



The Harvest Herald

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

July 8-10, 2014

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OKG Bread Special July 15-17

Herbed Milk Batard ~ This milk bread is dotted with chives, oregano, parsley, and basil. Delicious when toasted, buttered, and served with soft cheeses.

Regular Harvest Box

LOCAL! Red Leaf (Lolla Rossa) - Roots & Greens

LOCAL! Carrots - Roots & Greens Farm

LOCAL! Fresh Basil - Wild Flight Farm

LOCAL! Green Cabbage - West Enderby Farm

LOCAL! Rainbow Chard - Wild Flight Farm

LOCAL! English Cucumber - Wild Flight Farm

LOCAL! Green Onions - Wild Flight Farm

LOCAL! Zucchini - Suncatcher/Harker's

LOCAL! Peaches - Herb Garden/Nazaroff

Valencia Oranges - CA

Kent Mango - MEX

Family Harvest Box Extras

LOCAL! English Shelling Peas - Lina's Garden

LOCAL! Spinach - Pilgrim's Produce/Roots & Greens

LOCAL! Cherries - Herb Garden/Eastwood (*see note!*)

LOCAL! Apricots (Tomcot) - Schneider-Brown Farm



This Week's HomeGrown Heroes

(all are certified organic, unless
otherwise specified)

Blackbird Organics - Cawston

Green City Acres - Kelowna (*NOT certified organic*)

Harker's Organics - Cawston

Lina's Garden - Cawston

Nazaroff Farm - Cawston

Quail's Farm - Vernon

Pilgrim's Produce - Armstrong

Roots & Greens Farm - Grindrod

Schneider-Brown Farm - Cawston

Suncatcher Farm - Kelowna

The Herb Garden - Oliver

West Enderby Farm - Enderby

Wild Flight Farm - Mara

Wise Earth Farm - Kelowna (*Certified Naturally Grown*)

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.*

Cherry Splat ~ An Update!

Those of you who are cherry aficionados may notice that you are receiving Lapin cherries instead of Lamberts this week, and we have a bit of a story to share with you about that! It's a sad one...our Lambert cherries from The Herb Garden in Oliver were hitching a ride along with Terry's peaches from Nazaroff Farm in Oliver, and Terry took a rough corner and tipped over a bunch of his load! Only 2 out of 10 cases of cherries made it! We have a happy ending for you though, as Eastwood Organic Farm in Kelowna was able to fill in the gap with their organic Lapin cherries! Thanks Lorena and Jim!

Summer Blue Bin & Ice Pack Reminders

Just a few notes about blue bins and ice packs. Many thanks - we really do appreciate your help!!

- 1) Please remove all veggie remnants (carrot tops, leafy bits, etc) from your bin and give it a quick wipe before storage, to help make our bin washers' job just a little easier.
- 2) We re-use our ice packs, and would appreciate it if you could please wipe off any ice packs you receive and leave them in the blue bin for your next pick-up.
- 3) Please DO NOT use UH bins or ice packs for any other purpose (we know it's tempting with summer camping trips or reno projects...but this is really important as we need to keep our bins in good shape so they can be re-used for many years). Thanks for your understanding!
- 4) Summer deliveries can be a little earlier than you may be used to, as our routes tend to be a little shorter. Please put your blue bin out in the morning of your delivery day (or well before your usual time if you have a later delivery), so it's ready for our driver.
- 5) If you know you will not be ordering for 4-6 weeks or longer, please contact us to arrange a bin pick-up, so we can keep as many blue bins in circulation as possible.

Saturday Sale Guest Vendors

Urban Harvest is open for Saturday Sales, year-round, from 9am - 1pm at 806 Crowley Ave (north end, downtown Kelowna). Please see www.urbanharvest.ca/sale for a map and updated produce list.

- **July 12** - Café Feminina
- **July 19** - Real Raw Food (www.realrawfood.com) + Rudy Family Farm (see above)
- **July 26** - Dolan's Specialty Meats (www.dolanhomedelivery.com) + Oh Goodness Delights (www.ohgoodness.com) + Swheatgrass (www.swheatgrass.ca)

Community Events/Updates

Eco-Art Workshop! Sat, July 19 12:30-5pm. "One Square Foot: the Visible and Invisible" ~ a half-day workshop with Lori Mairs, designed to address the patterns that connect: human to animal and human to elements. Cost: \$40 per person. Location: UBC's Woodhaven Eco Culture Centre, 969 Raymer Road, Kelowna. Contact: Lori Mairs at art@lorimairs.com to register.

A Hot Night for a Cool Cause! COOL ARTS is having its 5th Annual fundraising event Sat, July 19th from 6-9pm. Tix are \$35 and include a BBQ, dessert, and silent auction, with live music by THE TRIPS (www.thetrips.ca)! BYOB & lawn chair. For tix: info@coolarts.ca or call 250-899-6381. Learn more about COOL ARTS here: www.coolarts.ca or www.coolartssociety.blogspot.com.

6th Annual Okanagan Feast of Fields! Experience the harvest gourmet-style at FarmFolk/CityFolk's 6th annual fundraiser and local food celebration! 1-4pm, Sun, Aug 17th at the Okanagan Lavender & Herb Farm. Enjoy an afternoon wandering the lavender farm, glass in hand, sipping and sampling from some of the Okanagan's top wineries, breweries, restaurants, and farms. \$95/ticket - net proceeds to FarmFolk/CityFolk. Tix at www.feastoffields.com or Choices Market.

All recipes in this section have been adapted from www.cookingstoned.tv

Mango Salad with Basil and Mozzarella

2 Mangos
1 lb fresh Mozzarella (option: marinated in basil and lime*)
10 fresh Basil leaves
Olive Oil

Peel the mango and cut into thick slices. Grill the mango slices to get the nice grill marks. Layer the basil, grilled mangos and mozzarella cheese. Drizzle olive oil over it and chill it in the fridge for about 20 minutes before serving.

*Fresh Mozzarella Marinated in Basil and Lime

1/2 lb fresh Mozzarella
1 Tbs Cilantro, coarsely chopped
1 Tbs Basil, coarsely chopped
1/4 tsp Tarragon, coarsely chopped
1/2 C Olive Oil
3 Lime peels
1 clove of Garlic
1 tsp Peppercorns
1/4 tsp Salt

Take the 1/2 lb of fresh mozzarella and cut it into slices. You could also do cubes or circles. Place the mozzarella in a dish and add the cilantro and basil, 1/4 tsp tarragon, 3 lime peels, one clove of garlic, 1 tsp peppercorns, and 1/4 tsp salt. Add the 1/2 cup olive oil. Let it sit in the fridge for about 6 hours to infuse it with all those flavors.

Mini Peach and Basil Pizzas

Chewy (homemade) Pizza Dough
1 lb Peaches (about 3)
16 oz Mozzarella
6 fresh Basil leaves
1/4 Cup Olive Oil

Cut the peaches in half, following the seam of the peach. Give the halves a twist and pull them apart, then remove the pit. Cut the peaches into slices, about 1/4" thick. Grill them for about a minute or so, until they have those lovely marks.

Brush each mini pizza with just enough olive oil to coat and then top them with mozzarella and a couple of grilled peach slices. Bake them at 500°F for about 10 minutes until the cheese is fully melted, beginning to brown and the crust is golden. Top with the chopped basil and serve.

Beautiful Basil

Even though basil is native to India, Asia, and Africa, it is popular throughout the world. It is one of the most popular herbs in North America due to its fresh flavour and versatility. The word "basil" originates from an old Greek word that means "royal" - which explains the importance that ancient cultures placed on this herb. In India, basil is an icon of hospitality and in Italy, it means love.

In addition to its cultural importance, it is high in nutrients too. Basil is an excellent source of vitamin K and manganese. It also contains copper, vitamin A, vitamin C, and calcium, iron, folate, magnesium, and omega-3 fatty acids.

But above all, basil offers its fresh flavour to any dish in the kitchen. It pairs well with fruit - which is great in the summer when fresh fruit is so abundant. Here are some recipes that combines basil with some of our beautiful summer fruits.

Basil, Mint, and Orange Vinaigrette

(Recipe adapted from "Epicurious" at www.epicurious.com)

1/2 C packed fresh Basil leaves	1/2 C packed fresh Mint leaves
1/4 tsp freshly grated Orange zest	1 Tbs fresh Orange juice
2 tsp White-wine vinegar, or to taste	1 Garlic clove, chopped
1/2 C Vegetable oil	

In a blender blend together all ingredients until emulsified.

Basil-Cinnamon Peaches

(Recipe adapted from "Eating Well" at www.eatingwell.com)

1 1/2 C Water	3 strips Lemon zest (1-by-2-inch strips)
2 Tbs Lemon juice	1 3-inch piece Cinnamon stick
1/2 C Sugar (or equivalent of your favourite sugar substitute)	
3 ripe but firm medium Peaches, halved lengthwise and pitted	
1/2 C packed fresh Basil leaves, roughly chopped	

Combine water, sugar (or substitute), lemon zest, lemon juice and cinnamon stick in a large nonreactive saucepan; bring to a simmer over medium-high heat, stirring often, until the sugar dissolves. Add peach halves. Return to a brisk simmer, cover the pan and simmer, turning the peaches occasionally, until they are tender when pierced with a skewer or paring knife and the skins are loosened, 20 to 25 minutes (depending on the ripeness of the peaches). Transfer the peaches to a plate with a slotted spoon. Return the liquid to a boil and cook until reduced to about 3/4 cup, 10 to 12 minutes. Remove from the heat, stir in basil and let cool to room temperature, about 40 minutes. Slip off and discard the peach skins. Place the peaches in a storage container and strain the cooled syrup over them. Cover and chill for at least 4 hours. Serves 6.

Tomato Basil Wheat Berry Salad

(Recipe adapted from "Canadian Living" at www.canadianliving.com)

1-1/2 C Wheat berries	1/4 C Olive oil
2 Tbs White wine vinegar	1/2 tsp Salt
1/2 tsp Pepper	2 Tomatoes, chopped
2 Green onions, chopped	1/4 C chopped fresh Basil

In large saucepan, cover wheat berries with about 2 inches (5 cm) of cold water; bring to boil. Reduce heat and simmer for 1 to 1-1/2 hours or until tender but firm. Drain and transfer to large bowl; let cool completely. Whisk together oil, vinegar, salt and pepper; pour over wheat berries. Add tomatoes, onions and basil; toss to coat.

~ Article & Recipes Contributed by Angela Cleveland ~