



The Harvest Herald

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

July 31-Aug 2, 2012

Issue #626

OKG Bread Special Aug 8-10

Carrot & Raisin Loaf! A moist, colourful and fragrant loaf with shredded carrot and chewy raisins. Try serving with Carmelis goat yogurt cheese!

Regular Harvest Box

LOCAL! Gold Beets (with tasty greens!) - Notch Hill
LOCAL! Basil - Wild Fl/Roots/Harker's
LOCAL! Fava Beans (Broad Beans) - Wild Flight
LOCAL! Warba Potatoes - Wild Flight Farm
LOCAL! Pattypan Summer Squash - Pilgrim's/Harker's
LOCAL! Green Cabbage - Green Croft Gardens
LOCAL! Garlic Curls - Wild Flight Farm
LOCAL! Peaches - Nazaroff Farm
LOCAL! Apricots - Schneider/Brown
LOCAL! Sumac Apples (please refrigerate!) - Vialo

Family Harvest Box Extras

LOCAL! English Cucumber - Wild Flight Farm
LOCAL! Carrots - Green Croft Gardens
LOCAL! Fennel - Wild Flight Farm
LOCAL! Radishes - Wild Flight Farm
LOCAL! Cherries - Harker's



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green Croft Gardens - Grindrod
Harker's Organics - Cawston
Nazaroff Farm - Oliver
Notch Hill Organics - Sorrento
Pilgrim's Produce - Armstrong
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Schneider/Brown Farm - Cawston
Suncatcher Farm - 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.

Holiday Schedule Next Week!

We will be delivering on a holiday schedule next week, due to the BC Day holiday! If you are receiving next week, please expect it one day later in the week than usual. Tuesday customers will receive their orders on Wed, Aug 8; Wednesday customers on Thurs, Aug 9; and Thursday customers on Fri, Aug 10.

Saturday Sale Updates/Guest Vendors

- Aug 11th - The Canadian Federation of University Women will be selling **Cafe Feminina**, organic coffee purchased from women producers in 9 countries. Coffee is purchased at 2 cents above fair-trade prices, supporting women's autonomy and community well-being. \$4 from each sale goes toward the CFUW scholarship/bursary fund. They will also be selling some ADORABLE hand-made stuffies. The porcupine is a "must-cuddle!"
- Aug 18th - **Real Raw Foods** (Naramata) - raw, organic nuts, seeds, dried fruit, and more! See www.realrawfood.com for more info.
- Also on Aug 18th - **Swheatgrass FROZEN Organic wheatgrass pucks** - for sampling and for sale! Pick Up a New Mid-Afternoon pick-Me-Up! Ditch the coffee, soda and energy drinks. Instead opt for a shot of the phenomenal super food: wheatgrass. It's full of antioxidants, stimulates metabolism and alkalizes the body. Add a frozen cube of wheatgrass to your daily smoothie or simply dissolve a cube in either water or juice. So easy! Swheatgrass Organic Wheatgrass is locally grown and 100% organic (not certified, but seed and soil are both certified organic, water is filtered and no fertilizers or pesticides are used). 18 cubes for \$24 (cubes are just under an ounce, so the cost works out to \$1.67/oz - much lower than the \$3+ per ounce the you might pay at a juice bar, especially since there's no travel involved once you have them in your freezer!).

Dr Oz's Fountain of Youth Shake (courtesy of Liane at Swheatgrass!) This recipe is full of ingredients to help keep your body feeling young! The coconut water keeps skin hydrated, and wheatgrass is a superfood that keeps damaging toxins from invading your skin. Coupled with a slew of powerful antioxidants, this shake provides a perfect mix of healthy ingredients that will detox your body and keep your skin from aging prematurely.

- Ingredients: 1 cup coconut water; 2-3 frozen wheatgrass cubes; 2 handfuls spinach; 3 pineapple spears; $\frac{1}{2}$ lemon, peeled; 1 small green apple; 1 tbsp ginger
- Directions: Pour all ingredients into a blender, blend to desired consistency, and enjoy!

Community Events/Notices

4th Annual Okanagan Feast of Fields at Claremont Ranch Organics in Lake Country, Sun, Aug 12th, from 1-5pm. 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 (<http://ffcf.bc.ca>).

**Our draw for 2 free FOF tickets will take place next Fri, Aug 3rd. Deadline for entries is Aug 2nd! Check your July Harvest Herald issues for entry form if you haven't yet submitted one. If you no longer have a copy, check any July newsletter in our newsletter archive at www.urbanharvest.ca/news/.

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...

Gabriel's Sautéed Fava Beans

(Adapted from www.food.com)

boiling Water
Salt
Ice
Water

2 lbs fresh Fava beans, in the pod (yields about
1 1/2 to 2 cups shelled beans)
1 Tbs Butter
1 tsp Olive oil
2 Garlic cloves, minced, to taste
Salt and freshly ground Black pepper, to taste

First, shell the beans from the fava pods. In a large saucepan, bring water to a boil, then add some salt. In a bowl, combine ice and tap water to make ice water; set aside.

Add the shelled beans to the boiling water and let cook for about 3 minutes, then remove from saucepan and immediately plunge into the ice water to halt the cooking. Let the beans cool, then peel the outer skin from each of them.

Over medium heat in a skillet, melt together the butter and olive oil, then add the garlic and sauté for 1 minute. Add the peeled fava beans and sauté for about 5 to 7 minutes, or until they are done to your preference.

Moroccan Fava Bean Salad with Olive Oil and Spices

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

1 lb (500 g) shelled fresh Fava beans
3 cloves Garlic, finely chopped
2 tsp Paprika
1 tsp Cumin
4 Tbs Olive oil
1 C Water
1 Tbs Lemon juice, or more to taste
1/2 tsp Salt, or more to taste
3 Tbs chopped Parsley or Cilantro
1/2 preserved Lemon, cut into quarters
(optional)

Place the fava beans, garlic, spices, olive oil and water in a small pot. Bring to a simmer, cover, and cook for about 20 minutes. Add the salt and lemon juice, cover, and continue simmering for another 5 to 10 minutes or until the sauce is reduced to oil and spices.

Stir in the parsley and preserved lemon, taste for salt, and serve warm or at room temperature.

Camping Ideas

Camping is a favourite activity for many families - especially on long weekends! Finding a way to prepare and cook healthy meals can be difficult, but it is possible. Here is a sample of a daily menu. Just add fresh fruits and vegetables alongside for a healthy and delicious meal.

Breakfast:

Hearty Oatmeal Mix

(Recipe adapted from "Gaia Life" at <http://blog.gaia.com>)

2 C instant Rolled oats	2/3 C powdered Milk
2 Tbs Brown sugar	1/2 C golden Raisins
1/4 C slivered Almonds	1/4 C Wheat germ
1 tsp Cinnamon	

In a bowl, combine the rolled oats, milk, brown sugar, raisins, almonds and cinnamon. Stir to combine completely. Transfer to a storage bag or container for camping. To prepare, put 1/2 cup oatmeal mix in a bowl. Stir in 1/2 cup boiling water. Let sit for 1 to 2 minutes until the oatmeal thickens, and stir again before serving. For thicker oatmeal, use a little less water. Serves 4.

Lunch:

Bugs Bunny Bagels

(Recipe adapted from "Camp Recipes" at <http://camprecipes.com>)

1/4 C Peanut butter	1 small Carrot, shredded
1 Tbs Sunflower seeds, shelled	1 Tbs Raisins or dried Currants
1 Tbs Honey	2 Wheat bagels, split

Combine all the ingredients except the bagels. Spread the mixture on two bagel halves and top with the remaining bagel halves.

Dinner:

Campout Chili

(Recipe adapted from "Truth and the Life" at <http://truthandthelife.com>)

1 large Red bell pepper, seeded & chopped fine	3 Tbs Oil
1 medium Onion, chopped fine (about 1 cup)	8 medium cloves Garlic, minced
1 Tbs ground Cumin	3 Tbs Chili powder
1/4 tsp Cayenne pepper	1 28-oz can crushed Tomatoes
1 tsp dried Oregano	1 Tbs Brown sugar
3 C canned Beans, drained and rinsed	1 C frozen Corn kernels, thawed
4 Sweet potatoes or regular Potatoes	1 1/2 tsp Salt
1/4 C coarsely chopped fresh Cilantro	1 Tbs Lime juice

Heat the oil in a large pot over med-high heat until about shimmering. Meanwhile, cook the potatoes (wrapped in tin foil) over coals for about 1 hour, turning occasionally. Add the onion and cook until translucent and slightly softened, about 3 mins. Add the red pepper and cook until it and the onion are soft and slightly browned around the edges, about 3 minutes. Add the garlic and cook until fragrant, about 1 minute. Sprinkle the ground cumin into the center of pot and cook for 30 seconds, stirring constantly. Add the chili powder and cayenne pepper and stir to coat the vegetables. Cook until fragrant, about 1 minute. Add 2 cups of water and stir well to combine, scraping up any browned bits from the bottom of the pot. Bring to a boil, reduce the heat, and simmer until slightly thickened, about 5 minutes. Stir in the tomatoes, oregano, and brown sugar, and bring back to a simmer. Simmer until slightly thickened, about 25 minutes. Add the beans and corn and stir gently to incorporate. Remove the pot from the heat and stir in salt, cilantro, and lime juice immediately before serving. Open up the sweet/regular potatoes and pour chili over!