Notch Hill Organics
LOCAL! English Cucumber - Wild Flight Farm
LOCAL! Green Onions - Roots & Greens Farm
LOCAL! Kohlrabi - Wild Flight Farm
BC! Tomatoes-on-the-Vine



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Harker's Organics - Cawston
Hawfield Farm - Cawston
Kazy Farm Organics - Sorrento
Nazaroff Farm - Oliver
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
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.

Bulk Fruit & Veggie Orders

Summer brings many opportunities for preserving fresh, local, in-season fruit and veggies to enjoy throughout the rest of the year. Whether it's freezing pesto, canning peaches, drying cherries, or making salsa, there are lots of ways to enjoy summer flavours in the dreary days of winter! If you are interested in purchasing larger quantities of produce for your own preserving pursuits, please let us know and we will do our best to source them for you, or point you in the right direction. We may also post bulk offers in our weekly email updates, and for last minute deals on bulk produce offers, we recommend that you "like" Urban Harvest on Facebook AND/OR follow "urbanharvestok" on Twitter .

Community Events/Notices

"Sneak a Peek" at the *Father Pandosy Mission 150th Anniversary Commemorative Sculpture* (work-in-progress), Wed, Aug 10th from 7:30-9pm at the Alternator Gallery and Studio 111 at the Rotary Centre for the Arts, 421 Cawston Ave. The Okanagan Historical Society has been working with local artist Crystal Przybille to realize a life-sized, bronze sculpture that will become part of Kelowna's Public Art Collection (to be installed in Mission Recreation Park in March of 2012) to inspire contemplation of local history for generations to come. Meet the artist, see the work in progress, and consider making a contribution to this exciting legacy project! (Over 75% of the project budget has been raised through community donations and a \$49,000 Legacy Grant from Canadian Heritage.) A limited edition of 20 artist-signed bronze maquettes is also being sold at \$5,000 each (tax inclusive).

Cloth Diapering Just Got Easier Again! Tidy Tushees would like to let everybody - that is, everybody with an interest in keeping babies' bottoms clean and comfy! - know that they are officially back up and running and actively signing up new clients. Tidy Tushees is our local cloth diaper service, and Michelle Muhlback has recently taken over as the new "mom", from former owner Kelly Paley. To find out more (or to get up to speed on cloth diapering in general), visit www.tidytushees.ca.

Or...Cloth Diapering - DIY! Interested in cloth diapering you new baby but don't know where to start? Get your questions answered at a Cloth Diaper workshop at Malachite Midwives, Sat, Aug 20th @ 1:30pm. Sarah from Booty Boutique will cover everything from what types of diapers are available on the market today to how to wash and care for them (and everything in between!). Sarah will bring examples of all the different types of diapers available with her so you can see the diaper "in person". Also provided is a list of items every cloth diaper parent needs to ensure a successful cloth experience, and a chance to ask any other questions you may have. To reserve your spot, RSVP to sarah@bootyboutiquediapers.com. Can't make this workshop but interested in learning more about cloth diapering? Contact Sarah@bootyboutiquediapers.com to arrange a one on one in home (or in coffee shop!) consultation.

Orchard Corners is taking orders for free-range broiler chickens, available mid-October. (Not organic, but non-medicated.) \$4/lb. They do still have a few frozen birds available from the spring batch as well. Please call 250-765-8114 for details.

Quality Farms is ALSO taking orders for free-range broiler chickens, as well as turkeys, for July 29 and July 30 respectively. \$4/lb for chickens (4-9 lbs) and \$4.25/lb for turkey (15-28 lbs).

Sunshine Farm Seed Growers Workshop Sun, Sept. 4th, 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.

Cherry Peach Almond Crisps

(Adapted from <http://dandysugar.com>)

Filling:

2 C fresh Cherries, pitted and halved
1 C fresh Peaches, cut into bite size chunks
2 Tbs fresh Lemon juice*
1 tsp Lemon zest
1 tsp Vanilla
2 Tbs Brown sugar
1 Tbs Arrowroot starch

*Alternately orange juice and zest can be used in place of lemon.

Topping:

1/3 C Almond flour*
1/3 C sliced Almonds, chopped
1/4 tsp Cinnamon
1/4 tsp Sea salt
3 Tbs Butter, cold

*You can make your own almond flour by grinding up almonds in a high powered blender or coffee grinder or you can substitute with regular flour.

Preheat your oven to 350°F. Prepare the cherries by pitting and slicing into halves. Set aside into a bowl. Slice the peaches and add to cherries. Add the zest, the lemon juice, vanilla, and brown sugar and stir to combine. Add the arrowroot and incorporate into fruit mixing well. Let stand while you make topping.

Combine the almond flour, chopped almonds, cinnamon, nutmeg, and salt into a bowl. Slice cold butter into small pieces and with your fingers, work butter into the mixture until it is thoroughly incorporated. Mixture will be slightly sticky rather than the usual coarse crumbly mealy texture.

Divide the fruit between four ramekins. Cover each with an equal amount of topping sealing fruit into ramekin. Place ramekins on baking sheet to catch juice. Bake for 20-25 minutes or until golden brown on top and juices begin to bubble.

Fabulous Fava Beans

Fava beans, despite their name, are actually a member of the pea family. Fava beans must be shelled from their external woody casing and peeled from their slippery skin before eating. While they do take a bit of work to prepare, the results are worth it. They are a special seasonal treat with a distinct creamy texture.

Here are the basic instructions for shelling and cooking your fava beans (*adapted from www.ehow.com*):

Shelling the Beans

1. Break the end of the bean, and pull the string from the broken end to the opposite end of the bean.
2. Pull apart the pod to expose the beans inside.
3. Use your thumb to break the beans away from the pod shell and into a large bowl.
4. Boil the beans in water for 3 minutes. Drain in a colander and rinse with cold water.
5. Squeeze the broad bean from the waxy shell coating into a bowl. They are now ready to cook.

Fava beans are great steamed and served with olive oil, salt, and lemon. They can also be added to soups and pastas, ground into purees, or grilled.

Marinated Fava Beans

(Recipe adapted from "About.com: Local Foods" at <http://localfoods.about.com>)

2 lbs Fava beans
1 Tbs Red wine vinegar
1/4 tsp freshly ground Black pepper
2 Tbs minced Chives
1 Tbs minced Shallot
1/2 tsp Salt
2 Tbs extra virgin Olive oil

Shell, blanch, and peel fava beans. You should have about 1 cup fava beans. In a medium bowl combine shallot, vinegar, salt, and pepper. Let sit 10 minutes. Slowly whisk in oil. Toss with fava beans, cover, and chill for at least 1 hour and up to overnight. To serve, stir in chives and use a slotted spoon to transfer beans to a small serving plate, an antipasto platter, or on top of a simple green salad.

Grilled Fava Beans

(Recipe adapted from "101 Cookbooks" at www.101cookbooks.com)

1 lb of fresh Fava beans, still in their pods
a couple glugs of Olive oil
a few pinches of Salt
optional: crushed red pepper flakes, lemon zest, and or chopped fresh herbs.

In a large bowl, toss the fava bean pods with olive oil and salt. Arrange them in a single layer on a grill over medium-high heat. If you're using a grill pan, you may need to cook them in batches. Grill until blistered on one side - 4 to 5 minutes, then flip and grill for a few minutes more on the other side. If you aren't sure when to pull them off, take a pod off the grill, open and taste one of the beans. You want the fava beans to be smooth and creamy when you pop them out of their skins - not undercooked. But keep in mind that they'll keep steaming in their pods for a few minutes after they come off the grill. Season the grilled favas with a bit more salt (if needed) and any herbs or lemon zest if you like. To eat: tear open the puffy green pods, take a fava bean, pinch the skin and slide the bright green fava from its slipper. Serves 2 - 4.

~ Article & Recipes Contributed by Angela Cleveland ~