



# The Harvest Herald

(Ph/Info-line) 868-2704 (Email) [order@urbanharvest.ca](mailto:order@urbanharvest.ca)

Place Orders On-line at: [www.urbanharvest.ca](http://www.urbanharvest.ca)

July 4-6, 2012

Issue #622

## OKG Bread Special July 10-12

Chickpea & Masala Flatbread - whole wheat flatbread, containing masala spice and topped with delicious chickpea spread. Great with grilled meats or veggies!

## Regular Box - 100% Local/BC

LOCAL! Arugula - Wild Flight Farm  
LOCAL! Green or Red Leaf Lettuce - Notch Hill  
LOCAL! Garlic Curls - Wild Flight Farm (*chop finely and use in place of garlic*)  
LOCAL! Napa Cabbage - Wild Flight  
LOCAL! Carrots - Roots & Greens Farm  
LOCAL! Curly Parsley - Wild Flight/Roots & Greens  
LOCAL! Spinach - Notch Hill Organics  
LOCAL! Rhubarb - Wild Flight/Notch Hill  
LOCAL! Celeste Cherries - Vialo Orchard  
BC! Broccoli

## Family Harvest Box Extras

LOCAL! Spring Mix - Wild Flight Farm  
BC! English Cucumber  
Valencia Oranges - CA  
Cantaloupe - CA  
Bananas - MEX  
Kent Mango - MEX

## All-Local/BC Regular Harvest Box this Week!

In honour of Canada Day, we've put together a unique selection of all local (and 1 BC) items for this week's Regular Harvest Boxes - not an easy task given that it's still early in the season and the sunshine has not been coming out to play nearly often enough! Our Family Harvest Boxes do have some additional (imported) fruit items, and of course, many of you will have made substitutions to your order to include imported items as well, but we are pleased to be placing more of your food dollars in the hands of local/BC growers! Let us know how you've "pushed the envelope" this week to adjust your meal-planning to what's available locally, and you could win a case of LOCAL cherries! Yumm...

## Win Tickets to the 4<sup>th</sup> Annual Okanagan Feast of Fields!

The 4<sup>th</sup> Annual Okanagan Feast of Fields will take place at Claremont Ranch Organics in Lake Country this year, from 1-5pm on Sun, Aug 12<sup>th</sup>. 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 100<sup>th</sup> 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](http://www.feastoffields.com). All proceeds support the work of FarmFolk/CityFolk. To apply as a volunteer, please email [okfeastvolunteers@gmail.com](mailto:okfeastvolunteers@gmail.com).



**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 2<sup>ND</sup>!

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

**Science Opportunities for Kids (SOKS)** is a not for profit organization that runs summer camps for kids throughout the summer! The camps give kids unique hands-on experience to excite them about things like science, nature and sustainability. For more info: [www.soks.ca](http://www.soks.ca) or call 250-763-4427.

**Kids CircusYoga Summer Camp** with Anita McFarlane & Friends! Kids yoga, acrobatics, circus arts, juggling, theatre games, arts & crafts, and more! Aug 13-17 OR Aug 20-24. 9am to 1pm. \*Early bird \$200 (before Aug 1). Email [anita@anitamcfarlane.com](mailto:anita@anitamcfarlane.com) or call 250-863-7320 to register.

**Shakti Yoga & Art Mother/Daughter Retreat!** 5-day retreat, offered by Iyengar yoga instructor Krisna Zawaduk and visual artist Rena Warren. Experience a journey of yoga philosophy, asanas, and pranayama, and create a unique mandala in block print! (no exp. needed!) July 18-22, from 9:30am to 3:30pm at the Kelowna Yoga House. \$250/person. (Min. age 13 years.)



## This Week's HomeGrown Heroes

Blackbird Organics - Cawston  
Green City Acres - Kelowna (*non certified organic*)  
Harker's Organics - Cawston  
Notch Hill Organics - Sorrento  
Pilgrim's Produce - Armstrong  
Quail's Farm - Vernon  
Roots & Greens Farm - Grindrod  
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.*

## Rhubarb Frozen Yogurt

(Adapted from [www.canadianliving.com](http://www.canadianliving.com))

- 2 C stewed Rhubarb
- 1/2 C plain low-fat Yogurt
- 3 Tbs granulated Sugar (or equivalent of your favourite sugar substitute)
- 2 Tbs Orange juice

In food processor, puree stewed rhubarb until smooth; blend in yogurt, sugar and orange juice. Freeze in ice-cream maker following manufacturer's instructions. Or, cover and freeze in shallow metal pan for 3 to 4 hours or until almost firm. Break up mixture and process in food processor, in batches if necessary, until smooth. Freeze in chilled airtight container for 1 hour or until firm.

## Rhubarb Vegetable Soup

(Adapted from [www.rhubarb-central.com](http://www.rhubarb-central.com))

- 1 C dried Lentils or a mixture of dried beans, peas, lentils and barley
- 2 1/2 Tbs Vegetable oil
- 2 C chopped, fresh Carrots
- 2 C chopped, fresh Celery
- 2 medium size Onions, chopped
- 1 C finely chopped Rhubarb
- 7 C boiling Water
- 6 Tbs Vegetable soup base
- 1/4 C Parsley, divided
- Salt and Pepper, to taste
- 6 Tbs Sour cream, yogurt or crème fraîche, for garnishing

Soak the lentils or dried bean mixture in a bowl of boiling water before starting to prepare the soup. In a bowl, mix the soup base in 7 cups boiling water to dissolve (or use 7 C of stock). In a Dutch oven pan, over medium heat the vegetable oil, then add the onions and salt and pepper to taste, and sauté them. Add the chopped carrots and celery and sauté together for about 6 minutes, or until vegetables have begun to soften.

Add the chopped rhubarb and one half of the parsley, and continue sautéing for a bit longer. Drain the lentils (or the mixed dried beans), and add them to the pan. Add the soup base, and salt and pepper to taste, and bring the entire mixture to a boil. With the pan lid slightly ajar, reduce heat to low, and simmer mixture for about 25 minutes or until the lentils are tender. Allow the rhubarb vegetable soup to cool slightly, and serve with a sprinkling of parsley, and a dollop of yogurt, sour cream, or crème fraîche.

## Summer Salads

With such an assortment of beautiful veggies this week, it's easy to be inspired to create fresh summer salads. Taking advantage of the fresh greens this week, you can give them a kick and add spices, or you can pair them up with seasonal herbs. The possibilities are endless, but here are a few to get you started:

### Spiced Napa Cabbage Salad

(Recipe adapted from "My Recipes" at [www.myrecipes.com](http://www.myrecipes.com))

- 1/2 English cucumber
- 1 C shredded Carrots
- 1/2 Tbs Asian fish sauce (nuoc mam or nam pla)
- 1 1/2 tsp Soy sauce
- 1/2 clove Garlic, minced
- 1/2 fresh Jalapeño chili, stemmed, seeded, and minced
- 3 C finely shredded Napa cabbage
- 1/4 C Rice vinegar
- 1/2 Tbs Asian (toasted) sesame oil
- 3/4 tsp Sugar
- 1/2 C unsalted dry-roasted Peanuts

Slice cucumber in half lengthwise, trim off ends, and scoop out and discard seeds. Thinly slice cucumber. In a wide bowl, combine cabbage, carrots, and cucumber. Mix vinegar, fish sauce, sesame oil, soy sauce, sugar, chili, and garlic. Pour over salad and mix. Serve, or cover and chill up to 4 hours. Sprinkle with peanuts and mix. Serves 4.

### Arugula Salad with Shaved Parmesan and Balsamic Vinaigrette

(Recipe adapted from "The Food Network" at [www.foodnetwork.com](http://www.foodnetwork.com))

- 1/4 C Balsamic vinegar
- 1 tsp Sugar
- freshly ground Black pepper
- 12 oz fresh Arugula, washed and dried
- 1 clove Garlic, peeled and smashed on a cutting board with the side of a knife, or more to taste
- 1 tsp Dijon mustard
- 1/2 tsp Salt
- 1/2 C extra-virgin Olive oil
- 2 oz shaved Parmesan

In a small stainless steel or glass bowl, whisk together the vinegar, mustard, sugar, salt, pepper, and garlic until the sugar and salt are dissolved. While continuing to whisk, add the olive oil in a thin, steady stream until emulsified. Taste and adjust the seasoning, if necessary. Place the arugula in a large salad bowl and toss with some of the vinaigrette.

Divide the salad among serving plates and garnish with shaved Parmesan. Serve immediately. Note: This recipe makes approximately 3/4 cup Balsamic Vinaigrette. Any remaining vinaigrette will keep for up to 2 weeks stored in a non-reactive container in the refrigerator.

### Quinoa and Parsley Salad

(Recipe adapted from "My Recipes" at [www.myrecipes.com](http://www.myrecipes.com))

- 1 C Water
- 3/4 C fresh Parsley leaves
- 1/2 C thinly sliced Green onions
- 3 Tbs fresh Lemon juice
- 1 Tbs Honey
- 1/4 C unsalted Pumpkinseed kernels, toasted
- 1/2 C uncooked Quinoa
- 1/2 C thinly sliced Celery
- 1/2 C finely chopped dried Apricots
- 1 Tbs Olive oil
- 1/4 tsp Salt
- 1/4 tsp Black pepper

Bring water and quinoa to a boil in a medium saucepan. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Spoon into a bowl; fluff with a fork. Add parsley, celery, onions, and apricots. Whisk lemon juice, olive oil, honey, salt, and black pepper. Add to quinoa mixture, and toss well. Top with seeds. Serves 4.

~ Article & Recipes Contributed by Angela Cleveland ~