



The Harvest Herald

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July 27-29, 2010

Issue #526

Next Week's Bread Special from Okanagan Grocery!

Apricot & Chai Brioche! Sweet local apricots on a rich, fragrant Chai-infused brioche base. Toast and butter, and top with honey.

Regular Harvest Box

Local! Leaf Lettuce - Notch Hill Organics
Local! Summer Squash (use like zucchini) - Notch Hill
Local! Radishes - Notch Hill Organics
Local! Carrots - Roots & Greens
Local! Rainbow Chard - Wild Flight/Roots
Local! Warba Nugget Potatoes - Wild Flight Farm
Local! Yellow/Green Beans - Wild Flight Farm
Local! Green Onions - Wild Flight Farm
Local! Spring Mix - Little Creek Gardens
Local! Early Red Haven Peaches - Nazaroff Farm
Local! Apricots - Cawston

Family Harvest Box Extras

Local! Chioggia (striped) Beets - Notch Hill Organics
Local! Savoy Cabbage - Wild Flight Farm
Local! Garlic Scapes (curls) - Wild Flight Farm
Local! English Cucumber - Wild Flight Farm
Local! Cherries (Lapins) - Mennell Farms



This Week's HomeGrown Heroes

Harker's - Cawston
Little Creek Gardens - West Kelowna
Mennell Farms - Cawston
Nazaroff Farms - Oliver
Notch Hill Organics - Sorrento
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.

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

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 30th at the Kelowna Community Theatre. Doors @7pm, Show 8pm-10pm. Tix: Adults \$39, Students \$25 at 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) and Arthur (designmodestudios.com) set the stage with audio, video and performance designed for interaction.

9th Annual Komasket Music Festival This Weekend! 3 days of incredible music, camping, swimming, and dancing on the powwow grounds of the Okanagan Indian Band. Good times for all ages...and the lake-side setting is perfect for cooling off after a high-energy dance session too! This is a true jewel of the Okanagan summer! For more info, please visit www.komasketmusicfestival.com.

Park & Play in your Neighbourhood! Join the City of Kelowna this summer in your neighbourhood park. Bring your family & friends, get to know your neighbours, and enjoy some active, family fun! This event runs from 5-8pm. In AUGUST, the Park & Play locations/days are as follows: Mondays @ Hollydell Park (Rutland); Tuesdays @ Ben Lee Park (Rutland); Wednesdays @ Jack Robertson Memorial Park (Old Glenmore); Thursdays @ Caro Park; Fridays @ Cameron Park (Richter & Birch)

Yogurt Dill Dip with Carrots and Radishes

(Adapted from www.canadianliving.com)

- 1/2 C Yogurt
- 2 Tbs Mayonnaise
- 1 Tbs chopped fresh Dill (or 1 tsp/5 mL dried dillweed)
- 1 clove Garlic, minced
- 1/4 tsp each Salt and Pepper

In small bowl, mix together yogurt, mayonnaise, dill, garlic, salt and pepper. Serve with carrot sticks and radishes.

Green Beans, Feta and Pecans

(Adapted from www.greenbeansnmore.com)

- 1 1/2 lbs fresh Green beans, trimmed and cut into 1-inch pieces
- 2/3 C Olive oil
- 1 tsp dried Dill weed
- 1/3 C White wine vinegar
- 1/2 tsp minced Garlic
- 1/4 tsp Salt
- 1/4 tsp freshly ground Black pepper
- 1 C coarsely chopped Pecans, toasted
- 1/4 C diced Red onion
- 1 C crumbled Feta cheese

Cook green beans in large saucepan of boiling water, about 4 minutes. Drain, immerse in cold water, drain, and pat dry.

Combine olive oil, dill, vinegar, garlic, salt and pepper in a small bowl. Whisk to blend. Place beans in a shallow serving dish. Toss with dressing. Sprinkle with pecans, red onion and feta, toss and serve.

Summer Squash Salad

(Adapted from <http://allrecipes.com>)

- 2 C torn Lettuce
- 1/3 C thinly sliced Carrot
- 1/3 C thinly sliced yellow Summer squash
- 3 Radishes, sliced
- 1/4 C reduced-fat Italian salad dressing (or your favourite dressing)

In a bowl, toss the lettuce, carrots, yellow squash and radishes. Serve with dressing.

Natural Summer Remedies

Sun, sand, and surf - three images that paint a picture of summer. But often, while we are out enjoying ourselves, we forget about seeking shade or slapping on the sunscreen. By the end of the day, we are paying for our forgetfulness with a painful sunburn. Mosquitoes and wasps are another source of angst during the summer months. But, if we do get bit, stung, or burned, we can easily and safely treat them with simple ingredients we can find in our home (adapted from www.grandmashomeremedies.com).

Mosquito Bites:

- Fruity Relief: Try applying lemon juice (or slices), lime juice (or slices), or rubbing the inside of a banana peel on a bite.
- Create a Paste: Make a paste to treat your symptoms. Baking soda, meat tenderizer, salt, Epsom salts, Tums tablets, and aspirin are the most common ingredients used to mix with water in order to create a healing paste.
- Herbal Remedy: Mix one teaspoon each of lavender oil and vegetable oil. Apply the mixture to your bite. The lavender will reduce swelling and take away the itching.
- Apple Cider Vinegar: Rub apple cider vinegar directly on mosquito bites for quick relief.
- Toothpaste: Using a cotton swab, apply toothpaste (preferably peppermint flavor) to a mosquito bite to combat itching.
- Salt: Create a paste using water to moisten a small amount of salt. Apply to your bite to relieve itchiness and swelling.

Wasp Stings:

- Butter Knife: One of the first things you must do in order to treat a wasp sting is remove the stinger. Use a dull butter knife to scrape against your skin in the opposite direction that the stinger entered your skin.
- Apple Cider Vinegar: Soak a cotton pad with the vinegar and place on the sting site until the pain fades. The acid found in apple cider vinegar will neutralize the venom of a wasp sting.
- Basil: Release the natural oils of basil by crushing a fresh leaf or two. Directly press to the sting site and hold in place for five minutes.
- Baking Soda: Soothe an irritated sting site by applying baking soda. Another option is to mix equal parts of baking soda and vinegar to create a paste for the skin.
- Potato: Slice a potato and place the cut side of one half directly on your wasp sting. Hold the potato in place to enjoy instant pain relief.
- Onion: After removing the stinger, cut an onion in half and gently rub on the sting site. Within five minutes, the swelling, redness and pain should subside. The onion also contains helpful antibacterial properties.

Sunburns:

- Aloe Vera: For soothing relief, apply the gel from the leaves of the aloe vera plant to sunburn when needed.
- Calendula: Infuse one heaping tablespoon of calendula herb into one cup of water. Strain the contents, and let cool. Apply as a lotion to your sunburn.
- Oatmeal: Wrap dry oatmeal in a wad of gauze or cheesecloth, followed by running cool water through it. Wring out the excess water and apply the compress to sunburned skin for 20 minutes every two to four hours.
- Tea Bags: Apply a couple of wet tea bags to sunburned skin. If you've really overdone it, add a couple tea bags to your bathwater and soak your entire body.
- Yogurt: Treat mild sunburn with cold, plain yogurt. The coldness of the product provides relief, while also delivering helpful moisture to damaged skin. Rinse with cool water after the soothing effects have passed