



# The Harvest Herald

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

Apple & Cinnamon Rye! A rye sourdough with chunks of fresh summer apples and a hint of cinnamon. French toast heaven!

## Regular Harvest Box

Local! Leaf Lettuce - Notch Hill Organics  
Local! Summer Squash (use like zucchini) - Notch Hill  
Local! Gold Bunched Beets (with tops) - Notch Hill  
Local! English Cucumber - Wild Flight Farm  
Local! Celery (dark green, leafy) - Wild Flight Farm  
Local! Red New Potatoes - Pilgrim's Produce  
Local! Garlic (fresh, uncured) - Notch Hill Organics  
Local! Walla Walla (sweet) Onion - Wild Flight Farm  
Local! Sumac Apples - Vialo Orchard  
Local! Early Red Haven Peaches - Harker's  
Local! Apricots (Goldrich/Goldbar) - Harker's

## Family Harvest Box Extras

Local! Basil - Notch Hill/Wild Flight Farm  
Local! Pepper(s), Green/Purple - Suncatcher Farm  
Local! Carrots - Roots & Greens Farm  
Local! Rainbow Chard - Wild Flight/Roots  
Local! Green Beans - Wild Flight Farm  
Local! Spring Mix - Little Creek Gardens



## This Week's HomeGrown Heroes

Harker's - Cawston  
Little Creek Gardens - West Kelowna  
Notch Hill Organics - Sorrento  
Pilgrim's Produce  
Quail's Farm - Vernon  
Roots & Greens Farm - Grindrod  
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.

## 2<sup>nd</sup> Annual Okanagan Feast of Fields...Win 2 Free Tickets!

This year's Okanagan Feast of Fields takes place from 1-5pm on Sunday August 22nd at Brock Farm in Okanagan Falls (next to the Blue Mountain Winery). This event will showcase the bounty of the Okanagan and Similkameen Valleys and the great food and wine that is grown and made throughout the region. Feast of Fields will bring together the best chefs, farmers and vintners to one beautiful farm, ready for you to discover. Think of the event as a roaming, 25-course, wine-paired tasting menu! Tix are \$85 and must be pre-purchased, as the event is expected to sell out. Tix for children 7-12 are \$15, and children under the age of 7 may attend for free.

**The Contest!** Send us your best photo of Urban Harvest food - spilling out of your bin, diced on the chopping board, in the pot, plated up and ready to serve, or on its way to a smiling mouth...it's up to you! We look forward to seeing your photos...and please be sure to let us know if you do NOT wish to have us post it in the customer photo section of our Facebook page. **Please email your photo in a .jpg format to [order@urbanharvest.ca](mailto:order@urbanharvest.ca) by Saturday, August 14<sup>th</sup>!** ALL photo contributors will be entered into a draw to win **2 free tickets to the Okanagan Feast of Fields event!**

## An Update & Thank You from Little Creek Gardens

Donna and Dale from Little Creek Gardens would like to thank all those of you who signed the petition to stop the cell tower from being constructed next to their property AND/OR sent an email to the Telus contact to express your concerns. In Donna's words: *"I am so grateful to everyone for signing the online petition, for writing letters and for all the support we have been given! It is extremely moving to know that our community and friends from far and wide support all of our endeavors in what we have created here at Little Creek."*

We will keep you posted as to how the situation unfolds. At this time, public input is being considered by Telus, and Donna and Dale are waiting to hear the results. We will keep our fingers crossed, and will let you know how else we can all offer our support if Telus decides to proceed with the construction of the cell tower.

## Reminder of New Online Options...

- 1) **Paper-Free Newsletter Option:** We are pleased to now offer an online version of our Harvest Herald newsletter! An archive of recent newsletters is now housed on our "What's New" page at <http://www.urbanharvest.ca/news/>. \*\*\*If you prefer NOT to receive a print version in your bin each week, simply unclick the check box on the final order submission page when you are placing your next online order. Our website will "remember" your selection, and will leave the box unchecked each time unless you re-check the box at a later date.
- 2) **Urban Harvest is on Facebook!** If you'd like to be able to keep up with Urban Harvest news and events even more easily please check out our Facebook page! Just search for Urban Harvest Organic Delivery, and once you've found our page click on the "LIKE" button to the right of our heading line. Easy Peasy! This will give you access to updated status reports and notification of new pictures, events, and all of our Harvest-y news!

## Community Events/Notices

**1<sup>st</sup> Annual Grindrod Garlic Festival!** The Grindrod Recreation Association is delighted to present the 1<sup>st</sup> Annual Grindrod Garlic Festival from 10am-5pm on August 22<sup>nd</sup>. The festival will feature local garlic and produce, local artisans, garlic contests, live music and kid's entertainment. For more information call Gabriele at 838-6581 or [greengdn@junction.net](mailto:greengdn@junction.net).

## Summer Squash Tips

(Adapted from [www.metro.ca](http://www.metro.ca))

- Summer squash can be served whole, halved, peeled, diced, julienned or sliced.
- Summer squash can be eaten raw or cooked. Raw, it can be eaten by itself, added to salads, or used in appetizers or sandwiches. Cooked, summer squash can be used in soups, ratatouille and cheese sauces.
- It can be fried or puréed and used in cakes and biscuits or served as a vegetable side dish. It is excellent braised, sautéed, roasted or steamed.
- Because summer squash cooks quickly, it should be added at the end of the cooking process.
- Squash is delicious seasoned with herbs and spices. Summer squash is excellent sautéed with dill, mint, butter, lemon and garlic.
- Can be grilled on the barbecue with a small amount of olive oil and herbs.

## Black Bean and Summer Squash Enchiladas

(Adapted from <http://blog.fatfreevegan.com>)

- 1 medium Onion, chopped fine
- 2 cloves Garlic cloves, minced
- 1/4 C Green or Red bell pepper, chopped
- 12 oz Patty pan, zucchini, or yellow summer squash, diced (about 2 medium squash)
- 1/2 tsp ground Cumin
- 1 tsp Ancho chile powder (or mild chili powder)
- 1/8 -1/4 tsp Chipotle chile powder (or to taste)
- 1 1/2 C cooked Black beans, rinsed and drained
- 1/2 tsp Salt (or to taste)
- 1 Tbs Nutritional yeast
- 2 tsp Lime juice
- 1 can Enchilada sauce
- 8 Corn tortillas
- chopped Green onions, for serving

Sauté the onion in a medium-sized saucepan until it begins to soften. Add the garlic and cook for another minute. Stir in the bell pepper and squash and cook, stirring, for about two minutes, until squash is just beginning to become tender. Add the cumin, chile powders, black beans, and salt. Simmer for 5 minutes. Remove from heat and stir in the nutritional yeast and lime juice. Check seasoning and adjust to taste.

Preheat oven to 350°F. Lightly spray one large rectangular baking dish or 4 individual baking dishes with olive oil. Place a thin layer of enchilada sauce on the bottom of each dish, reserving most of it to go on top. Microwave the tortillas for about 20 seconds to soften them. Place a tortilla in front of you and arrange about 1/4 cup of the bean mixture across the center. Roll up and place seam-side down into the baking dish. Repeat with remaining tortillas and beans. Pour the remaining sauce over the top. Bake for about 20 minutes, or until hot and bubbling. Sprinkle with sliced green onions to serve. Serves 4.

## Beating the Heat with Beets

With rich amounts of calcium, iron, magnesium, and phosphorus, beets are a good tonic for the blood. They are also high in vitamin C, carotene, and B-vitamins which all help to nourish the nerves, lymphatic function, and energy levels. Beet juice mixed with the juice of other vegetables such as carrots or cucumbers makes a wonderful cleansing drink for the kidneys and gallbladder. But, to take full advantage of the fiber found in beets, you can cook them and eat them warm or cold. In this warm weather, cold beets are a great way to beat the heat!

### Cold Beet and Garlic Salad

(Recipe adapted from "About.com:Greek Food" at <http://greekfood.about.com>)

- 2 lbs of fresh Beets
- 1/2 C Olive oil
- Sea salt (optional)
- 2 -3 cloves of Garlic, minced
- 1/4 C Red wine vinegar
- fresh ground Pepper (optional)

Remove leaves, leaving about an inch of stem. Wash gently and place in a pot of cold water to cover. Bring to a boil and cook until done (firm but cooked, about 40-50 minutes). Drain the beets, cool under running cold water, and remove skin with fingers. Slice. Combine beets, garlic, oil, and vinegar in a bowl and toss. Add salt and pepper to taste, cover and refrigerate for several hours before serving. Try this salad with a dollop of thick yogurt on top or on the side.

### Beet Salad on Mixed Greens

(Recipe adapted from "SOS Cuisine" at [www.soscuisine.com](http://www.soscuisine.com))

- 1/2 Red onions, thinly sliced
- 1 Egg
- 1 tsp Dijon mustard
- 1 tsp Balsamic vinegar
- ground Pepper to taste
- 1/2 Tbs fresh Tarragon, chopped
- 2 Beets
- 2 Tbs Olive oil
- 1/2 Tbs Wine vinegar
- Salt to taste
- 2 1/2 C mixed Greens

Thinly slice the onion, then soak it in a small bowl filled with water and a few drops of vinegar. Set aside while preparing the rest of the salad or leave it overnight in the refrigerator. This makes the raw onion easier to digest and crispier. Boil the egg for 10 minutes, cool in cold water, then dice finely. To prepare the beets, boil or steam them for about 25-30 minutes, then peel and julienne. In a bowl, mix the oil, vinegars, and mustard, then whisk well until the vinaigrette is emulsified. Add the beets and toss well, then adjust the seasoning. Drain the presoaked onion then spread it along with the mixed greens on a large serving plate. Place the julienned beets on top of the mixed greens and sprinkle with the diced hard-boiled egg. Garnish with the chopped tarragon.

### Baked Beet Salad

(Recipe adapted from "Canadian Living" at [www.canadianliving.com](http://www.canadianliving.com))

- 1 lb Beets (about 6)
- 3 Tbs Vegetable oil
- 1 Tbs chopped fresh Mint
- 1/2 tsp Salt
- 1 small Spanish onion
- 2 Tbs Cider vinegar
- 1 Dijon mustard
- 1/2 Pepper

Remove stems and leaves from beets. Bake beets and onion in 350°F oven for about 1 hour or until vegetables are fork-tender. Let stand for 15 to 20 minutes or until cool enough to handle. Loosen skins from vegetables; slice onion into strips and cube beets. Vinaigrette: Meanwhile, in large bowl, whisk together oil, vinegar, mint, mustard, salt and pepper. Toss vegetables with vinaigrette; let stand at room temperature for 1 hour or up to 4 hours. Toss lightly before serving.

~ Article & Recipes Contributed by Angela Cleveland ~