



The Harvest Herald

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Aug 31 – Sept 2, 2010

Issue #531

Next Week's Bread Special from Okanagan Grocery!

Potato Scallion Loaf. Freshly-roasted potatoes with crisp scallions on a moist sourdough base. Best sandwich loaf around!

Regular Harvest Box

Local! Sunshine Carrots - Notch Hill Organics
Local! Basil - Wild Flight Farm
Local! Peppers, Mixed Colours - Notch/Suncatcher
Local! Rainbow Chard - Wild Flight/Roots
Local! Red Onion (1 large) - Roots & Greens Farm
Local! Summer Leeks - Notch Hill Organics
Local! Summer Squash - Notch Hill
Local! Early Italian Prune Plums - Green Hills Acres
Local! Nectarines - Nazaroff Farm/Old Tower Farm
Local! Glohaven Peaches - Nazaroff Farm
Local! Early Pears - Commandeur Family Farm

Family Harvest Box Extras

Local! Leaf Lettuce - Notch Hill
Local! Roma Tomatoes - Schneider-Brown Farm
Local! All-Blue Potatoes - Notch Hill Organics
Local! Green/Yellow Beans - Wild Flight Farm
Local! English Cucumber - Wild Flight Farm
Local! Red Plums (4 varieties) - Pilgrim's Produce



This Week's HomeGrown Heroes

Commandeur Family Farm - Naramata
Green Hills Acres - Summerland
Little Creek Gardens - West Kelowna
Nazaroff Farm - Oliver
Notch Hill Organics - Sorrento
Old Tower Farm - Keremeos
Pilgrim's Produce - Armstrong
Quail's Farm - Vernon
Schneider-Brown Farm - 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 items of poor quality, please inform us **within 48 hours**, and we'll provide a credit toward your next order.*

Get to Know the Kokanee!

The Kokanee are coming! Regional Parks Services offer many opportunities for you and your family to learn about the Kokanee - from the popular exhibit 'Something's Fishy - Get to Know the Kokanee' at the Environmental Education Centre for the Okanagan (EECO) in Mission Creek Park to special events (see below), to the park interpreter program, where Parks Services interpreters will be on-site at both Mission Creek Park and Hardy Falls Regional Park (Peachland) from noon to 4pm every Sat/Sun til Oct 10th to provide information about the salmon spawning. Interpretive programs are also offered to school groups by donation (teachers may contact the EECO directly at 250-469-6140) on weekdays.

Kokanee Walk/Run Sat, Sept 4th. The Regional Parks Services will be working with the Running Room to host the annual event to raise funds for the Friends of Mission Creek. There is an eight-kilometre fun run and walk and a 16-kilometre run with the course along phase two of the Mission Creek Greenway. Contact the Running Room in Orchard Plaza or the EECO for details/registration.

Kokanee Salmon Festival Sat, Sept 19th from 11am to 3pm in Mission Creek Regional Park.

Interpreters will be available to explain the kokanee spawning cycle, you can take part in various fishy activities and there will be entertainers and musicians performing throughout the day." There will also be a mini-festival set up at Hardy Falls Regional Park in Peachland with Salmon interpreters, crafts, activities and refreshments for the entire family.

Be bear aware during spawning season! Keep dogs on leash, travel in a group, and make noise as you go to reduce the chance of encountering a bear on the trails.

Community Events/Notices

RealFOOD RealHEALTH Book Lunch Hot off the press! A physician and an organic grower have combined their wisdom and experience to create this book about food and health. It combines a wealth of information, from healthy eating advice to over 150 recipes to a directory of farmers in the North Okanagan/Shuswap. Check out www.pilgrimsproduce.com/book for details. Available at the IPE (Armstrong Fair) Sept 1st to 5th in the Fieldstone Granary Trailer near the Horticulture Barn. Co-authors Dr. Maureen Clement and Kathryn Hettler of Pilgrim's Produce will be doing a talk/book signing on Sunday the 5th at 3pm at the Iron Chef Venue in the Nor-Val Arena.

Parkinson SuperWalk Sept 11th 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 Sept 11th 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 11th @ 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).

Community Consultation on Culture The City of Kelowna is hosting a community consultation event on Sept 22 from 4:30-6:30pm at the Kelowna Art Gallery to provide input into the new Cultural Plan. It will be an interactive session, and will include a performance by spoken word artist Cameron Welch. For more info, visit www.kelowna.ca/culture or call 250-469-8474.

Peach-Pear Chutney

(Adapted from www.ifood.tv/recipe)

- 1 1/2 C peeled, diced Pears
- 1 1/2 C peeled, sliced Peaches
- 1 medium Onion, chopped
- 2/3 C Cider vinegar
- 1/3 C Raisins
- 1/4 C firmly packed Brown sugar
- 1 tsp Mustard seeds
- 1/2 tsp ground Ginger
- 1/4 tsp ground Cloves
- 1/8 tsp Pepper
- 1 (3-inch) stick Cinnamon

Combine all ingredients in a large saucepan; stir until well blended. Bring to a boil, stirring constantly. Cover; reduce heat, and simmer 1 hour, stirring frequently. Uncover and simmer an additional 5 minutes or until mixture thickens. Remove and discard cinnamon stick. Chill before serving.

Plum and Nectarine Crisp

(Adapted from www.bbonline.com)

- 1 lb Plums
- 1/4 C Brown sugar
- 1/3 C Flour
- 1/2 C Rolled oats
- pinch Salt
- 1 lb Nectarines
- 1/4 tsp Cinnamon
- 1/3 C Brown sugar
- 1/4 tsp Cinnamon
- 5 Tbs Butter

Preheat oven to 375°F. Mix fruit, 1/4 cup sugar and 1/4 tsp cinnamon in bowl. Pour into 9" pie pan. Combine oats, 1/3 cup sugar, flour, 1/4 tsp cinnamon and salt. Cut butter into this mixture (as if making pie dough) until crumbly. Sprinkle over fruit. Bake until bubbly, about 45 minutes.

Fresh Peach Salsa

(Adapted from www.fitwoman.com)

- 2 Med (or 3 Small) Peaches, peeled and cubed
- 1 Tbsp Lime juice
- 2 Green Onions (Chopped)
- 2 Tbsp fresh Cilantro (Chopped)
- Salt & Pepper to taste
- 1/2 tsp finely chopped, seeded Jalapeno (optional)

Mix all ingredients in a small bowl, refrigerate 30 mins before serving.

The Beauty of Rainbow Chard

Rainbow chard, with its bright green leaves and rainbow stalks, provides us with a platform for a great meal. It is full of vitamins and minerals in addition to its colour and appeal. High in phytochemicals, chlorophyll, and soluble fiber, it is considered a powerful anti-cancer food. Here are some great recipes that highlight the flavour and versatility of rainbow chard:

Rainbow Chard with Pine Nuts, Parmesan, and Basil

(Recipe adapted from "The Bitten Word" at www.thebittenword.com)

- 14 oz Rainbow chard (about 1 large bunch)
- 3 Tbs Pine nuts
- 1 Tbs cold unsalted Butter, cut into 4 pieces
- 1/4 C grated Parmesan
- 1/4 C thinly sliced fresh Basil leaves (8 to 10 large)
- 1 Tbs extra-virgin Olive oil
- Salt
- 1 Tbs minced Garlic

Pull or cut the stems from the chard leaves. Cut or rip the leaves into 2- to 3-inch pieces and wash and dry them well. Rinse the stems and slice them crosswise 1/4 inch thick. In a 12-inch nonstick stir-fry pan or skillet, heat the olive oil over medium heat. Add the pine nuts and cook, stirring constantly, until lightly browned, 2 to 3 minutes. Transfer the pine nuts to a plate, leaving behind as much oil as possible.??

Return the pan to medium-high heat, add the chard stems and a pinch of salt, and cook, stirring occasionally, until shrunken and beginning to brown lightly, 6 to 7 minutes. Add the garlic and cook just until fragrant, about 15 seconds. Add the chard leaves and 1/4 tsp salt. Toss with tongs until just wilted, 1 to 2 minutes.

Remove the pan from the heat, add the cold butter pieces and stir just until the butter has melted. Using tongs, immediately transfer about half of the leaves and stems to a serving plate and arrange. Sprinkle with half of the Parmesan, basil, and pine nuts. Layer on the remaining leaves, stems, and pan juices, and garnish with the remaining cheese, basil, and pine nuts. Serve immediately.

Crustless Rainbow Chard, Leek and Herb Quiche

(Recipe adapted from "Recipe Land" at <http://recipeland.com>)

- 2 medium Leeks, white and light green parts halved and sliced 1/2-inch thick
- 3 C Rainbow chard spinach, kale, collard greens, or mustard greens, coarsley chopped
- 4 large Egg whites
- 3 whole Eggs beaten
- 1/8 tsp Nutmeg
- 1 Tbs Basil, freshly chopped
- 2 Tbs Bread crumbs, fine and dry
- 1/4 C Milk, low-fat
- 1 Tbs Tarragon leaves, freshly chopped
- 2 oz Goat (chevre) Cheese, crumbled

Preheat oven to 425°F. Coat bottom and sides of 9-inch glass pie dish with cooking spray. Scatter breadcrumbs evenly over bottom of pie dish. Bring 4 cups salted water to a boil in large pot. Add leeks, boil 3 minutes. Remove pot from heat, add Rainbow chard, and let stand 30 to 45 seconds, or until chard are wilted. Drain, rinse with cold water, and drain again, squeezing out excess water with hands. Set aside.

Whisk egg whites until frothy. Whisk in eggs. Whisk in milk and nutmeg, season with salt and pepper, if desired. Whisk in tarragon and basil. Arrange leeks and chard evenly over breadcrumbs in prepared pie dish. Sprinkle cheese on top evenly. Pour egg mixture into pie pan. Bake 30 to 35 minutes, until golden brown on top. In the last few minutes you can use broil to brown top. Cool a few minutes. Serve warm. Serves 4.

~ Article & Recipes Contributed by Angela Cleveland ~