



The Harvest Herald

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July 5-7, 2011

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OKG Bread Special July 12-14

The Semolina Ciabatta features a thick crust and chewy interior with large holes - the perfect companion for summer grilling! Drizzle with olive oil and rub with fresh garlic (or curls) before toasting up.

Regular Harvest Box

LOCAL! Rainbow Chard - Wild Flight Farm
LOCAL! Carrots - Roots & Greens Farm
LOCAL! Romaine Lettuce - Roots & Greens Farm
LOCAL! Mixed Radishes - Notch Hill/Roots & Greens
LOCAL! Mini English Cuke - Harker's
LOCAL! Kohlrabi (try it raw - sweet/crisp!) - Wild FI
LOCAL! Salad Mix - Notch Hill Organics
LOCAL! Sweet Orin Apples - Harker's
LOCAL! Celeste Cherries - Vialo Orchard
Valencia Oranges - CA

Family Harvest Box Extras

LOCAL! Arugula - Wild Flight Farm
LOCAL! Chinese Cabbage - Wild Flight Farm
LOCAL! Green Onions - Wild Flight Farm
LOCAL! Cilantro - Notch Hill Organics
LOCAL! Warba Nugget Potatoes - Harker's
Bananas - MEX



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Harker's Organics - Cawston
Homestead Farm - Peachland
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.

Local, Local, Local!

The percentage of local produce in our bins continues to increase - in fact, this week's standard bins have just one imported item (oranges), and our family box additions are all locally grown as well, with the exception of the (very!) non-local bananas. We hope you enjoy trying some new items! If you find yourself bewildered by anything that appears in your box, please check the recipe archive on our website - you can search by produce item to come up with a list of recipes containing that item...or if you do not have internet access, please feel free to call in and we can offer some ideas!

All items from local farmers are listed on our website with the farm name attached. In most cases, you can also click on the farm name for a brief description of the farm and some photos. We will continue to add to our local supplier write-ups over the summer, and will add more photos of produce items as well, so you can get to know your local food sources!

Cherries! This week, we're especially excited to bring you the first local cherries of the year - Celeste cherries from Vialo Orchard. Farmers Seth and Melissa are eager to get their crop off the trees as they are expecting their third child anytime now - tricky timing for cherry orchardists!

Community Events/Notices

Parks Alive Summer Concert Series The City of Kelowna offers a series of free summer concerts in parks throughout the city almost daily! For more information and to view the schedule to find events happening near you, visit www.parksalive.festivalskelowna.com.

New This Year - Dancing in the Park! Get your groove on for FREE! Families, couples, and singles with all levels of experience can join in the fun every Wednesday night from July 6 to Aug 31 in Stuart Park (across from City Hall on Water St. in downtown Kelowna. Dance lesson from 7 - 7:30pm with open dancing from 7:30 - 9pm. Weekly themes with qualified dance instructors. For a weekly schedule, see www.kelowna.ca/recreation.

Park & Play! FREE Family Fun in your neighbourhood park this summer! Bouncy houses, games, crafts, and more! 5-8pm weeknights through July & August. To find out when it's happening in a park near you, visit www.kelowna.ca/recreation (events).

Summer Art Adventures at the Kelowna Art Gallery! This summer, what if your kids could go to the circus, travel the world, learn to skateboard, draw cartoons, and be inspired by nature, all from one place? Camps run July 4-August 26 for pre-schoolers, kids aged 6 to 9, and ages 9 to 12. Featuring guest artists and relevant, engaging activities your kids will actually be interested in! Unleash your child's imagination and register for Art Adventures this summer at the Kelowna Art Gallery. Visit www.kelownaartgallery.com for a full list of classes or to download a registration form.

The Cause for Comfort Toiletry Drive is collecting personal toiletry and beauty items for the women using services at the Karis Support Society. This non-profit organization is helping people to overcome personal struggles and turn their lives around. They have no funding for things like toiletries and the need is urgent, but with your help we can work together as a community to make sure there is enough for everyone. This drive will run between June - December 2011. To make a donation or get more information, send an e-mail cause4comfort@gmail.com. To find out about the work of the Karis Society, please visit www.karis-society.org.

YOU can be a cause for comfort, by giving: soap, shampoo, body wash, toothbrush, mouthwash, q-tips, bubble bath, nail polish, razors, conditioner, deodorant, dental floss, lip balm, tampons, maxi pads, q-tips, cotton balls, makeup, sunscreen, face cleanser, hairbrush or comb, lotion, perfume, nail polish, manicure set, tweezers, accessories. *Please, products in new/almost new condition only.

Cucumber is a crisp, mild, and refreshing vegetable that easily picks up flavours from marinades or dressings. This makes the cucumber the perfect base for your culinary creations.

Soy and Sesame Marinated Cucumbers

(Adapted from

<http://thecollegiatecook.blogspot.com>)

3 medium Cucumbers

Marinade:

1 tsp Sesame oil

3 Tbs Soy sauce

1/2 Tbs Rice vinegar

1 Tbs toasted Sesame seeds

Wash cucumbers very well, cut off the ends. Cut cucumbers in half lengthwise and use a spoon to gently scrape out the seeds. Slice the cucumber halves into quarters and then cut into 1 inch chunks. Place cucumber pieces in a bowl (one you have a lid for).

Mix marinade ingredients together in a separate bowl and pour over cucumbers. Put lid on bowl and turn upside down a few times so all cucumbers are coated with the marinade. Store in fridge and serve chilled.

Marinated Cucumber Salad

(Adapted from www.rawmazing.com)

2 Cucumbers, sliced very thin

1 sweet Onion, sliced very thin

Marinade:

1/2 C raw Apple cider vinegar

1/2 C Water

juice from 1/2 Lemon

2 Tbs organic evaporated palm Coconut sugar

Himalayan salt and pepper

1 tsp Chili flakes

Mix marinade ingredients together. Toss in cucumbers and onions. Let marinate overnight in refrigerator.

Eating In the Heat

During the summer, many of us adapt our eating habits. We have different foods available and, with the warm weather, we need and crave different types of meals. A great way to celebrate and endure the heat is to enjoy a healthy salad. Here are some fresh and unique salad ideas for your summer meals.

Raw Swiss Chard Salad

(Recipe adapted from "I Am Gluten Free" at www.Iamglutenfree.blogspot.com)

1 C fresh Peas, cut into 1 inch pieces (leave them in the pod)

1 Avocado

1 handful Salad greens

1 small Zucchini, julienned

1 large Carrot, sliced

1-2 Tbs fresh Basil, julienned

1-2 Tbs raw Sunflower seeds

1 head Swiss chard (red or green)

1 Red pepper, chopped

1 small Cucumber, sliced

1-2 Tbs fresh Dill, finely chopped

1/4 C raw Pecans, chopped

2 Tbs dark Raisins

For the salad: Wash and spin the Swiss chard until dry. Repeat with salad greens. Peel and roughly cut the avocado. Add to greens in salad bowl and mash with your hands until the avocado has coated the greens. This softens the greens, especially the chard and it helps the dressing bind to the greens. Put into salad bowl along with other ingredients. Toss with your favourite dressing and serve.

Roasted Radish and Greens Salad

(Recipe adapted from "White On Rice Couple" at <http://whiteonricecouple.com>)

1 bunch of Radishes with tops (about 10 radishes)

2 Tbs Olive oil

1/2 tsp Sea salt

2 tsp Balsamic vinegar

Black pepper to taste

Preheat oven to 350°F. Wash radishes, removes roots and stems. Blot dry with paper towel. If radishes are big, cut them in half. In large bowl, combine olive oil, balsamic vinegar and salt. Whisk ingredients together. Toss in radishes and greens until everything is coated evenly with oil. Spread out radishes and greens on roasting pan or baking dish. Bake in oven for about 10 minutes or until the greens are crispy. Remove the greens and continue roasting the radishes for about another 5 minutes or until tender.

Kohlrabi Salad

(Recipe adapted from "The Wednesday Chef" at www.thewednesdaychef.com)

1 tsp Fennel seed or 1/2 teaspoon ground Fennel

2 medium Kohlrabi bulbs

2 Tbs Rice wine vinegar

1/2 tsp freshly ground Black pepper

2 Tbs Olive oil

1 large Carrot, peeled

1/2 tsp Salt, or more to taste

1 small Garlic clove, pressed (optional)

1 tsp toasted Sesame oil

With a knife, peel the tough outer skin and cut the stems from the kohlrabi. Julienne the kohlrabi with a mandoline or sharp knife (you will have about 4 cups), and then julienne the carrot. If using whole fennel seed, toast the fennel seeds in a small dry sauté pan over medium heat until they begin to brown slightly and smell toasty. Transfer them to a mortar and pestle or spice grinder, and grind them into a coarse powder. Combine the ground fennel seed, vinegar, salt, pepper, and garlic. Slowly whisk in the two oils. Pour over the vegetables and toss to coat. Taste for salt. Serve.

~ Article & Recipes Contributed by Angela Cleveland ~