



The Harvest Herald

(Ph/Info-line) 868-2704 (Email) order@urbanharvest.ca

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

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OKG Bread Special July 31-Aug 2

Chocolate Chip & Raisin Sourdough! A sourdough for those who like sweet chocolate chips, chewy raisins, and tart cranberries.

Regular Harvest Box

- LOCAL! Green Kale - Notch Hill Organics
- LOCAL! Leaf Lettuce - Notch Hill Organics
- LOCAL! English Cucumber - Wild Flight Farm
- LOCAL! Carrots - Roots & Greens Farm
- LOCAL! Fresh Garlic - Notch Hill Organics
- LOCAL! Warba Potatoes - Notch Hill Organics
- LOCAL! Zucchini - Harker's
- LOCAL! Cherries - Vialo/Harker's
- LOCAL! Apricots - Schneider/Brown
- LOCAL! Peaches - Harker's

Family Harvest Box Extras

- LOCAL! Chives - Wild Flight Farm
- LOCAL! Fava Beans (Broad Beans) - Wild Flight/Kazy
- LOCAL! English Shell Peas - Sunreal Organics
- LOCAL! Gold Bunched Beets - Notch Hill Organics
- LOCAL! Cauliflower - Suncatcher Farm



This Week's HomeGrown Heroes

- Blackbird Organics - Cawston
- Harker's Organics - Cawston
- Notch Hill Organics - Sorrento
- Quail's Farm - Vernon
- Kazy Farm Organics - Sorrento
- Roots & Greens Farm - Grindrod
- Schneider/Brown Farm - Cawston
- 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.

Last-Minute Produce Specials

In the summer months, we often end up with cases of this or that left over that need homes...if you are somebody who likes to do food preserving and make use of extras, you can watch for these as they come up on our Facebook and Twitter updates (you can click the Facebook or Twitter links at www.urbanharvest.ca to "like" us on Facebook or follow us on Twitter). If you do not use Facebook or Twitter, you can also log in to our order page on Sundays or Monday mornings to check the Produce Specials of our order page, as we will sometimes post extra specials there at that time. We will often have special deals on at our Saturday Sales as well - be sure to ask us what's on special if you're in on a Saturday!



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.

ORGANIC OKANAGAN FESTIVAL - Sunday, September 23rd is the date set for this year's Organic Okanagan Festival (OOF) at Summerhill Pyramid Winery. The date has been chosen to coincide with National Organic Week (see www.organicweek.ca to learn more). If you would like to be an OOF Exhibitor, entertainer, or volunteer, visit www.okanagangreens.ca for more info. Urban Harvest is looking forward to participating again this year, and we would love to see you there! Watch for more updates in coming weeks...

Grilled Peach and Mozzarella Salad

(Adapted from www.myrecipes.com)

4 Peaches
3 Green onions, sliced
1/4 C chopped fresh Cilantro
3 Tbs Honey
1 tsp Salt
1 tsp Lime zest
1/2 C fresh Lime juice
3/4 tsp ground Cumin
3/4 tsp Chili powder
1 1/2 Tb Tequila (optional)
1/3 C Olive oil
Vegetable cooking spray
1 head of Lettuce, thoroughly washed
3/4 lb fresh Mozzarella, cut into 16 (1/4-inch) slices

Peel and chop 1 peach. Cut remaining 3 peaches into 28 (1/4-inch-thick) rounds, cutting through stem and bottom ends. Process chopped peach, green onions, next 7 ingredients, and, if desired, tequila in a food processor 10 to 15 seconds or until smooth. Add oil, and pulse 3 to 4 times or until thoroughly combined.

Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350°F to 400°F (medium-high). Brush both sides of peach rounds with 1/3 cup peach dressing.

Grill peach rounds, covered with grill lid, over 350°F to 400°F (medium-high) heat 3 to 5 minutes on each side or until grill marks appear.

Arrange lettuce evenly on 4 plates. Alternately layer 4 grilled peach rounds and 4 cheese slices over salad on each plate. Top each with 3 more peach rounds. Drizzle with remaining peach dressing. Garnish, if desired.

Grilled Peach Sundaes

(Adapted from www.eatingwell.com)

2 Peaches, halved and pitted
1 tsp Oil
2 scoops nonfat Vanilla frozen yogurt or fruit sorbet
1 Tbs toasted unsweetened Coconut

Preheat grill to high. Brush peach halves with oil. Grill until tender. Place 2 peach halves in each bowl and top with a scoop of frozen yogurt (or sorbet) and coconut. Serves 2.

Peach Perfection

Peaches are a welcomed treat in the summer. While peaches are delicious eaten by themselves, they are also great to add to your favourite recipe or try a new one. Peaches are so versatile, you can add them to soup, sauces, drinks, salads and, of course, desserts.

Peach Gazpacho

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

1/2 C Water
1 Tbs Champagne vinegar, plus more to taste
2 Tbs extra-virgin Olive oil, plus more for drizzling
4 ripe Peaches, peeled, halved, pitted, and cut into chunks
1/3 medium Cucumber, peeled, seeded, and cut into chunks
2 Tbs coarsely chopped fresh flat-leaf Parsley or Cilantro
Garnish: finely chopped Red bell pepper and Hass avocado

1/2 Garlic clove, minced
coarse Salt and freshly ground pepper

Pulse 1/2 C water, the peaches, cucumber, garlic, vinegar, oil, 1/2 tsp salt, and 1/4 tsp pepper in a food processor until coarsely pureed. Thin with more water if desired. Refrigerate for at least 2 hours. Season with vinegar, salt, and pepper. Stir in herbs. Garnish with bell pepper and avocado. Drizzle with oil, and sprinkle with salt. Serves 4.

Peach Barbecue Sauce

(Recipe adapted from "Eating Well" at www.eatingwell.com)

2 ripe but firm Peaches, pitted and quartered
2 Tbs Cider vinegar
1/2 C chopped Onion
1/2 tsp Salt + Pepper to taste

1 medium Tomato, quartered and seeded
1 Tbs Oil
2 tsp finely chopped fresh Ginger
2 Tbs Honey

Puree peaches, tomato and vinegar in a food processor until smooth. Heat oil in a medium saucepan over medium-high heat. Add onion and cook, stirring occasionally, until golden brown, 5 to 7 minutes. Add ginger and cook, stirring frequently, until fragrant, 1 to 2 minutes. Add the peach puree, 1/2 teaspoon salt, honey and pepper to taste. Bring to a boil over high heat, then reduce the heat to a simmer. Cook until reduced by about half, 20 to 25 minutes. Reserve 1/4 cup of the sauce for basting; keep the remaining sauce warm in the saucepan until ready to serve. Use to baste for your favourite veggies or meat. Serve with the warm peach barbecue sauce on the side. Serves 4.

Homemade Peach Lemonade

(Recipe adapted from "About.com: Teens" at <http://parentingteens.about.com>)

2 Peaches peeled and cubed
3/4 C fresh Lemon juice

4 C Water
Sweetener to taste

Bring the peaches and water to a boil, and then simmer, about 10 minutes. Allow the mixture to cool, then strain through a sieve, pressing to extract as much juice as possible. Stir in the lemon juice, and add sweetener. Serve in tall glasses over ice. Serves 4.

Peach Pie Smoothie

(Recipe adapted from "Food Network" at www.foodnetwork.com)

1/2 C Milk
1 C unsweetened Peaches, frozen
1/4 tsp Vanilla extract
Pinch ground Nutmeg

1/2 C nonfat plain Yogurt
1 Tbs Honey, plus more to taste
1/8 tsp ground Cinnamon
Pinch ground Ginger

Put all ingredients into a blender and blend until smooth.

~ Article & Recipes Contributed by Angela Cleveland ~