



The Harvest Herald

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

August 9-11, 2011

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OKG Bread Special Aug 16-18

The Windsor! This loaf is a twist on Okanagan Grocery's customer favourite, the Village Loaf, and it incorporates Wolfgang's freshly milled whole wheat flour. The name "Windsor" is in honour of the opening of OKG's new "bakeshop", located on Windsor Road!

Regular Harvest Box

LOCAL! Salad Mix - Notch Hill (not pre-washed)
LOCAL! Baby Purple Dragon Carrots - Notch Hill
LOCAL! Mix of Summer Squash - Notch Hill Organics
LOCAL! English Cucumber - Harker's/Wild Flight
LOCAL! Sieglinde Yellow Potatoes - Roots & Greens
LOCAL! Sweet Spanish Onion - Pilgrim's Produce
LOCAL! Kale - Notch Hill Organics
LOCAL! Apricots - Shirlee Mae/Moses
LOCAL! Peaches - Nazaroff Farm
LOCAL! Lapin Cherries - Sproule & Sons

Family Harvest Box Extras

LOCAL! Rainbow Chard - Wild Flight Farm
LOCAL! Fresh Garlic - Hawfield Farm
LOCAL! Kohlrabi - Wild Flight Farm
LOCAL! Savoy Cabbage - Wild Flight Farm
LOCAL! Yellow Wax Beans - Wild Flight Farm
LOCAL! Sumac Apples - Vialo Orchard



This Week's HomeGrown Heroes

Calissi Farm - Kelowna

Claremont Ranch Organics - Lake Country

Harker's Organics - Cawston

Hawfield Farm - Cawston

Isaac's Organics - Kelowna

Nazaroff Farm - Oliver

Notch Hill Organics - Sorrento

Old Meadows Farm - Kelowna

Pilgrim's Produce - Armstrong

Roots & Greens Farm - Grindrod

Shirlee Mae Schneider/Moses Brown - Cawston

Sproule & Sons - Lake Country

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.*

3rd Annual Okanagan Feast of Fields - Win Tickets!

The 2011 Okanagan Feast of Fields takes place Sun Aug 21 from 1-5 at the Van Westen Vineyards & Orchards in Naramata.

What is the Feast of Fields? FarmFolk/CityFolk describes it as a 4 hour (1pm to 5pm) gourmet wandering harvest festival, and it is FarmFolk CityFolk's annual fundraising event. "With a wine glass and linen napkin in hand, you can taste the very best of BC from chefs, vintners, brewers, farmers, fishers, ranchers and food artisans from across the province - some think of it as a 40 course meal paired with wine and beer! Feast of Fields highlights the connections between producer and chef, field and table, and farm folks and city folks. Feast of Fields is a gastronomic journey towards a sustainable, local food system."

If you'd like to enter to win 2 free tickets (value \$85 ea, courtesy of Urban Harvest) to the Feast of Fields, here's how:

- 1) Hold a ripening peach in your hand.
- 2) Offer the stem end to your nose and inhale. Deeply.
- 3) Let the memories flood in...
- 4) Drop us a quick note to tell us what comes to mind for you - send it to order@urbanharvest.ca with the subject "The Scent of a Peach", by Sat, Aug 13th at midnight.

We will enter all contributors' names in the draw, and will be in touch with the winner on the 14th.

Community Events/Notices

2 Great Community Events this Saturday! The **Kelowna Fusion Festival** (formerly known as the Mardi Gras Street Festival) brings together local food, music, culture, and family fun in Kelowna's downtown core. The event gets rolling with opening ceremonies at 11am in Kerry Park and scheduled programming beginning at noon. Activities will be centred in Kerry Park and Stuart Park in downtown Kelowna.

Down the boardwalk a ways, and into City Park, the 4th Annual **Kelowna Gay Pride Festival** will take place from 12-4pm. Join Okanagan Pride for a family-friendly afternoon of entertainment, vendor displays, and activities for those young and old. Visit <http://gayokanagan.com> for more info.

2nd Annual Grindrod Garlic Festival - August 21st! The Grindrod Recreation Association is delighted to announce that the 2nd annual Grindrod Garlic Festival will be held in Grindrod at the Grindrod Park Sunday, August 21 from 10 am to 5pm. With an emphasis on "Homegrown, Homemade, Organic", it will feature local garlic and produce, local artisans, garlic contests, live music and kids' entertainment all day. For more info, visit the Green Croft Gardens website at www.greencroftgardens.com.

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.

Preparing for Winter

Whole Wheat Pie Crust

(Adapted from www.cooks.com)

- 4 C Whole wheat flour
- 1 Tbs Vinegar
- 1/4 C Water
- 1 1/2 C Butter
- 1 Egg

Mix well. Form into a ball. Chill. Roll out between waxed paper. Can be frozen. Bake at 400°F for 10 to 12 minutes.

Wheat-Free Crusts

(Adapted from www.whole-body-detox-diet.com)

Oatmeal Pie Crust

- 1 1/2 C Oat flour
- 1/2 tsp Salt
- 2 Tbs Oil
- 4 to 4 1/2 Tbs Water

Preheat oven to 350°F and oil a 9-inch pie plate. Stir together all ingredients with a fork. Transfer to pie plate and gently press into bottom and sides.

Add pie filling of your choice and bake according to directions for pie filling. If baking pie crust alone, use fork to prick bottom in several places to prevent buckling. Bake 18 to 20 minutes or until golden.

Jo's Gluten Free Pie Crust

- 1 1/2 C Amaranth, Oat or Rice flour
- 1/4 C Agave nectar
- 1/4 tsp Salt
- 6 Tbs Oil
- 4-5 Tbs Rice or Nut milk

Preheat oven to 350°F. Combine rice flour and salt, then mix in oil, agave and rice milk. Refrigerate for 15 minutes.

Once chilled, press dough into a 9" pie plate. Cover with wax paper and weigh down with dried beans. Bake for 8 minutes. Remove beans and cool slightly then add pie filling and bake according to directions for pie filling.

While we are enjoying the warmth of the summer sun, there is work to be done. Now's the time to preserve some of our seasonal fruit, so we can enjoy them in the depths of the cold winter. What better way to warm up from the winter elements than with homemade fruit pie. Below are some recipes for the bounty of our sweet local fruit as well as some beautiful, flaky crust options to try.

When freezing a pie, you have two options: freezing it raw or baking it first and then freezing it. If you are going to freeze it raw, when the time comes to eat it, bake from frozen so that it doesn't get too soggy. If you plan to pre-bake it, be sure to let it cool completely before wrapping it and putting it in the freezer.

Dutch Apricot Pie

(Recipe adapted from "Taste of Home" at www.tasteofhome.com)

- 2 Tbs quick-cooking Tapioca
- 1/2 C Sugar
- 4 C sliced fresh Apricots (about 16)
- 1 Tbs Lemon juice
- Pastry for single-crust pie (9 inches)

Topping:

- 2/3 C Flour
- 1/3 C Sugar
- 1/2 C chopped Pecans, toasted
- 1/4 C Butter, melted

In a small bowl, combine sugar and tapioca. Add apricots and lemon juice; toss to coat. Let stand for 15 minutes. Line a 9-inch pie plate with pastry. Trim pastry to 1/2 inch beyond edge of plate; flute edges. Pour filling into crust. In a small bowl, combine the flour, sugar and pecans. Stir in butter. Sprinkle over filling. Bake at 350°F for 40-45 minutes or until crust is golden brown and filling is bubbly. Cover edges with foil during the last 15 minutes to prevent overbrowning. Cool on a wire rack. Serves 8.

Perfect Peach Pie

(Recipe kindly provided by UH customer Liz from Lake Country who clipped it from a Canadian Living Magazine many moons ago!)

Filling:

- 4 C fresh sliced Peaches
- 1 C Sugar- divided
- 2 Tbs Flour
- 1 Egg
- 1/2 tsp Vanilla
- 1 C Sour cream

Crust:

- 1/2 C Butter
- 1/2 tsp Salt
- 1 1/2 C Flour

Topping:

- 1/3 C Sugar
- 1/4 C Butter
- 1/3 C Flour
- 1 tsp Cinnamon

For the Crust: Cut butter into flour and salt and press mixture into a 9" pie plate. It will be "loose" as it is not your traditional dough for pie.

Slice peaches into bowl; sprinkle with 1/4 cup sugar. Let stand while preparing the filling. Combine 3/4 cup sugar, flour, egg and vanilla. Fold in sour cream. Pour over peaches and then pour into prepared crust. Bake in a 400°F oven for 15 minutes. Then reset oven for 350°F and bake for another 20-30 minutes. Check after 20 minutes to see if still pudding-like. While this is baking, prepare your topping. Combine sugar, cinnamon, flour and butter until crumbly. After the pie has baked for the second time crumble the topping over it and bake for 10 more min.