



The Harvest Herald

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August 8-10, 2012

Issue #627

OKG Bread Special Aug 14-16

Blueberry Brioche! This rich brioche includes fresh blueberries, Quail's Farm eggs, organic lemon, and lots of butter! Be decadent and top with whipped cream!

Regular Harvest Box

LOCAL! Red Beets - Wild Flight/Roots/Green Croft
LOCAL! Dill - Notch Hill Organics
LOCAL! Fresh Garlic - Notch Hill Organics
LOCAL! Leaf Lettuce - Wild Flight/BC
LOCAL! Carrots - Green Croft Gardens
LOCAL! Walla Walla Onion(s) - Notch Hill
LOCAL! Sieglinde (yellow) Potatoes - Green Croft
LOCAL! Green or Red Kale - Notch Hill Organics
LOCAL! Peaches - Nazaroff Farm
LOCAL! Apricots - Claremont Ranch/Harker's

Family Harvest Box Extras

LOCAL! English Cucumber - Wild Flight Farm
LOCAL! Yellow/Green Beans - Wild Fl/Gr Croft/Roots
LOCAL! Mini Summer Squash - Notch Hill/Harker's
LOCAL! Radishes - Wild Flight Farm
LOCAL! Gold Plums - Nazaroff Farm



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Claremont Ranch Organics - Lake Country
Green Croft Gardens - Grindrod
Harker's Organics - Cawston
Nazaroff Farm - Oliver
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Suncatcher Farm - Kelowna
Vialo Orchard - 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.*

Congratulations to our Feast of Fields Ticket Winners!

Congratulations to Lisa and Richard Wensink - our winners of the draw for 2 tickets to the Okanagan Feast of Fields event at Claremont Ranch Organics on Sun, Aug 12th! The 4th Annual Okanagan Feast of Fields promises to be a magnificent 4-hour wandering feast of local food, wines, and brews...a delight for the senses, and an important annual fundraiser of BC's FarmFolk/CityFolk Society! Our draw was intended both to support the festival AND to show our appreciation for our customers...and Lisa and Richard are certainly deserving of our appreciation, having been customers since our very first month of business in January, 2000! Enjoy, Lisa & Richard!

Saturday Sale Updates/Guest Vendors

- Aug 11th - The Canadian Federation of University Women will be selling **Cafe Feminina**, organic coffee purchased from women producers in 9 countries. Coffee is purchased at 2 cents above fair-trade prices, supporting women's autonomy and community well-being. \$4 from each sale goes toward the CFUW scholarship/bursary fund. They will also be selling some ADORABLE hand-knitted sheep, bunnies, and hedgehogs!! Super cute and cuddly!
- Aug 18th - **Real Raw Foods** (Naramata) - raw, organic nuts, seeds, dried fruit, and more! See www.realrawfood.com for more info.
- Also on Aug 18th - **Sweatgrass FROZEN Organic wheatgrass pucks** - for sampling and for sale! Pick Up a New Mid-Afternoon pick-Me-Up! Ditch the coffee, soda and energy drinks. Instead opt for a shot of the phenomenal super food: wheatgrass. It's full of antioxidants, stimulates metabolism and alkalizes the body. Add a frozen cube of wheatgrass to your daily smoothie or simply dissolve a cube in either water or juice. So easy! Sweatgrass Organic Wheatgrass is locally grown and 100% organic (not certified, but seed and soil are both certified organic, water is filtered and no fertilizers or pesticides are used). 18 cubes for \$24 (cubes are just under an ounce, so the cost works out to \$1.67/oz - much lower than the \$3+ per ounce the you might pay at a juice bar, especially since there's no travel involved once you have them in your freezer!).

Dr Oz's Fountain of Youth Shake (courtesy of Liane at Sweatgrass!) This recipe is full of ingredients to help keep your body feeling young! The coconut water keeps skin hydrated, and wheatgrass is a superfood that keeps damaging toxins from invading your skin. Coupled with a slew of powerful antioxidants, this shake provides a perfect mix of healthy ingredients that will detox your body and keep your skin from aging prematurely.

**Pour 1 cup coconut water; 2-3 frozen wheatgrass cubes; 2 handfuls spinach; 3 pineapple spears; ½ lemon, peeled; 1 small green apple; and 1 tbsp ginger into a blender. Blend to desired consistency.

Community Events/Notices

4th Annual Okanagan Feast of Fields at Claremont Ranch Organics in Lake Country, Sun, Aug 12th, from 1-5pm. This is truly an amazing gastronomic experience, featuring local chefs, farmers, vintners, and celebrating local abundance...all at the beautiful Claremont Ranch Organics (which happens to be celebrating its 100th anniversary this year!)! Tix \$85 available at Choices Markets (1937 Harvey Ave, near Spall Rd.) Blenz Coffee - Westbank, or the Peachland Community Centre, or purchase online at www.feastoffields.com. All proceeds support the work of FarmFolk/CityFolk (<http://ffcf.bc.ca>).

Yoga Fundraiser for Orphanage in Uganda - Sun, Aug 19th @ 5pm. Kari at Kelowna Hot Yoga is offering a karma yoga class to raise money for an orphanage in Uganda. She is asking for a \$10 donation to help purchase an irrigation system for the orphanage that will allow the land owned by the orphanage to be used productively to grow food for the children to eat (currently, they eat beans and corn mush twice a day). Check out the website and watch the children perform. It is a testament to the human spirit! <http://www.elohimchildren.org>. If you have other fundraising ideas to help out, please contact Rina Simoncioni at 250-979-0121 or Rina.Simoncioni@sd23.bc.ca.

Kale Salad with Apricots and Almonds

(Adapted from www.whatwouldcathyeat.com)

- 1 bunch Kale
- 2 Tbs extra virgin Olive oil
- 1 Tbs fresh Lemon juice
- 1 tsp Maple syrup or Agave
- 1/4 C Tamari almonds, roughly chopped
- 8 Apricots, diced
- pinch coarse Sea salt
- pinch dried Red pepper flakes
- freshly ground Black pepper to taste

Wash the kale, then remove the stems. Slice all the kale very thinly and place in a large bowl. Add the remaining ingredients and gently mix for about 30 seconds. Serves 4.

Creamy Apricot and Onion Dip

(Adapted from <http://www.bhg.com>)

- 4 Apricots, pitted, and cut into 8 wedges each
- 2 tsp Olive oil
- 3/4 tp Chili powder
- 1 large Sweet onion, cut into 1/2-inch-thick slices
- 3/4 C Sour cream
- 1/3 C Mayonnaise
- 1/2 tsp Salt
- 1/8 tsp ground Coriander
- 1/8 tsp Cayenne pepper
- Baguette slices
- 2 Tbs snipped fresh Chives, optional

In a medium mixing bowl toss apricots with 1 teaspoon oil and the chili powder to coat. Brush the onion slices with the remaining 1 teaspoon oil.

For a charcoal grill, grill apricot wedges on the rack of an uncovered grill directly over medium coals for 3 to 4 minutes per side or until well marked and tender but still hold their shape. Grill the onion slices for 7 to 8 minutes per side until well marked and tender. Transfer apricots and onion slices to a cutting board and cool 10 minutes.

Meanwhile, in a medium mixing bowl combine the sour cream, mayonnaise, salt, coriander, and cayenne pepper. When the apricots and onion are cool, chop onions into small pieces and stir into the sour cream mixture. Coarsely chop apricots and spoon atop. Stir into dip just before serving. Can be served immediately or for more flavour allow to refrigerate at least 1 hour. Serve with baguette slices sprinkled with chives. Makes 12 (1/4 cup) servings.

Apricot Delight

Apricots are a wonderful and delicious summer treat. They are enjoyed fresh, but can also be used in baking, in sauces, and in salads. Here are some great summer recipes to try:

Apricot Coffee Cake

(Recipe adapted from "All Recipes" at www.allrecipes.com)

- 4 Tbs Sugar (or the equivalent of your favourite sugar substitute)
- 1 1/2 C Flour
- 2 tsp Baking powder
- 2 Tbs Butter
- 1 tsp Vanilla extract
- 1/4 tsp ground Cinnamon, or to taste
- 1/2 tsp Salt
- 1 Egg
- 2/3 C Milk
- 2 C pitted and diced fresh Apricots
- 1 Tbs Sugar, or to taste

Preheat oven to 375°F. Place the flour, salt, and baking powder in a large bowl. In a separate bowl, cream together the sugar, egg, and butter until smooth. Mix the milk and vanilla into the batter, stirring until well blended. Pour the batter into the flour and beat until smooth. Spread the batter into a greased 8 inch square pan, and sprinkle the diced apricots evenly over the top. Dust with cinnamon and sugar. Bake in the preheated oven approximately 45 minutes, or until a toothpick inserted into the center of the cake comes out clean.

Apricot Curry Sauce

(Recipe adapted from "All Recipes" at www.allrecipes.com)

- 1/4 C White wine vinegar
- 3 1/2 C fresh Apricots, pitted and halved
- 1/2 C chopped Onion
- 1 Tbs Cayenne pepper hot sauce
- 1/4 tsp ground Cinnamon
- 1/2 (10 oz) jar mild Curry paste
- 1/4 C Sugar
- 1 (14 oz) can Coconut milk
- 1 tsp minced Garlic
- 1 Tbs Worcestershire sauce
- 1 tsp Red curry paste
- 1/2 C flaked Coconut

Combine all ingredients in a saucepan over medium heat; bring to a boil, stirring constantly. Reduce heat to a simmer and cook until the onion is translucent and the apricots are soft, about 10 minutes. Pour the mixture into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the sauce moving before leaving it on to puree. Puree in batches until smooth. Pour the blended sauce back into the saucepan, and bring to a simmer over medium-low heat. This sauce can be used as a marinade for meat or tofu.

Roasted Beet, Apricot and Goat Cheese Salad

(Recipe adapted from "All Recipes" at www.allrecipes.com)

- 2 Beets, scrubbed
- 1 bunch Kale or Arugula, rinsed and dried
- 2 Shallots, chopped
- 1 (4 oz) package Goat cheese, crumbled
- 2 Tbs Balsamic vinegar
- 1 head Lettuce, rinsed and dried
- 6 fresh Apricots, pitted and sliced
- 1/4 C Pistachio nuts, chopped
- 1/4 C Walnut oil
- Salt and Pepper to taste

Preheat oven to 375°F. Wrap each beet in two layers of aluminum foil, and place onto a baking sheet. Bake in the preheated oven until the beets are tender, about 1 hour and 20 minutes. Allow the beets to cool slightly, then remove the skins. Let the beets cool to room temperature, or refrigerate until cold. Once cooled, thinly slice the beets. Place the lettuce and kale into a large mixing bowl. Add the sliced beets and apricots; sprinkle with the shallots, pistachios, and goat cheese. In a separate bowl, whisk together the walnut oil, balsamic vinegar, salt, and pepper until emulsified, and pour over the salad mixture. Toss well, and serve.

~ Article & Recipes Contributed by Angela Cleveland ~