



The Harvest Herald

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

July 26-28, 2011

Issue #576

OKG Bread Special Aug 2-6

Summer Apple Calzone! A twist - or fold - on the standard bread recipe. This loaf features tart summer apples, poached with cinnamon sugar, stuffed inside a light milk dough pocket. Heat and serve with vanilla ice cream!

Regular Harvest Box

LOCAL! Red Leaf Lettuce - Notch Hill Organics
LOCAL! Carrots - Roots & Greens Farm
LOCAL! Zucchini - Kazy/Harker's/Roots
LOCAL! Golden Beets (with greens!) - Wild Flight
LOCAL! Red Chieftain New Potatoes - Pilgrim's
LOCAL! Fresh Garlic - Hawfield Farm
LOCAL! Fennel - Wild Flight Farm
LOCAL! Green Summer Cabbage - Wild Flight Farm
LOCAL! Peaches (1st of season!) - Nazaroff Farm
LOCAL! Cherries (various) - Vialo/Harker's/Calissi

Family Harvest Box Extras

LOCAL! Fresh Basil - Wild Flight/Roots
LOCAL! Spinach - Notch Hill Organics
LOCAL! English Cucumber - Wild Flight Farm
LOCAL! Sweet Orin Apples - Harker's
BC! Tomatoes-on-the-Vine
Valencia Oranges - CA



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Calissi Farm - Kelowna
Harker's Organics - Cawston
Hawfield Farm - Cawston
Isaac's Organics - Kelowna
Kazy Farm Organics - Sorrento
Nazaroff Farm - Oliver
Notch Hill Organics - Sorrento
Pilgrim's Produce - Armstrong
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
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.*

Holiday Schedule Next Week!

Please note that we will be delivering on a holiday schedule next week (week of July 31 to Aug 5th), due to the BC Day holiday on Mon, Aug 1st. If you will be receiving a delivery next week, please expect your delivery one day later in the week than usual. We apologize for the inconvenience and appreciate your understanding!

Community Events/Notices

"Sneak a Peek" at the *Father Pandosy Mission 150th Anniversary Commemorative Sculpture* (work-in-progress), Wed, Aug 10th from 7:30-9pm at the Alternator Gallery and Studio 111 at the Rotary Centre for the Arts, 421 Cawston Ave. The Okanagan Historical Society has been working with local artist Crystal Przybille to realize a life-sized, bronze sculpture that will become part of Kelowna's Public Art Collection (to be installed in Mission Recreation Park in March of 2012) to inspire contemplation of local history for generations to come. This is your chance to meet the artist, see the work in progress, and perhaps even consider making a contribution to this exciting legacy project! (Over 75% of the project budget has been raised through community donations and a \$49,000 Legacy Grant from Canadian Heritage. Donations from the community are being sought to fulfill the fundraising goals.) A limited edition of 20 artist-signed bronze maquettes is also being sold at \$5,000 each (tax inclusive). The limited edition preserves the work as a Fine Art Investment.

Sunshine Farm Seed Growers Workshop Sun, Sept. 4th, 10am to 3pm. \$20 per person includes lunch! Learn the basics of seed production with tips and tricks from 2 experienced seed growers. Take part in hands-on harvesting and cleaning, using simple but effective methods. This workshops should be of interest to small-scale market gardeners, urban SPIN farmers and gardeners and homesteaders eager to expand their skills in this important aspect of food production. Presented by Patrick Steiner of Stellar Seeds and Jon Alcock of Sunshine Farm Seeds. Sponsored in part by FarmFolk/CityFolk. Space is limited, Please register with Sher at sunshinefarm@shaw.ca.

Orchard Corners is taking orders for free-range broiler chickens, available mid-October. (Not organic, but non-medicated.) \$4/lb. They do still have a few frozen birds available from the spring batch as well. Please call 250-765-8114 for details.

Quality Farms is ALSO taking orders for free-range broiler chickens, as well as turkeys, for July 29 and July 30 respectively. \$4/lb for chickens (4-9 lbs) and \$4.25/lb for turkey (15-28 lbs).

Cloth Diapering Just Got Easier Again! Tidy Tushees would like to let everybody - that is, everybody with an interest in keeping babies' bottoms clean and comfy! - know that they are officially back up and running and actively signing up new clients. Tidy Tushees is our local cloth diaper service, and Michelle Muhlbach has recently taken over as the new "mom", from former owner Kelly Paley. To find out more (or to get up to speed on cloth diapering in general), visit www.tidytushees.ca.

Indigo Adults Open Discussion Group A non-judgmental, not-for-profit support and networking opportunity for adults who are sensitive, passionate, intuitive, outspoken, synchronistic, and nurturing. Every 1st Wed of the month at the Bean Scene, 274 Bernard Ave, from 6-8pm. Contact Selena @ selena-w@live.com.

Share Your Community News! We are happy to post your community events and notices here! Send a 50-75 word "blurb" via email to Lisa at order@urbanharvest.ca by the Saturday leading up to the week you would like your notice to run, and we'll be happy to include it (space permitting, of course!). No advertising, please.

Fennel Apple Salad

(Adapted from www.foodnetwork.ca)

For the Vinaigrette:

- 2 Apples, quartered and cored.
- 1 C Cider vinegar
- 2 Tbs Brown sugar
- 1 heaping Tbs of Dijon mustard
- 1 C Olive oil
- Salt and Pepper

To make the vinaigrette, place 2 apples, cider vinegar, brown sugar and mustard in a small saucepan and cook until soft. Puree with olive oil and season with salt and pepper.

For the Salad:

- 1 bulb of fresh Fennel, sliced thinly and fronds reserved
- 1 Apple, sliced thinly

Put the sliced fennel, fennel fronds and sliced apple in a large salad bowl and toss with a few spoonfuls of the warm apple vinaigrette.

Fennel Tzatziki

(Adapted from www.styleathome.com)

- 1 C Greek-style Yogurt
- 1/2 C finely grated Fennel
- 2 Tbs chopped Fennel fronds
- 1/2 tsp Salt
- 1/2 tsp grated Lemon zest
- 1 Tbs freshly squeezed Lemon juice
- 1/2 tsp minced Garlic

Spoon the yogurt into a fine mesh strainer lined with several layers of heavy-duty paper towels or cheesecloth and drain over a bowl for 15 to 20 minutes. Discard liquid and scrape the yogurt into the bowl using a rubber spatula.

Using your hands, squeeze grated fennel to extract as much liquid as possible. Add fennel and remaining ingredients to yogurt and stir well. Serve with grilled kebabs. Makes 1 cup.

Creating with Cabbage

Green cabbage is an excellent staple in the summer. It is easy to store, simple to use and lends itself to a huge variety of salads. In addition, green cabbage is an excellent source of vitamins K and C. Here are some great recipes that use cabbage in a assortment of different ways.

Summer Cabbage Salad

(Recipe adapted from "Lancaster Farm Fresh" at <http://lffccsarecipegroup.blogspot.com>)

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| 2 C shredded fresh Cabbage | 1/2 C finely chopped Red onion |
| 1/2 C finely chopped Green onion | 3 Apples, unpeeled, finely chopped |
| 1/2 C Raisins | 3 Tbs Apple cider vinegar |
| 2 Tbs Brown sugar | 3 Tbs Apple juice |
| 2 Tbs Salad oil | 1/2 tsp Salt |
| 1 dash ground Cloves | 1 dash Black pepper |

In a large salad bowl, combine the cabbage, red onion, green onion, and apples. Add raisins. For dressing, combine the remaining ingredients. Stir to blend. Pour dressing over salad ingredients. Stir to coat. Chill for at least 1 hour before serving.

Cabbage Stuffed with Bulghar Wheat

(Recipe adapted from "Abel and Cole" at www.abelandcole.co.uk)

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| 1 small green Cabbage, core removed | handful finely chopped Parsley |
| 2 Onions, chopped | 4 Celery stalks, chopped |
| 1/4 tsp Italian seasoning | 1 Tbs Olive oil |
| 1 clove Garlic, peeled and crushed | 2 tins chopped Tomatoes |
| 4 C Water | 1 lb dry Bulghur |
| 3 Tbs Tomato paste | 1/2 C Water |

Preheat oven to 375°F. Place the cabbage head in a steamer and steam until all the leaves are soft and separate easily. Sauté the parsley, onions, celery, seasoning, and garlic in the oil until the onions are soft. Add the tomatoes, water and bulghur. Cook for about 1/2 hour over medium heat, stirring occasionally, until the bulghur is tender. Remove from heat. To stuff the cabbage leaves, place a spoonful of mixture in centre of each leaf. Starting at one side, roll the leaf up and fold the ends under. Place in a deep baking pan. Mix the tomato paste with about 1/2 cup water and pour this over the stuffed cabbage leaves so they remain moist during baking. Cook until the cabbage has heated through.

Cabbage, Fresh Fennel, and Carrot Slaw

(Recipe adapted from "Epicurious" at www.epicurious.com)

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| 1 2 1/2 lb Cabbage, quartered, cored, very thinly sliced (about 18 cups) | |
| 2 fresh Fennel bulbs, trimmed, halved, very thinly sliced (about 3 cups) | |
| 1 small Onion, thinly sliced | 1 large Carrot, peeled, coarsely shredded |
| 3/4 C Mayonnaise | 1/2 C Sour cream |
| 2 Tbs fresh Lemon juice | 1/2 tsp Sugar |
| 1/2 tsp Hot pepper sauce | |

Combine cabbage, fennel, onion, and carrot in large bowl. Whisk mayonnaise, sour cream, lemon juice, sugar, and hot sauce in medium bowl to blend. Season dressing to taste with salt and pepper. Add dressing to cabbage mixture; toss to coat. Season slaw to taste with salt and pepper. Refrigerate at least 1 hour and up to 2 hours, tossing occasionally. Transfer to serving bowl.

~ Article & Recipes Contributed by Angela Cleveland ~