



The Harvest Herald

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

July 19-21, 2011

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OKG Bread Special July 26-28

Pain Meunier - aka the "Miller's Loaf" - is creatively designed to involve all the components of the kernel of wheat. The dough is slowly fermented, resulting in a nutritious table bread with lots of flavour!

Regular Harvest Box

LOCAL! Long English Cucumber - Wild Flight Farm
LOCAL! Carrots - Roots & Greens Farm
LOCAL! Green Leaf Lettuce - Wild Flight Farm
LOCAL! Beets (with tasty tops!) - Notch Hill Organics
LOCAL! Sieglinde New Potatoes - Roots & Greens Farm
LOCAL! Curly Parsley - Roots & Greens Farm
LOCAL! Sweet Orin Apples - Harker's
LOCAL! VAN Cherries - Vialo Orchard
LOCAL! Rhubarb - Notch Hill Organics
BC! Tomatoes on the Vine - Origino

Family Harvest Box Extras

LOCAL! Kohlrabi - Wild Flight Farm
LOCAL! Radishes - Wild Flight Farm
LOCAL! Salad Turnips - Notch Hill Organics
LOCAL! Snow Peas - Wild Flight Farm
LOCAL! Green Cabbage - Suncatcher Farm
LOCAL! Swiss Chard - Notch Hill Organics



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Harker's Organics - Cawston
Hawfield Farm - Cawston
Homestead Farm - Peachland
Isaac's Organics - Kelowna
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.

Warmer Weather, Please!

Last week, we had reported that we would have the first local peaches in this week's boxes...but here is the update we received from Terry Nazaroff (of Nazaroff Farm in Oliver) last Thursday morning:

"It appears my wishing and crossing of fingers isn't helping advance the ripening of the peaches. As of this morning I do not expect to pick tomorrow or Saturday. The splitstones are colouring and ripening, but even then are hard green, sit on the counter for 4-5 day stage right now."

That said, he was still hopeful to have peaches ready for us for NEXT week...so let's all help out by wishing and crossing fingers along with Terry!

Shared Harvest - Local Food for Local Folks

Restaurants, grocers, food processors and those who love eating local sometimes find it hard to locate local foods (although this is less true for all of you, since we do focus on local produce in a big way!). FarmFolkCityFolk launched Shared Harvest to help fill this gap.

Shared Harvest's classified ads provide an up-to-date, season by season snap-shot of what local foods and agricultural products are available and in demand in each participating region. The general public, farmers, processors, grocers, restaurants, and distributors can post and browse ads for free. For the public it means greater access to local food, for businesses, Shared Harvest increases buying and selling opportunities.

Shared Harvest sites also support food rescue efforts by providing a venue to direct leftover, quality food away from the landfill. Grocers, hotels, restaurants and even backyard gardeners with "too much of a good thing" can post food donations and those registered charities and societies involved in feeding those most in need, can post want ads.

Visit the network of BC websites at www.SharedHarvest.ca

Community Events/Notices

16th Annual Cherry Fair - THIS SATURDAY! 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).

Raw Vegan Cherry Pudding Parfait

(Adapted from www.incrediblesmoothies.com)

- 2 small ripe Bananas, peeled (fresh or frozen)
- 1 tsp Vanilla extract or 1/2 inch of Vanilla bean
- 1/2 C Macadamia nuts (soaked for 4 hours)
- 1 C Cherries, pitted and sliced in half

Blend the bananas in a blender or food processor. Add the nuts and blend until creamy. Refrigerate for about 30 mins to thicken. Put a layer of the vanilla pudding in the bottom of two cups or bowls. Then add 1/4 of the cherries followed by another layer of pudding. Add the rest of the cherries and top it off with the rest of the pudding. Sprinkle some raw granola over the top if you wish.

Cherry Crisp

(Adapted from www.care2.com)

- 1 lb Cherries, stemmed and pitted
- 1 C Butter
- 1 C raw unrefined Sugar
- 1/2 C Flour
- 1 tsp Almond extract

Preheat oven to 350°F. Combine cherries, 1/2 cup of the butter, and 3/4 cup of the sugar in a large saucepan. Cook over medium heat until the cherries are soft and tender. Using a slotted spoon, transfer the cherries to a 9-by-13-inch baking dish. Sift together the flours, the remaining 1/2 cup of sugar, and the almond extract. Using your fingers or a pastry cutter, work the remaining butter into the dry ingredients until the mixture resembles coarse crumbs. Spread the flour mixture over the cherries and bake for 12 minutes. Serve warm with a scoop of ice cream, if desired.

Cherry Vanilla Muffin for One

(Adapted from www.anytimehealth.com)

- 1/3 C Whole-wheat pastry flour
- 1/4 tsp Baking soda
- 1/4 tsp Vanilla extract
- 1 large Egg white
- 2 Tbs Vanilla low fat yogurt
- 1 Tbs Vanilla almond milk
- 1/2 Tbs Agave nectar or Honey
- 8-10 Cherries, halved

Preheat oven to 350°F. In a small bowl, mix together whole-wheat pastry flour and baking soda. In a separate small bowl, mix together vanilla extract, egg white, yogurt, almond milk, and agave nectar. Combine wet and dry ingredients and add in your cherries. Grease a small ramekin and pour in the batter. Cook for 25-30 minutes. Serve hot topped with Greek yogurt and fruit preserves.

Take-Along Meals

Summer is a busy time. With all the glorious sunshine and fresh air, it's hard to sit in the house and eat a meal. Here are a few recipes that can be made in the kitchen, but enjoyed anywhere - in the park, at a party or even in your own backyard. And with the addition of seasonal and savoury herbs, these dishes will be as fresh and enjoyable as the great outdoors.

Cumin-Flavoured Carrot Salad

(Recipe adapted from "Food Hero" at <http://foodhero.wordpress.com>)

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| 1/2 lb Carrots (about 4 medium) | Broth |
| 2 Tbs White wine vinegar | 1 1/2 Tbs Water |
| 1 clove Garlic, pressed | 1 tsp Oregano, finely chopped |
| 1/4 tsp Cumin, freshly ground | 1/4 tsp Paprika, Spanish, smoked, sweet |
| pinch of Salt | |

Peel carrots, place in a saucepan, whole, and fill with broth until carrots are just covered. Bring to a boil and simmer carrots until just done but slightly crisp, about 10 minutes, depending on the size of the carrots. After they cool, slice into 1/4-inch slices.

Mix the vinegar, water, garlic, oregano, cumin, paprika, and a pinch of salt. Toss carrots in this dressing and allow to marinate in the fridge for several hours or overnight.

Mindy's Whole Grain Tabouli Salad

(Recipe adapted from "Health Tree" at www.healthtree.ca)

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| 1/2 C fine Bulgur | 1/4 C Millet |
| 1/4 C roasted Buckwheat groats (Kasha) | 3/4 C chopped Parsley |
| 1/4 C chopped Green onions | 1/2 C chopped Mint leaves |
| 1 C diced Tomato | 1/4 C freshly squeezed Lemon juice |
| 2 Tbs Olive oil | 3 Tbs Broth |
| 1/2 tsp Salt | |

In a bowl soak bulgur in 1 1/2 cups of warm water for 15 minutes. Heat millet over medium high heat for 5 minutes, until they begin to pop, and add 1/2 cup plus 2 Tbs of water and cover and simmer for 10 minutes. In another pot add kasha to 1/2 cup of boiling water and cook on medium-low, covered until soft, about 10 minutes. Drain bulgur.

In a large bowl combine grains with parsley, onions, mint and tomatoes. Whisk together lemon juice, oil, broth and salt in a small bowl and then pour over salad. Toss gently.

Meredith's Favourite Beets

(Recipe adapted from "Washington's Green Grocer" at www.washingtonsgreengrocer.com)

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| 3 large Beets | 1 large Red onion |
| 1 box of Pasta (bow-tie works well), cooked | 1-2 Tbs of fresh chopped Rosemary |
| Balsamic vinegar | Olive oil |
| Salt | Pepper |

Roast the beets and onion together (skins left on) until the beets are fork tender. Allow the beets to cool until they are safe to handle but still warm. Rub off the skins with a paper towel or rag and trim off the stems. Chop into bite-sized pieces. Peel the roasted onion and chop into bite-sized pieces. Mix 1/4 cup of extra virgin olive oil with 1/4 cup of balsamic vinegar.

Toss the cooked pasta, beets, onion, with the chopped rosemary and vinaigrette. Season with salt and pepper to taste. Add more balsamic vinegar and olive oil to taste if needed. Grate parmesan cheese over the bowls before serving.

~ Article & Recipes Contributed by Angela Cleveland ~