



The Harvest Herald

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

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OKG Bread Special July 24-26

Eggplant & Cheese Focaccia! Light focaccia bread topped with fragrant eggplant spread and rich gouda cheese. Perfect for a summer picnic!

Regular Harvest Box

- LOCAL! Spring Mix - Notch Hill Organics
- LOCAL! Leaf Lettuce - Notch Hill Organics
- LOCAL! English Cucumber - Wild Flight Farm
- LOCAL! Carrots - Roots & Greens Farm
- LOCAL! Mixed Radishes - Notch Hill Organics
- LOCAL! Fresh Dill - Wild Flight/Roots
- LOCAL! New Potatoes - Sunreal Organics
- LOCAL! Rhubarb - Wild Flight Farm
- LOCAL! Van Cherries - Vialo Orchard
- Valencia Oranges - CA

Family Harvest Box Extras

- LOCAL! Fennel - Wild Flight Farm
- LOCAL! Garlic Curls - Wild Flight Farm
- LOCAL! Red Russian Kale - Wild Flight Farm
- BC! Tomatoes
- Tommy Atkins Mango - MEX
- Bananas - MEX

Hot, Hot, Hot! Keeping the Heat off Your Produce

Summer heat is here! Let us know if you have special delivery requests to help protect your produce from the heat. If you are not usually home for some time after your delivery arrives, please notify us so we can insert an ice pack. Other solutions may include leaving a garage or basement door open for our driver, picking your bin up at our warehouse, receiving your delivery at a work location, or just figuring out where the best all-day-shady spot is for our driver to leave your delivery. Please let us know of any new instructions before your delivery day, particularly if you'd like to receive your order at an alternate location. If you ARE usually home, please let us know if you would like our driver to knock/ring to alert you before heading off. If no instructions have been received, we will try to seek out a shady spot (especially if it seems that your usual spot will be in the sun at some point during the day); however, it's best if you can determine the best scenario for you and then let us know! Thanks!

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 - MORE VOLUNTEERS ARE STILL NEEDED!

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

MAKE WATER WORK - an Okanagan-wide water conservation initiative launched by the OBWB, Okanagan WaterWise and local government partners throughout the valley. As the weather heats up and as the demand for water increases, Okanagan communities are coming together asking everyone to get the most from their water and to make water work more efficiently! Visit the website for tips! www.makewaterwork.ca.

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.



This Week's HomeGrown Heroes

- Blackbird Organics - Cawston
- Harker's Organics - Cawston
- Notch Hill Organics - Sorrento
- Quail's Farm - Vernon
- Roots & Greens Farm - Grindrod
- Suncatcher Farm - Kelowna
- Sunreal Organics - 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.*

Onion Dill Bread

(Adapted from <http://southernfood.about.com>)

- 1 envelope active dry Yeast
- 1/4 C warm, not hot, Water
- 1 C lowfat Cottage cheese (small curd)
- 1 Tbs Sugar (or equivalent of your favourite sugar replacement)
- 1 tsp Dill seed, lightly crushed
- 2 tsp minced fresh Dillweed
- 1 tsp dried Onion flakes
- 1 Tbs Butter
- 1/2 tsp Salt
- 1/2 tsp Baking powder
- 2 whole Egg whites
- 2 to 2-1/4 C whole Wheat flour

Dissolve yeast in warm water. Heat cottage cheese just until lukewarm. Remove from heat and add sugar, dill, onion flakes, butter, salt, soda, egg whites, and the yeast water mixture. Mix to blend. Add flour gradually to form a stiff dough.

Spray a 1-1/2 quart casserole dish with vegetable coating spray. Turn dough into buttered casserole dish, cover with a clean dish cloth, and allow to rise in a warm place for about 40 minutes, until nearly doubled in size.

Bake at 350°F for 40 to 45 minutes. Serve this bread warm.

Simple, Easy Fresh Dill Sauce

(Adapted from www.savvyvegetarian.com)

- 2 Tbs chopped fresh Dill
- 1/2 C organic cream of Coconut or full fat Coconut milk
- 1 Tbs Lemon juice (or Lime juice)
- pinch Turmeric
- Salt and Pepper to taste

In a mixing bowl, stir together all ingredients. Alternately, combine all ingredients in blender or food processor, and whiz briefly to combine. Cover and refrigerate for at least 1 hour. Pour over steamed vegetables. Makes 1 C.

Snappy Radish

Along with their unique bite, radishes are one of the prettiest root vegetable. Originally from China, they are now popular throughout the world. A Chinese proverb says, "Eating pungent radish and drinking hot tea, let the starved doctors beg on their knees." Radishes are very low in calories and a very good source of anti-oxidants, minerals, vitamins and dietary fiber. They are packed with vitamin C and also contain riboflavin, thiamin, iron, magnesium, copper, and even calcium.

Red Potato and Radish Salad

(Recipe adapted from "Canadian Living" at www.canadianliving.com)

- 28 small New Potatoes, small
- 2 Celery stalk, sliced
- 1/4 C chopped fresh Dill
- 12 Radishes
- 1/2 C thinly sliced Red onions

Dressing:

- 1/2 C Vegetable oil
- 1 Tbs grainy Mustard or Dijon mustard
- 1/4 tsp Sugar (or equivalent of your favourite sugar replacement)
- 1/4 C Lemon juice
- 1/2 tsp each Salt and Pepper

In saucepan of boiling salted water, cover and cook potatoes just until tender, 10 to 15 minutes. Drain and let cool. Meanwhile, cut radishes in half and thinly slice; place in large bowl. Add celery, onion and half of the dill. Cut potatoes into quarters; add to bowl. Dressing: In small bowl, whisk together oil, lemon juice, mustard, salt, pepper and sugar; pour over potato mixture and gently toss to coat. Serve sprinkled with remaining dill.

Radish and Apple Salad with Lemon Dill Dressing

(Recipe adapted from "Access Atlanta" at <http://projects.eveningedge.com>)

For the dressing:

- juice of 1 Lemon
- 1 Tbs finely chopped fresh Dill
- 1/4 tsp Sugar (or equivalent of your favourite sugar replacement)
- 1/4 C Olive oil
- Salt and freshly ground Pepper

For the salad:

- 1 head Boston lettuce, washed, dried and torn into bite-size pieces
- 1 large Apple, cored & sliced into thin wedges
- 8 Radishes, thinly sliced

To make the dressing: Juice the lemon into a small glass bowl. Slowly whisk in the olive oil to incorporate. Whisk in the sugar and dill; season to taste with salt and pepper. For the salad: Arrange the lettuce leaves in a serving bowl. Top with the radish and apple slices. Drizzle with dressing.

Cucumber Salad with Radish and Dill

(Recipe adapted from "Martha Stewart" at www.marthastewart.com)

- 6 oz crumbled Feta cheese (about 1 1/2 Cups)
- 1 Garlic clove, crushed
- 4 large Radishes (about 6 ounces), thinly sliced
- 2 Tbs white wine Vinegar
- 1 Tbs finely chopped fresh Dill, plus more sprigs torn for garnish
- 1/2 tsp Sugar (or equivalent of your favourite sugar replacement)
- 1 cucumber, halved, seeded, thinly sliced
- 1/4 C plus 1 Tbs Olive oil
- zest and juice of 1 Lemon
- coarse Salt and freshly ground Pepper

Put cucumber, radish, and lemon zest in a medium bowl, and add cheese. Whisk together lemon juice, vinegar, dill, sugar, and garlic in another medium bowl, whisking until sugar has dissolved; season with salt and pepper. Whisk in the oil in a slow, steady stream until emulsified. Add vinaigrette to cucumber mixture; toss well. Garnish with dill. Discard garlic clove before serving. Refrigerate salad in an airtight container up to 1 hour.