



# The Harvest Herald

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

Bacon & Cheddar Focaccia. Bacon from L&D Meats and Jerseyland Organics cheddar on a soft focaccia base. Suggestion: brush lightly with olive oil and grill for a few minutes on each side.

## Regular Harvest Box

Local! Leaf Lettuce - Notch Hill Organics  
Local! Fresh Garlic (uncured) - Notch Hill Organics  
Local! Zucchini - Suncatcher/Notch  
Local! Carrots - Roots & Greens  
Local! English Cucumber - Wild Flight Farm  
Local! Salad Turnips - Wild Flight Farm  
Local! Sugar Snap Peas - Wild Flight Farm  
Local! Beets (purple/chioggia/golden mix) - Notch  
Local! Green Onions - Wild Flight Farm  
Local! Early Peaches (PF1's) - Harker's  
Local! Apricots (Goldrich/Goldbar) - Harker's

## Family Harvest Box Extras

Local! Sieglinde Potatoes - Roots & Greens Farm  
Local! Cilantro - Notch Hill Organics/Roots  
Local! Kohlrabi - Wild Flight Farm  
Local! Fennel - Wild Flight Farm  
Local! Broad Beans (Fava Beans) - Wild Flight  
Local! Cherries (Lapins) - Harker's



## This Week's HomeGrown Heroes

Harker's - Cawston  
Little Creek Gardens - West Kelowna  
Notch Hill Organics - Sorrento  
Pilgrim's Produce - Armstrong  
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.*

## Paper-Free Harvest Herald Option Now Available!

We are pleased to now offer an online version of our Harvest Herald newsletter! An archive of recent newsletters is now housed on our "What's New" page at <http://www.urbanharvest.ca/news/>. \*\*\*If you prefer NOT to receive a print version in your bin each week, simply unclick the check box on the final order submission page when you are placing your next online order. Our website will then "remember" that you have made this selection, and will leave the box unchecked each time unless you choose to receive the print version on a future order.

## Urgent! Help Stop the Cell Tower at Little Creek Gardens!

Little Creek Gardens needs our support! Telus is planning to erect a 48 metre tall cell tower on land directly beside Dale's certified organic farm and Donna's studio where Little Creek dressings are made. Aside from any potential negative health effects of such a tower beside where they work and live, we are concerned about loss of income (actual and potential) from agri-business, loss of the lake view, etc. To learn more and sign a petition against the tower, visit [www.petitionbuzz.com/petitions/lcg](http://www.petitionbuzz.com/petitions/lcg) BY THIS FRIDAY (July 23<sup>rd</sup>), AND/OR send a personal message to [Darren.Hird@telus.com](mailto:Darren.Hird@telus.com). Thank you!

## Fellow Facebookers!

If you'd like to be able to keep up with Urban Harvest news and events even more easily please check out our Facebook page! Just search for Urban Harvest Organic Delivery, and once you've found our page click on the "LIKE" button to the right of our heading line. Easy Peasy! This will give you access to updated status reports and notification of new pictures, events, and all of our Harvest-y news!

\*\*\*Join our page by the end of July, and we'll add a 2 star "welcome bonus" to your account for you to use toward a future order. Please drop us a line once you've joined, so we don't miss your credit!

## Community Events/Notices

**Compost Talk at Chapters** 10am, Sat, July 24<sup>th</sup> (Orchard Park Mall, Chapters Bookstore). Presenting on the importance of composting will be Dave and Lillian Brummet, authors of the award-winning book Trash Talk. See more at [www.brummet.ca/trashtalk.html](http://www.brummet.ca/trashtalk.html)

**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). 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.

## Apricot Pasta Salad

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

- 4 oz Fusilli (corkscrew) pasta
- 6 fresh Apricots (3/4 lb), cut into quarters
- 1 whole Chicken breast, cooked and shredded
- 2 small Zucchini (1/2 lb), julienned
- 1 Red bell pepper, julienned
- 1 Tbs chopped fresh Basil or 2 tsp dried

Cook pasta as package directs; drain and let cool. Combine pasta, apricots, chicken, zucchini, red pepper, and basil in bowl. Toss with dressing:

### Apricot Basil Dressing

- 2 fresh, ripe Apricots (pitted)
- 2 Tbs White wine vinegar
- 1 Tbs Sugar in blender; whirl until blended.
- 1/4 C Vegetable oil
- 1 Tbs fresh Basil, chopped

Add apricots, white wine vinegar, and sugar in blender. Blend until smooth.

With blender running, slowly add 1/4 cup vegetable oil until thick and smooth. Stir in 1 Tbs chopped fresh basil or 1 tsp dried basil. Makes 1 cup

## Orzo Salad with Fresh Apricots, Pistachios and Ginger Oil

(Recipe from [www.bigoven.com](http://www.bigoven.com))

- 8 oz Orzo (a scant 1 1/3 cups)
- 1 C fresh Apricots; (about 4), and diced or julienned
- 1 tsp chopped fresh Coriander
- 1/4 tsp ground Coriander
- 1/3 C thinly sliced Green onions
- 1/3 C sliced toasted Almonds
- 5 Tbs Oil (infused with 1/2 tsp finely diced Ginger)
- 1 squeeze half Lemon
- Salt and freshly ground pepper

Bring a medium-size pot of salted water to a boil over high heat. Add orzo and cook about 10 minutes or until al dente. Drain immediately and rinse with cold water.

Place the orzo in a bowl and combine with the fresh apricots, fresh and ground coriander, green onion and almonds. Toss with 4 to 5 tablespoons of the ginger oil, until the pasta is just moist. Season with salt and pepper.

Squeeze the fresh lemon juice on the salad and mix. Serves 6.

## Backyard Barbecuing

Summer is a time to break out the barbecue. Long gone are the days of grilling just burgers and steaks. Barbecues are now popular places for fruit and vegetables. No matter what you choose to grill, the sauce can make it or break it. The choices for sauces are endless: marinades, dips, sauces, glazes, and rubs.

Marinades typically have three components: acidic liquid for tenderizing (such as vinegar, beer, pineapple juice), oils, and herbs and spices. Dips, sauces, and glazes are often thicker versions of a marinade and are usually added at the end of the cooking time. Rubs are a dry blend of spices and seasonings used to complement the flavour of the food. Here are some ideas for you to try on your outdoor grill:

### Chuck Wagon Barbecue Sauce

(Recipe adapted from "Families Online Magazine" at [www.familiesonlinemagazine.com](http://www.familiesonlinemagazine.com))

- 1 Tbs Vegetable oil
- 2 tsp Chili powder
- 1/4 C Cider vinegar
- 1/4 C Worcestershire sauce
- 1 clove Garlic, chopped
- 1 1/2 C Ketchup
- 1/4 C Brown sugar

In 2 quart saucepan, heat oil. Add garlic and chili powder; cook 1 minute. Stir in remaining ingredients; heat sauce to boiling. Partially cover pan and simmer sauce over low heat for 15 minutes to blend flavors, stirring occasionally. Transfer sauce to serving bowl. Makes about 2 cups.

### Grilled Beet Salad

(Recipe adapted from "The Dinner Files" at [www.thedinnerfiles.com](http://www.thedinnerfiles.com))

- 1 bunch of Beets
- 3 Tbs Oil
- Optional: ricotta, toasted walnuts, green onions

Peel beets and slice them about 1/4- to 1/2-inch thick. Brush them with oil and place them on a medium to medium hot grill. Cover the grill, flip the slices after the beets get grill marks, 8 to 10 minutes. Continue cooking on the other side until the beets are tender and grill-marked on the other side. Serve with ricotta cheese, toasted walnuts or thinly sliced shallots. Drizzle with extra virgin olive oil, toasted walnut oil, or pine nut oil. Sprinkle with salt.

### Grilled Carrots with Thyme and Onion

(Recipe adapted from "Big Oven" at [www.bigoven.com](http://www.bigoven.com))

- 1 lb peeled small Carrots (about 12)
- 4 tsp Butter
- Salt and Pepper
- 1/2 C chopped Red onion
- 2 tsp chopped fresh Thyme

Divide carrots between two pieces of foil large enough to fold into packets. Sprinkle evenly with onion, butter and thyme; season with salt and pepper to taste. Loosely wrap foil over vegetables, sealing tightly. Place on grill over medium-high heat; cook, turning once, for 20 to 25 minutes or until tender-crisp. Makes 4

### Grilled Garlic

(Recipe adapted from "TLC" at <http://recipes.howstuffworks.com>)

Soak wooden or bamboo skewer in water for 20 minutes. Thread garlic cloves onto skewer. Spray with cooking spray. Grill on covered or uncovered grill over medium coals about 8 minutes or until browned and tender. Or, place 2 garlic cloves on sheet of foil; lightly spray with cooking spray and carefully seal foil packet. Finish grilling as directed.