



The Harvest Herald

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

July 12-14, 2011

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OKG Bread Special July 19-21

Herbed Milk Batard! This light milk bread is infused with chives, tarragon, and arugula. Butter, toast, and serve with soft cheeses.

Regular Harvest Box

LOCAL! Long English Cucumber - Wild Flight Farm
LOCAL! Carrots - Roots & Greens Farm
LOCAL! Red Oak Leaf Lettuce - Notch Hill Organics
LOCAL! Beets (with tasty tops!) - Notch Hill/Roots
LOCAL! Warba Nugget Potatoes - Pilgrim's/Harker's
LOCAL! Salad Turnips (roots only) - Wild Flight Farm
LOCAL! Kale - Suncatcher/Roots
LOCAL! Sweet Orin Apples - Harker's
LOCAL! VAN Cherries - Vialo Orchard
LOCAL! Rhubarb - Notch Hill Organics

Family Harvest Box Extras

LOCAL! Dill - Wild Flight/Roots
LOCAL! Garlic Curls (scapes) - Wild Flight Farm
LOCAL! Radishes - Roots & Greens Farm
LOCAL! Pac Choi (like bok choy) - Wild Flight Farm
LOCAL! Salad Mix - Notch Hill Organics
LOCAL! Spinach - Roots & Greens Farm



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
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.

100% Local!

This week's standard Harvest Boxes are 100% from local growers in the Okanagan and Shuswap regions! Yay! The fruit options are still fairly limited (apples holding up remarkably well from 2010, plus fresh rhubarb and cherries!), but more items will be coming on soon...including the first PEACHES for next week's boxes!

All items from local farmers are listed on our website with the farm name attached. In most cases, you can also click on the farm name (without leaving our order page) for a brief description of the farm and a photo. We will continue to add to our local supplier write-ups over the summer, and will add more photos of produce items as well, so you can get to know your local food sources!

Cherries! This week and next, we are offering bulk Van cherries from Vialo Orchard, in addition to the cherries coming in your regular orders. Contact us if you are interested in ordering a case, or check the produce specials section of our order page when you are placing your order. The cost is \$75/20lb box, and you must be home to receive your order (or arrange to pick up your order at our warehouse if you know that you will not be home).

Community Events/Notices

2nd annual Similkameen BBQ King - THIS SATURDAY! The Similkameen Wineries Association presents the 2nd Annual Similkameen BBQ King! An extraordinary evening with award winning wines & distinguished chefs, including Wild Apple, Delta Grande, Twisted Tomato, Hooded Merganser, Sonora Room at Burrowing Owl, Watermark, Miradoro at Tinhorn, and others. Saturday, July 16th from 5-8pm at the Grist Mill & Gardens - 2691 Upper Bench Road, Keremeos. This is an outdoor, eco-friendly + garbage-free event! Live music & pristine gardens! Culinary creations from each chef! Paired wines & tasting from each winery! Tickets are \$75.00 (all inclusive) and can be purchased at any of the Association Wineries or the Keremeos Visitors Centre. You can also call 250-488-0878, email info@SimilkameenWine.com or visit www.SimilkameenWine.com.

16th Annual Cherry Fair Sat, July 23 from 10-3 at the Laurel Packinghouse on Cawston Ave downtown. Admission is \$2.00/person or \$5.00/family. Celebrate the cherry! Visitors can sample a wide selection of local cherries at the tasting booth. There will also be children's activities, face painting, a bouncy house, live entertainment, a demonstration bee hive and fun for the whole family!

Parks Alive Summer Concert Series The City of Kelowna offers a series of free summer concerts in parks throughout the city almost daily! For more information and to view the schedule to find events happening near you, visit www.parksalive.festivalskelowna.com.

New This Year - Dancing in the Park! Get your groove on for FREE! Families, couples, and singles with all levels of experience can join in the fun every Wednesday night from July 6 to Aug 31 in Stuart Park (across from City Hall on Water St. in downtown Kelowna. Dance lesson from 7 - 7:30pm with open dancing from 7:30 - 9pm. Weekly themes with qualified dance instructors. For a weekly schedule, see www.kelowna.ca/recreation.

Park & Play! FREE Family Fun in your neighbourhood park this summer! Bouncy houses, games, crafts, and more! 5-8pm weeknights through July & August. To find out when it's happening in a park near you, visit www.kelowna.ca/recreation (events).

Delicious desserts are a must for a good picnic. Here is a great one to try:

Multigrain Indulgence

(Adapted from www.wholegraingourmet.com)

2 C Rolled oats
1/4 C ground golden Flaxseed
1/2 C Almonds
1/2 C white whole Wheat flour
1/2 tsp Baking soda
1/2 tsp Salt
1/2 C dried Plums
1 Egg
1/4 C Brown sugar
1/3 C Honey
1/3 C Coconut oil (liquid at room temperature),
plus a little extra to grease the pan
1/2 C dark Chocolate chips (60% cocoa)

Preheat the oven to 325°F. Lightly grease an 8x8 baking dish. Using a food processor, pulse 1 cup of oats until it becomes a fine flour.

Remove the oat flour to a medium bowl and add the white whole wheat flour, salt, and baking soda. Whisk to combine thoroughly and set aside.

Place the almonds in the food processor and pulse until it becomes a fine meal. Do not allow it to paste up. Remove and set aside.

Place the dried plums in the food processor. Pulse until it becomes finely minced and nearly a paste. Set aside.

In another medium sized bowl, combine honey, sugar, and coconut oil and beat to combine. Add the egg and beat until well combined. Beat in the flax meal, almond meal, dried plums, and the remaining 1 cup of rolled oats. Gradually beat in the flour mixture. The mixture will become thick.

Transfer the mix into your prepared baking dish. To prevent sticking, use some parchment paper, or lightly greased hands, to level the top of the mixture into the dish.

Bake at 325°F for 25 minutes. Allow to cool before slicing.

Perfect Picnic Ideas

It's picnic weather - time to get out and enjoy the beautiful weather. There is something special about eating outdoors, but sometimes it can be hard to figure out what to bring. Fruits and veggies are easy, but finding protein-filled food may be a little more challenging. Here are some delicious and nutritious picnic ideas and recipes (from www.todayparent.com)

Pesto Pasta and Grilled Veggies

Instead of the usual pasta salad side, make it a main dish. Simply toss cooked pasta shells with homemade or store-bought pesto. Pack alongside a variety of summer grilled vegetables such as red peppers, eggplant and zucchini.

Zesty Chicken Satays

Slice skinless, boneless chicken into strips. Skewer with wooden or metal skewers. If using wooden skewers, soak in water for 20 minutes before skewering and cooking chicken. Brush chicken with oil. Sprinkle with lemon or lime zest, salt and pepper. Bake or barbecue until chicken is cooked through. Squeeze lemon or lime juice over satays. Cool completely. For picnicking, pack on ice.

Minty Watermelon Salad

Use up leftover watermelon in a light fruit salad. Toss chunks of watermelon with torn fresh mint leaves and drizzle with fresh squeeze orange juice. Serve cold or at room temperature.

Here are some more picnic ideas:

Barbecued Tofu Sandwich

(Recipe adapted from "The Veggie Table" at www.theveggietable.com)

1 lb extra-firm Tofu
1-1½ C Barbecue sauce
3 Tbs Vegetable oil
4 Sandwich rolls or Pitats, sliced open

Drain the tofu, squeeze out excess water, pat dry, and cut into 1/4-in slices. Heat the oil in the frying pan, add the tofu slices, and fry until golden brown, 3-5 minutes. Flip and repeat. Pour the barbecue sauce into the pan and stir so that each tofu slice is coated. Turn off heat and let marinate for 30 minutes.

Three options:

1. Make into sandwiches and eat lukewarm.
2. Heat the tofu in the BBQ sauce for 5-10 minutes, make into sandwiches, and eat hot.
3. Put the tofu/BBQ sauce in the fridge until you're ready to make it into sandwiches and eat cold.

Creamy Hummus

(Recipe adapted from "Mediterrasian" at www.mediterrasian.com)

14 oz canned Chickpeas (garbanzo beans), rinsed and drained
2 cloves Garlic, roughly chopped
1/4 C Water
1 tsp Sea salt
1/4 C Lemon juice
1/2 C Tahini

Place all ingredients in a food processor or blender and process until smooth, scraping the sides occasionally. If you like a spicier hummus, add a small red chili (chopped) or a pinch of cayenne pepper, or try a little cumin for a more exotic variation.

~ Article & Recipes Contributed by Angela Cleveland ~