



The Harvest Herald

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

July 23-25, 2013

Issue #674

OKG Bread Special Jul 30-Aug 1

Weiner buns. These light, soft milk buns are perfect for summer bbq's and camping. Large enough for bratwurst, excellent for kids-sized hot dogs/veg dogs.

Regular Harvest Box

LOCAL! Carrots - Roots & Greens Farm
LOCAL! Garlic Curls (Scapes) - Wild Flight Farm
LOCAL! Cilantro - Wild Flight Farm
LOCAL! Rainbow Chard - Wild Flight/Roots
LOCAL! Peaches - H&I Farm
LOCAL! Apricots - Schneider-Brown Farm
LOCAL/BC! Romaine Lettuce - Roots or BC sub
BC! White Potatoes - Fraserland Farm
BC! Beets
Oranges, Valencia - CA

Family Harvest Box Extras

LOCAL! English Cuke - Wild Flight Farm
LOCAL! Green Cabbage (pointy!) - Green Croft
LOCAL! Walla Walla (sweet) Onion - Suncatcher
LOCAL! Green Kale - Wild Flight Farm
Cantaloupe - CA



This Week's HomeGrown Heroes

Green Croft Gardens - Grindrod
H&I Farm - Oliver
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Schneider-Brown Farm - Cawston
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 of poor quality, please inform us **within 48 hours**, and we'll provide a credit for your next order.*

Summer Farm/Producer Tour Series

See photos from past tours on our Urban Harvest Facebook page! Our next tour is:

2pm, Sun, Aug 4th @ Sproule's Red Barn (Oyama) Come see how Sproule's cherries are treated...from the tree to the box! You will see and experience first-hand how the cherries are picked, cooled, and packed. They have farm-gate sales available as well, and you will also taste freshly-pressed cherry juice! For info/directions, see www.sproulesredbarn.com. Please RSVP by Aug 1st.

Saturday Sale Updates!

- **July 27th - Oh Goodness Delights!** Grain free and gluten free breads such as coconut breads and almond breads. Please see www.ohgoodness.com for more info, ingredients, etc.
- **July 27th - Dolan's Meats** - Variety of natural, medication-free, pastured, and some organic, meat options. For more info, visit www.dolanhomedelivery.com.

We are open every Saturday, year-round, from 9am - 1pm at 806 Crowley Ave (north end of downtown Kelowna). Please see www.urbanharvest.ca/sale for a map to our location and our updated produce list.

A Smattering of Summer Camps

- **Figaro, the Magical Chef (music camp for 3-5 year olds)** - 9:30-11:30am, July 29 - Aug 1, at the Music & Movement for Children studio, located in the Mainstreet Community Church (Bernard/Elm): \$125. Contact Crystal to register: cryss44@hotmail.com or 250-868-2469.
- **Kids Circus Yoga Camp with Anita & Friends** - Kids Yoga, Juggling, Acrobatics, Theatre Games, Arts & Crafts. 9am to 1pm Aug 12-16 at the Scout Hall behind the Okanagan Mission Hall (Dehart & Lakeshore). 5 days for \$200/\$45 drop-in. Email anita@anitamcfarlane.com to register.
- **Eco-Blast Kids' Camp & Concert** - A week of eco-fun for kids aged 6-12 yrs - ecological songs with Voices of Nature, dance + eco-art, nature, gardening, and cooking experiences, and more! Includes healthy lunches with a local/organic focus! Hosted by the Fresh Outlook Foundation and the Okanagan Boys' & Girls' Clubs. \$129/child, register thru the Okanagan Boys' & Girls' Club. Find out more at www.freshoutlookfoundation.org.

Community Events/Updates



5th Annual Okanagan Feast of Fields Tickets On Sale!

This year's feast will take place at Little Church Organics (3609 Gordon Rd), from 1-5pm on Sun, Aug 18th. This is truly an amazing gastronomic experience, featuring local chefs, farmers, vintners, and celebrating local abundance! And this year, FarmFolk CityFolk is celebrating **20 years** of supporting sustainable agriculture and celebrating local food! Tix (\$95) available online at <https://www.eply.com/OKFeastofFields> (processing fees apply) or buy in person at Choices Market or Buy early as this event sells out every year! New this year: must be 19+ to attend! **Volunteer Opportunity!** If you would like to volunteer at the festival, email okfeast@farmfolkcityfolk.ca.

Cool Arts 4th Annual Fundraiser "Hot Night for a Cool Cause" Sat, July 27 from 6-10pm. and 14th. Celebrate 10 years of bringing accessible arts opportunities to adults with developmental disabilities in the Central Okanagan...with BBQ, dessert, silent auction, and live music by the Malarkeys...all in a lush orchard setting with an amazing view! Great art, good food, super music...all for a cool, cool cause! Tix \$35 ea @ Studio 111 at the Rotary Centre for the Arts, or email info@coolarts.ca.

Beet and Barley Salad with Rainbow Chard

(Adapted from www.thekitchn.com)

- 4 medium Beets, tops removed
- 1 C dry Pearl barley
- 1/2 large Red onion, minced (about 1 cup)
- 1 bunch (about 1 lb) Rainbow chard
- 3 Tbs Lemon juice from 1 lemon, divided
- 4 oz Feta, crumbled, plus extra for serving
- 2 1/2 Tbs extra-virgin Olive oil, divided
- Salt and Pepper to taste

Heat the oven to 450°F. Loosely wrap the beets in foil and roast them in the oven until they are just fork tender, 30 to 45 minutes. Let cool enough to handle, then peel and dice the beets into 1/2-inch cubes.

Meanwhile, cook the barley. Bring 4 cups of water to a boil. Add the barley and 1/2 teaspoon of salt. Reduce to a simmer, cover, and cook until the barley is tender, about 30 minutes. Drain the barley and return it to the pan. Cover with a clean dishtowel until ready to use. Place the onions in a small bowl and cover with cold water. Set aside to soak for at least 30 minutes.

Wash the chard and pat dry, but leave some moisture clinging to the leaves. Strip off the leaves, stack them in a pile, and slice them into 1/2-inch ribbons. Set aside. Dice the stems into small bite-sized pieces and set aside.

Heat 1 teaspoon of olive oil in a large skillet over medium heat. Sauté the diced chard stems with a pinch of salt until they start to turn translucent around the edges, 6 to 8 minutes. Add the ribbed chard leaves, half of the lemon juice (1 1/2 tablespoons), and a healthy pinch of salt. Continue to cook, stirring gently, until it is bright green and has wilted down, another 4 to 5 minutes. If the pan is very dry, add a few tablespoons of water so the chard can keep steaming.

Drain the red onion from the soaking water. Combine diced beets, cooked barley, chard stems and leaves, and red onion in a large mixing bowl. Let everything cool to room temperature, then stir in the feta. Whisk together the remaining lemon juice, 2 tablespoons of olive oil, and 1/4 teaspoon salt. Drizzle the vinaigrette over the salad and stir to evenly coat all the ingredients.

Taste the mixture. As needed, add salt 1/4 teaspoon at a time. Add pepper to taste. Serve family-style in a large bowl or in individual bowls with extra feta sprinkled over the top. Leftovers will keep refrigerated for one week. Serves 8-10.

Fresh Apricot Pasta Salad

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

- 4 oz Corkscrew pasta (fusilli)
- 6 fresh Apricots, sliced
- 2 small Zucchini, diced
- 1 Red bell pepper, sliced
- 1 Tbs chopped fresh Basil
- 2 C Salad greens (optional)

Cook pasta as package directs; rinse in cold water, drain and let cool. Combine pasta, apricots, zucchini, red pepper and basil in bowl. Toss with your favourite dressing and serve on a bed of salad greens, if desired.

Garlic Scapes in the Kitchen

To the untrained eye, garlic scapes may be viewed as something to simply trim away from the garlic bulb and throw into the compost bin. But, these hearty stalks are full of flavour and nutrients.

Garlic scapes are actually the "flower stalks" of hardneck garlic plants (although they do not produce flowers). If they are not cut, they eventually form small bulbils that can be planted to grow more garlic.

All garlic varieties produce a stem but only one (the hardneck Rocombole) has the thick curling stem. The longer and thicker they grow, the stronger the flavour and the more fibrous they will become. Thinner scapes can be chopped and put into a salad while thicker scapes may be sautéed or even pickled. If you can't decide which way to use them, you can freeze them and decide later.

Garlic Scape Dressing

(Recipe adapted from "Daphne's Dandelions" at <http://daphnesdandelions.blogspot.ca>)

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| 1 oz Garlic scapes | 1/4 C Olive oil |
| 1/4 C White wine vinegar | 1/2 C Mayonnaise |
| 3 Tbs Dijon mustard | 3 Tbs Honey |
| 1/4 tsp Salt | Pepper |
| few dashes of Worcestershire sauce | |

Blend until smooth.

Garlic Scape Hummus

(Recipe adapted from "The Garlic Farm" at www.garlicfarmct.com)

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| 2 cans of Chick peas (garbanzos), drained | 1 C Sesame seeds or Tahini |
| 2 Tbs Olive oil | 1/2 C Lemon juice |
| 1/2 C fresh chopped Garlic scapes | |

Place the ingredients in a blender and mix on high until a thick paste forms. Salt to taste. Variation: Add your favorite curry, to taste.

Garlic Scape Carbonara

(Recipe adapted from "Sarah's Cucina Bella" at <http://sarahscucinabella.com>)

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| 1/2 lb Campanella pasta, or shape of your choosing | 1 Tbs Oil |
| 1/4 C Garlic scapes, cut into 1/4 inch coins | 2 large Eggs |
| 1/4 tsp Salt | 1/4 tsp Red pepper flakes |
| 1/2 C freshly grated Romano cheese | |

Set a pot of water to boiling on the stove and cook the campanella pasta (or desired shape). In a pan, heat the oil and cook the chopped scapes until tender. Whisk together the eggs, salt and red pepper flakes. When the pasta is done, quickly remove it from the stove and set a different burner to low heat.

Drain the pasta and add it back to the pot, on the burner set to low. Stir in the garlic scapes. Add the egg mixture and stir for 3-4 minutes until sauce is thick and creamy. Don't let it overcook or it will be gloppy. Sprinkle the Romano cheese in, a little at a time, and stir to combine. Don't add it all at once or it won't mix throughout the pasta as well (since it will clump). Serve immediately.

Carrot and Garlic Scape Crostini

(Recipe adapted from "Fruit Guys" at <http://fruitguys.com>)

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| 8 slices of Baguette, cut 1/2-inch thick diagonally | 3 Tbs Olive oil, divided |
| 2 Tbs grated Parmesan cheese | 1 C Carrot, coarsely grated |
| 2 Tbs Garlic scapes, finely chopped | 1 Tbs finely chopped Onion |
| 1/2 tsp Salt | 1/4 tsp Pepper or pinch of hot Pepper flakes |

Preheat oven to 400°F. Place baguette slices on a baking sheet and brush lightly with about 1 tablespoon of olive oil, then sprinkle with the Parmesan. Place in oven until lightly browned and cheese is melted, about 8 minutes. Heat remaining 2 tablespoons of oil in a sauté pan over medium heat. Add onion, garlic, carrot, peppers, salt, and pepper. Sauté until soft, about 5 minutes, stirring frequently. Spoon onto the toasted crostini. Serves 2.

~ Article & Recipes Contributed by Angela Cleveland ~