



The Harvest Herald

(Ph/Info-line) 868-2704 (Email) order@urbanharvest.ca

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

July 10-12, 2012

Issue #623

OKG Bread Special July 17-19

Spelt & Walnut Loaf - a nutty, fragrant loaf, fashioned with a whole grain and spelt base. It is especially tasty with cheese or jam.

Regular Harvest Box

- LOCAL! Spring Mix - Wild Flight Farm
- LOCAL! Romaine Lettuce - Roots & Greens Farm
- LOCAL! Salad Turnips - Wild Flight Farm
- LOCAL! English Cucumber - Wild Flight/Harker's
- LOCAL! Carrots - Roots & Greens Farm
- LOCAL! Van Cherries (see note at right)
- Yellow Onions - CA
- Valencia Oranges - CA
- Tommy Atkins Mango - MEX
- Bananas - MEX

Family Harvest Box Extras

- LOCAL! Tarragon - Notch Hill Organics
- LOCAL! Kale - Wild Flight/Suncatcher
- LOCAL! Warba Nugget Potatoes - Harker's
- BC! Broccoli
- Grapefruit - CA
- Hass Avocado - CA



This Week's HomeGrown Heroes

- Blackbird Organics - Cawston
- Green City Acres - Kelowna (*non certified organic*)
- Harker's Organics - Cawston
- Notch Hill Organics - Sorrento
- Pilgrim's Produce - Armstrong
- 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.*

This Week's Cherries

Just a note to acknowledge that this week's cherries may be less than cosmetically perfect, as the intense rains of the end of June/beginning of July left significant damage. The grower offered us a domestic grade, which means there is some tolerance for scarring, etc (I think up to 10%), as long as all fruit remains edible. We hope you will enjoy the tasty cherries despite the fact that they may not be as pretty as usual...but do let us know if you are finding significant mold/rot or other issues beyond what is described here.

Win Tickets to the 4th Annual Okanagan Feast of Fields!

The 4th Annual Okanagan Feast of Fields will take place at Claremont Ranch Organics in Lake Country this year, from 1-5pm on Sun, Aug 12th. 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. To apply as a volunteer, please email okfeastvolunteers@gmail.com.



Win 2 Free Tickets! Urban Harvest has purchased 2 Feast of Fields tickets to give away and FarmFolk/CityFolk has generously contributed a copy of the lovely FarmFolk CityFolk book! How can you win? Fill out the following form and return it in your empty blue bin for your next delivery to be entered in the draw! ALL ENTRIES MUST BE PICKED UP BY OUR DRIVER BY THURS, AUG 2ND!

Name: _____ UH Customer Number: _____

Describe the most memorable, best-tasting Okanagan-grown fruit or veggie ever received in your Harvest Box. We'll enter your name in the draw twice if you happen to remember the farm name!

Community Events/Notices

Violin Recital: Melissa Wilmot, violin, Hyoseon Sunny Kim, piano, perform works by Beethoven, Chausson, Piazzolla, Telemann, and Franck. Friday July 20th, 7:30pm, and Saturday July 21st, 7:30pm, Christ Lutheran Church (2091 Gordon Dr. @ Springfield). Admission by donation, at the door.

Science Opportunities for Kids (SOKS) is a not for profit organization that runs summer camps for kids throughout the summer! The camps give kids unique hands-on experience to excite them about things like science, nature and sustainability. For more info: www.soks.ca or call 250-763-4427.

Shakti Yoga & Art Mother/Daughter Retreat! 5-day retreat, offered by Iyengar yoga instructor Krisna Zawaduk and visual artist Rena Warren. Experience a journey of yoga philosophy, asanas, and pranayama, and create a unique mandala in block print! (no exp. needed!) July 18-22, from 9:30am to 3:30pm at the Kelowna Yoga House. \$250/person. (Min. age 13 years.)

Balsamic Vinaigrette with Fresh Tarragon

(Adapted from www.food.com)

- 1/3 C Balsamic vinegar
- 1 C extra virgin Olive oil
- 1 Garlic clove, minced (or pressed)
- 3/4 Tbs Tarragon, freshly minced
- 1 Tbs Dijon mustard
- Salt and Pepper, to taste

Whisk together all ingredients and refrigerate left overs for up to one week.

Warm Quinoa Salad with Edamame and Tarragon

(Adapted from www.eatingwell.com)

- 1 C Quinoa
- 2 C Vegetable broth
- 2 C frozen shelled Edamame, thawed
- 1 Tbs freshly grated Lemon zest
- 2 Tbs Lemon juice
- 2 Tbs extra-virgin Olive oil
- 2 Tbs chopped fresh Tarragon or 2 tsp dried
- 1/2 tsp Salt
- 1/2 C drained and diced Roasted Red peppers
- 1/4 C chopped Walnuts, preferably toasted

Toast quinoa in a dry skillet over med heat, stirring often, until it becomes aromatic and begins to crackle, about 5 mins. Transfer to a fine sieve and rinse thoroughly. Meanwhile, bring broth to a boil in a medium saucepan over high heat. Add the quinoa and return to a boil. Cover, reduce heat to a simmer and cook gently for 8 minutes. Remove the lid and, without disturbing the quinoa, add edamame. Cover and continue to cook until the edamame and quinoa are tender, 7 to 8 minutes longer. Drain any remaining water, if necessary. Whisk lemon zest and juice, oil, tarragon and salt in a large bowl. Add peppers and the quinoa mixture. Toss to combine. Top with walnuts and serve.

Baby Carrots with Tarragon

(Adapted from www.epicurious.com)

- 1 bunch Carrots, peeled, 3" of stems left intact
- 1/4 C Water
- 3 Tbs minced fresh Tarragon or 3 tsp dried
- 2 Tbs Butter
- 1 Tbs White wine vinegar
- 1 Tbs Honey

Combine carrots, water, 1 1/2 tablespoons tarragon, butter, vinegar and honey in heavy large skillet. Bring to a boil. Reduce heat to medium; cover and simmer until carrots are almost tender, about 12 minutes. Uncover; cook until carrots are tender and liquid is reduced to glaze, about 6 minutes longer. Season with salt and pepper. Transfer to platter. Sprinkle with remaining tarragon.

Hitting the Grill

The art of barbecuing was introduced to the Europeans by the native tribes of North and South America. Rather than grilling meat at a high temperature, it was slowly roasted. Today, barbecuing focuses more on a fast grill and sweet or savoury sauces.

The origin of barbecue sauce seems to be in South Carolina, though no one knows for certain. There are four different types of sauces based on the ingredients used to create them: Vinegar and Pepper, Mustard, Light Tomato, and Heavy Tomato.

The popularity of the tomato-based sauces began to migrate throughout the United States and regional favourites began to emerge. It wasn't until 1951 that the first nationally distributed barbecue sauce hit the shelves, courtesy of Heinz.

Bottled sauces may be convenient, but homemade sauces are easy, delicious and you can tailor them to fit your own favourite flavours.

Spicy Barbecue and Dipping Sauce

(Recipe adapted from "Veg Web" at <http://vegweb.com>)

- 1 Tbs Oil
- 1/4 C Chili powder
- 2 tsp granulated Garlic
- 3/4 C Worcestershire sauce
- 1/3 C Turbinado sugar
- 1/4 C sliced pickled Jalapenos, or more to taste
- 2 Tbs yellow Mustard
- 2 small Onions, chopped
- 1/2 tsp Cumin
- 1 C Ketchup
- 1 C strong Coffee
- 1/4 C Lemon juice
- 2 Tbs juice from the pickled Jalapeno jar
- 1 tsp Salt

Cook the onions in the oil over medium heat until they are soft but not brown. Add the chili powder, cumin and garlic and cook and stir for 1 minute. Add everything else and bring to a boil, then reduce heat and simmer uncovered for 30 minutes. Let it cool. If you like, strain out the chunks or blend with a hand blender. Makes 4 C.

Sweet Mustard Sauce

(Recipe adapted from "About.com: Barbecue Sauce" <http://bbq.about.com>)

- 1 C yellow Mustard
- 1/2 C Apricot preserves
- 1 Tbs Worcestershire sauce
- 1/2 tsp Hot sauce
- 1 C Cider vinegar
- 1/4 C Sugar
- 1 tsp Black pepper
- 1/2 tsp Salt

Mix all ingredients together in a large saucepan. Allow mixture to simmer for 25-30 minutes. Allow to cool slightly before serving with meat.

Apple Barbecue Sauce

(Recipe adapted from "About.com: Barbecue Sauce" <http://bbq.about.com>)

- 1 C Ketchup
- 1/4 C Apple juice
- 1/4 C Apple cider vinegar
- 1/4 C Onion, grated
- 3/4 tsp Garlic powder
- 1/3 C Apple, peeled and grated
- 1/4 C Soy sauce
- 1/4 C Brown sugar
- 2 tsp Bell pepper, grated
- 3/4 tsp White pepper

Combine all ingredients in a medium saucepan. Bring to a boil. Reduce heat and let simmer 15 minutes. Makes about 2 1/4 C.