



# The Harvest Herald

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July 13-15, 2010

Issue #525

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

Carrot & Mint Loaf! A customer favourite (really!) which combines sweet market carrots and fresh mint on a mild whole wheat sourdough base. Incredibly moist interior, beautifully caramelized crust.

## Regular Harvest Box

Local! Leaf Lettuce - Notch Hill Organics  
Local! Sieglinde Potatoes - Roots & Greens Farm  
Local! Garlic Scapes - Wild Flight Farm  
Local! Carrots - Roots & Greens  
Local! English Cucumber - Wild Flight Farm  
Local! Spring Mix (please wash) - Little Creek  
Local! Early Peaches (PF1's) - Nazaroff Farm  
Local! Cherries (Sonnetts) - Calissi (3<sup>rd</sup> year transitional to organic - NOT fully certified organic)  
Local/BC! Zucchini - Suncatcher Farm & BC  
BC! HH Tomatoes on the Vine  
Valencia Oranges - CA

## Family Harvest Box Extras

Local! Radishes - Wild Flight Farm  
Local! Dill - Wild Flight/Notch  
Local! Chard - Notch/Roots & Greens  
Local! Beets (with tops) - Notch Hill/Wild Flight  
Local! Sugar Snap Peas - Wild Flight Farm  
Bananas - MEX



## This Week's HomeGrown Heroes

Calissi Farm - Kelowna  
Little Creek Gardens - West Kelowna  
Nazaroff Farm - Cawston  
Notch Hill Organics - Sorrento  
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.*

## Warm Weather Deliveries

With warmer days here, please let us know if you have special delivery requests, such as an ice pack in your bin or a shadier drop-off spot. (Note: PLEASE return ice packs by leaving them out in your blue bin for us to pick up!). Also, if you do not see your bin in its usual spot, please peek around, as David and Scott will always look for a reliably shady spot if your specified location is in the sun's path. If you have concerns, please contact us, and we can share other strategies that have helped in the past.

## Notch Hill Organics - Feature Farm of the Week!

Notch Hill Organics (formerly Sudoa Farm) has operated for over 25 years, first in Mission B.C. and, since 1996, in Notch Hill B.C. (just outside Sorrento). The farm is certified organic by the North Okanagan Organic Assn. and consists of 126 acres of mixed land where we grow hay and raise a few cattle. Our vegetables are grown on 10-15 acres of our beautiful deep bottom soil. Lisa and David worked with us through the WWOOF (willing workers on organic farms) volunteer programme in 1998 and over the years we have become friends. Our mutual commitment to sustainable organic agriculture and providing quality local food gives Notch Hill Organics the security to keep growing and Urban Harvest a dedicated supplier. (Sue Moore, Notch Hill Organics)

## Community Events/Notices

**Parks Alive!** Free, live entertainment at park venues throughout Kelowna (July/Aug). Pack a picnic and blanket, and prepare to share a meal while enjoying the entertainment. Where else can you do that while your kids run and play or get up and dance to the music?! For schedule details, please visit <http://parksalive.festivalskelowna.com/>.

**Park & Play in your Neighbourhood!** Join the City of Kelowna this summer in your neighbourhood park. Bring your family & friends, get to know your neighbours, and enjoy some active, family fun! This event runs from 5-8pm. In July, the Park & Play locations/days are as follows: Mondays in July @ Loseth Park (Rutland - Black Mountain area); Tuesdays in July @ Strathcona Park (Central - Abbott St., behind the hospital); Wednesdays in July @ Matera Glen Park (Glenmore - Glen Park Dr & Matera Ave.); Thursdays in July @ Curlew Park (Upper Mission - Lark St. off Chute Lake Rd.); Fridays in July @ Duggan Park (Central - Bernard Ave between Highland Dr. S & Elm St.)

**Waste-Free 100-Mile Potluck & HotDoc Food, Inc.** Food, Inc. (a Robert Kenner Film) lifts the veil on the food industry, exposing how our food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the farmer, the safety of the workers and our own environment. A waste free 100 Mile potluck precedes the screening. (Please bring local, healthy food as much as possible, as well as your own implements.) Fri, July 30 @ 6pm at St. Charles Garnier, 3645 Benvoulin Rd.

**Wearable Art Gala:** Fri, July 30<sup>th</sup> at the Kelowna Community Theatre. Doors @7pm, Show 8pm-10pm. Tix: Adults \$39, Students \$25 at [www.selectyourtickets.com](http://www.selectyourtickets.com). Ticket price includes door prizes, silent auction and the G74 Music & Media Arts Festival. This fun and funky adult event is not a fashion show in the traditional sense - it's an artistic exploration of all types of body adornment - blending burlesque sex appeal, clever design, breathtaking performance art, vaudeville humour and sheer spectacle. Immediately following the W.A.G., the G74 Music and Media Arts Festival will take place from 10pm - 2am. Tix for this event are \$15 at the door or free with purchase of Wearable Art Gala Ticket. The G74 festival will be an amazing nightclub experience with interactive media-based visual art (audio, video, 3D, lights, performance) and musical guest DJs. Media artists Chris Bose, Tim Fehr ([spellcastproductions.com](http://spellcastproductions.com)) and Arthur ([designmodestudios.com](http://designmodestudios.com)) set the stage with audio, video and performance designed for interaction.

## Mexican Pizza with Garlic Curls and Summer Squash

(Adapted from <http://cultivatingustainability.com>)

- 3 medium Summer squash (any combination of yellow squash and zucchini), sliced
- 1 medium Onion, chopped
- 5-8 Garlic curls, chopped
- 1 Tbs extra virgin Olive oil
- 6 oz sharp Cheddar cheese
- 6 oz Monterey jack cheese
- 1/4 C Black olives, sliced
- 1/4-1/2 C high-quality, prepared Salsa
- 1 Pizza dough (see recipe below)
- 2 Tbs course Cornmeal

Preheat oven to 475°F. Slice or chop all the vegetables. Heat olive oil in a large cast iron skillet wok (or other large skillet). Add onions and garlic curls. Saute for 5 minutes, or until they begin to brown. Add summer squash and saute for another 5 minutes, or until squash begins to brown. Remove from heat, and set aside. Meanwhile, shred the cheese. Sprinkle cornmeal on a large pizza stone. Roll out pizza dough on the pizza stone. Bake rolled out pizza dough in the oven for 5 minutes. Remove from oven, and spread salsa evenly over pizza. Sprinkle with 1/3 of the cheese, then top with vegetables, rest of the cheese, and olives. Bake at 475°F for about 10 minutes or until the crust is golden brown and the cheese is melted. Serve with a simple green salad.

## Multigrain Pizza Dough

(Adapted from [www.recipezaar.com](http://www.recipezaar.com))

- 1 C Whole wheat flour
- 1 C All-purpose flour
- 2 Tbs Wheat germ
- 2 Tbs Oat bran
- 3 Tbs Flax seed meal
- 3 1/2 tsp Baking powder
- 1/2 tsp Salt
- 3 Tbs Olive oil
- 2/3 C 1% low-fat Milk

Preheat oven to 400°F. Blend all dry ingredients together in a large bowl. Make a well in the center and add wet ingredients. Mix until a soft dough forms (you may need to add a little extra milk to get the right consistency). Turn dough out onto a floured board and knead 10 times. To make 4 individual pizzas, divide dough into 4 balls. Roll each ball out into a disc. Brush with additional olive oil if desired. Place on sheet pan or pizza stone. Top with desired sauce, toppings and cheese. Bake for 10 minutes or until crust is slightly golden and crisp. Slice and serve hot.

## Cherry Fun

It's cherry time! This week, we are lucky to have Sonnet cherries from Calissi's Farm located right here in the Okanagan. These beautiful heart-shaped cherries are bright red in colour and have a high sugar content which makes them a delicious and refreshing snack or great for your favourite cherry recipe. Here are some fun cherry facts (from [www.agday.org](http://www.agday.org)) and great recipes to enjoy:

- The same chemicals that give tart cherries their color may relieve pain in humans better than aspirin and ibuprofen.
- Eating about 20 tart cherries a day could reduce inflammatory pain and headache pain.
- There are about 7,000 cherries on an average tart cherry tree (the number varies depending on the age of the tree, weather and growing conditions).
- It takes about 250 cherries to make a cherry pie, so each tree could produce enough cherries for 28 pies!

## Cherry Quinoa

(Recipe adapted from "Zoomer Magazine" at [www.zoomermag.com](http://www.zoomermag.com))

- |                                |  |
|--------------------------------|--|
| 1/2 C chopped Onion            | 1 clove Garlic, minced                     |
| 1 Tbs Oil                      | 14 oz Veggie broth                         |
| 1 C Quinoa, rinsed and drained | 2 Tbs chopped Anaheim pepper               |
| 1/2 tsp Salt                   | 1/4 tsp ground Pepper                      |
| 2 C pitted Cherries            | 8 oz small cooked peeled shrimp (optional) |
| 1/4 C chopped Parsley          | prepared Salsa, optional                   |

Sauté onion and garlic in oil; add broth, quinoa, Anaheim pepper, salt and ground pepper. Bring mixture to boil, reduce heat, cover and simmer 12 to 18 minutes or until all liquid is absorbed. Fluff mixture with a fork and gently stir in cherries, shrimp (if using) and parsley. Serve with salsa, if desired.

## Chipotle Cherry Barbecue Sauce

(Recipe adapted from "Raleys" at [www.raleys.com](http://www.raleys.com))

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|--|------------------|
| 1/4 to 1/3 C Brown sugar (depending on sweetness of cherries)  |                  |
| 1 to 2 canned Chipotle peppers plus 1 Tbs Adobo sauce from can |                  |
| 3 C pitted fresh Cherries                                      | 1/2 C Lime juice |
| 1/3 C Ketchup  | Salt to taste    |

Stir together all ingredients in a medium saucepan and bring to a boil. Reduce heat and simmer, covered, for 10 minutes. Remove cover and increase heat slightly; cook for 20 minutes more, stirring occasionally. Let cool, then puree. Makes about 2 cups.

## Baked Cherries and Peaches with Oat Topping

(Recipe adapted from "Healthy Food for Living" at [www.healthyfoodforliving.com](http://www.healthyfoodforliving.com))

- |   |                              |
|---|------------------------------|
| 2 Tbs Fruit juice, divided (pomegranate juice works well) |                              |
| 2 medium-sized Peaches, peeled, and chopped               | 2 Tbs unsweetened Applesauce |
| 2 C pitted and halved fresh Cherries                      | 1 tsp Arrowroot powder       |
| 3/4 C old fashioned Rolled oats                           | 2 Tbs Flour                  |
| 2 Tbs Brown sugar   | 1 tsp ground Cinnamon        |

Preheat oven to 400°F. Lightly coat 4 individual oven-safe ramekins with oil cooking spray. In a small bowl, combine the cherries, peaches, arrowroot, and 1 Tbs juice. Stir to mix well and spoon into the prepared ramekins. In a separate small bowl, stir together the oats, flour, sugar, and cinnamon. Add the remaining 1 Tbs fruit juice and applesauce; stir to moisten the oat mixture. Evenly divide the oat topping between the fruit-filled ramekins. Set ramekins onto a baking sheet and bake until the fruit filling is bubbling and the oat topping is golden, about 20-25 minutes. Allow to cool on a wire rack. Serves 4.