



The Harvest Herald

(Ph/Info-line) 868-2704 (Email) order@urbanharvest.ca

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

July 6-8, 2010

Issue #524

Next Week's Bread Special from Okanagan Grocery!

Cherry Cornbread! Cherry season is in full effect. This ruby jewel of the Okanagan summer is especially delicious paired with Okanagan Grocery's classic yeasted corn bread recipe.

Regular Harvest Box

Local! Leaf Lettuce - Notch Hill Organics
Local! Kale (Red Russian or Curly Green) - Suncatcher
Local! Cilantro - Wild Flight Farm
Local! Carrots - Roots & Greens
Local! Kohlrabi - Roots & Greens Farm
Local! Spring Mix (please wash) - Little Creek
Local! Green Onions - Wild Flight Farm
Local! Beets (with tops) - Wild Flight Farm
Local! Cherries (Vans) - Vialo Orchard
Valencia Oranges - CA
Bananas - MEX

Family Harvest Box Extras

Local! Arugula (nutty/spicy salad green) - Wild Flight
Local! English Cucumber - Wild Flight Farm
Local! Mixed Apples - Harker's (last of the 2009 crop)
BC! HH Tomatoes on the Vine
BC! White Nugget Potatoes
Star Ruby Grapefruit - CA



This Week's HomeGrown Heroes

Harker's Fruit Ranch - Cawston
Little Creek Gardens - West Kelowna
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 items of poor quality, please inform us **within 48 hours**, and we'll provide a credit toward your next order.*

Summer Delivery Cancellations

Summer is here! With holidays, guests from out of town, gardens producing, and farmers' markets abounding, we understand that you may need to cancel the odd week (or even several weeks) over the summer months. We are also more than happy to switch you to a "flex" delivery schedule if that helps. *****We do, however, have one request!** We would appreciate your help with **advance notice** of expected cancellations, **when at all possible**. We finalize our own orders with suppliers on Sundays, and while we can handle a few cancellations coming in after that time, we do find that when we are receiving multiple cancellations on Sunday afternoon or later (recently, up to 10% of our expected customer base for the week!), we end up with a LOT of extra produce that we cannot absorb, even with our Saturday Sale (which is also slower in the summertime). Many thanks for your help!

Warm Weather Deliveries

With warmer days here, please let us know if you have special delivery requests, such as an ice pack in your bin or a shadier drop-off spot. (Note: PLEASE return ice packs by leaving them out in your blue bin for us to pick up!). Also, if you do not see your bin in its usual spot, please peek around, as David and Scott will always look for a reliably shady spot if your specified location is in the sun's path. If you have concerns, please contact us, and we can share other strategies that have helped in the past.

Roots & Greens Farm - Feature Farm of the Week!

In the words of Heino & Manuela Peters, of Roots & Greens Farm in Grindrod:

"Roots & Greens is a 12 acre family market garden in Grindrod, bordering the Shuswap river. We grow up to 40 different vegetables and herbs for the farmers markets in Vernon and Salmon Arm and for Urban Harvest. Small scale farming for us also includes a few animals: 3 horses, several goats to give us milk, chickens for eggs and two dogs to make the picture perfect."

Community Events/Notices

Parks Alive! Free, live entertainment at park venues throughout Kelowna (July/Aug). Pack a picnic and blanket, and prepare to share a meal while enjoying the entertainment. Where else can you do that while your kids run and play or get up and dance to the music?! For schedule details, please visit <http://parksalive.festivalskelowna.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 July, the Park & Play locations/days are as follows: Mondays in July @ Loseth Park (Rutland - Black Mountain area); Tuesdays in July @ Strathcona Park (Central - Abbott St., behind the hospital); Wednesdays in July @ Matera Glen Park (Glenmore - Glen Park Dr & Matera Ave.); Thursdays in July @ Curlew Park (Upper Mission - Lark St. off Chute Lake Rd.); Fridays in July @ Duggan Park (Central - Bernard Ave between Highland Dr. S & Elm St.)

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.

Kale with Pan-fried Walnuts

(Adapted from www.epicurious.com)

- 3 lbs Kale, stems and center ribs discarded
- 1 C chopped Walnuts (3 1/2 ounces)
- 3 Tbs Vegetable oil
- 2 Garlic cloves, finely chopped

Tear kale into large pieces, then cook in a large pot of well-salted boiling water, uncovered, until tender, about 6 minutes. Drain kale, and, when cool enough to handle, press out excess liquid. Cook walnuts in oil in a 12-inch heavy skillet over medium-low heat, stirring occasionally, until pale golden, about 5 minutes. Stir in garlic and cook, stirring, until very fragrant, about 1 minute. Add kale and salt and pepper to taste and cook, tossing, until heated through.

Pasta with Lentils and Kale

(Adapted from www.epicurious.com)

- 1/2 C French (small) green lentils
- 2 C Water
- 3/4 tsp Salt
- 6 Tbs extra-virgin Olive oil
- 1 large Onion, finely chopped (2 cups)
- 1/4 tsp Black pepper
- 3/4 lb Kale
- 3/4 lb dried short Pasta

Simmer lentils in water (2 cups) with 1/4 tsp salt, uncovered, adding more water if necessary to keep lentils barely covered, until tender but not falling apart, 20 to 25 mins. Remove from heat and season with salt. While lentils simmer, heat 1/4 C oil in a 12-inch heavy skillet over moderately high heat, then sauté onion with pepper and remaining 1/2 tsp salt, stirring, 1 min. Reduce heat to low and cook, covered, stirring occasionally, until onions are soft and golden, about 20 mins. Remove lid and increase heat to moderate, then cook, stirring frequently, until onion is golden brown, 5 to 10 mins more. While onion cooks, cut out and discard stems and center ribs from kale. Cook kale in a pot of boiling salted water, uncovered, stirring occasionally, until just tender, 5 to 8 mins. Transfer kale with tongs to a colander to drain, pressing lightly. Keep pot of water at a boil, covered. Coarsely chop kale and add to onion along with lentils (including lentil-cooking liquid), then simmer, stirring, 1 min. Season with salt and pepper. Add pasta to kale-cooking liquid and boil, uncovered, until al dente. Reserve about 1 C pasta-cooking liquid, then drain pasta in a colander. Add pasta to lentil mixture along with about 1/3 C of pasta-cooking liquid (or enough to keep pasta moist) and cook over high heat, tossing, 1 min. Season with salt and pepper and drizzle with remaining 2 Tbsp oil.

Kohlrabi Clues

Kohlrabi has a long history of ups and downs. While it is popular in countries such as Italy, India, China, and Africa, its popularity in North America has never been strong. It has an odd shape and appearance, and timid chefs are most likely scared to cut one open. But, if they did, they would find a crisp, mild, and sweet flavoured flesh. With so much to offer, it's a shame that kohlrabi does not find its way onto more North American plates. For each half cup serving of kohlrabi, there are only 19 calories, along with 2.5 grams of dietary fiber and 245 g of potassium. It also contains vitamins A and C, folic acid, and calcium. To serve kohlrabi, cut off the stems and leaves (which can be saved for a salad). Cut off the tough woody base of the kohlrabi globe. You only need to peel the kohlrabi if it is large with thick skin. Here are some great ways to prepare kohlrabi (from www.vegparadise.com):

Raw:

- Slice or cut into julienne and include on a relish tray with dips.
- Coarsely grate kohlrabi into a tossed salad. Because it is mild, succulent and porous, it absorbs the flavor of a mild or pungent salad dressing quite well.
- Dice kohlrabi and combine with your favorite vegetables and dressing for a chopped salad with delightful crispness.
- Slice kohlrabi and pack in your brown bag lunch for a crunchy snack.
- Chop and include as one of the ingredients in a raw soup.

Steamed:

- Slice kohlrabi or cut into bite-sized pieces and put into a saucepan with 1/2" of water. Add a dash of salt, cover and bring to a boil over high heat. Turn heat down to low and steam for 5 to 7 minutes. Leaves can be steamed lightly just as you would do spinach.

Barbecue:

- Slice or chop kohlrabi and toss in a bowl with a little extra virgin olive oil. Sprinkle with a dash of salt, and wrap in aluminum foil (shiny side inside). Place on the grill and cook for about 10 to 12 minutes.

Stir Fried:

- Dice or chop into bite-size pieces and stir fry 5 to 7 minutes in a little extra virgin olive oil with a clove or two of minced garlic and a dash of salt.

Raw Beet, Carrot and Kohlrabi Salad

(Recipe adapted from "A Veggie Venture" at <http://kitchen-parade-veggieventure.blogspot.com>)

- | | |
|--|---------------------------|
| 1 lb Beets, Carrot and Kohlrabi, trimmed | 1 Tbs Olive oil |
| 1 Tbs Honey | zest and juice of a Lemon |
| fresh Dill, chopped | few drops of Tabasco |

Grate the beet. Grate or chop the carrot. Slice off the thick skin of the kohlrabi with a knife, then grate or chop. Toss with the remaining ingredients.

Kohlrabi Carrot and Parmesan Gratin

(Recipe adapted from "Rita's Recipes" at <http://cbf.typepad.com>)

- | | |
|---|-----------------------------------|
| 3 medium bulbs Kohlrabi, washed and peeled | 3 medium Carrots, thinly sliced |
| 1/2 C Vegetable stock | 1 clove Garlic, finely minced |
| 2 Tbs extra virgin Olive oil | 1 C fresh multigrain Bread crumbs |
| Salt and freshly ground Black pepper to taste | 1/3 C freshly grated Parmesan |

Heat the oven to 400°F. Peel each kohlrabi bulb and cut in half. Cut the halves into 2 or 3 wedges each. Snuggle the wedges, cut side up, in a baking dish (8x8 inches or the equivalent works well). Pour the stock into the dish. Season with salt and pepper. Cover the pan with foil and bake for 30 minutes. Mix together the garlic, olive oil, bread crumbs and cheese. Uncover and sprinkle the dish with the bread crumb mixture. Continue baking uncovered until the vegetables are tender and the cheese is browned, another 10 minutes.