



The Harvest Herald

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June 1-3, 2010

Issue #519

Next Week's Bread Special from Okanagan Grocery!

Mushroom Ciabatta! Fraser Valley organic mushrooms wrapped into a crusty and moist shell of Italian Ciabatta bread. Best served grilled with garlic butter!

Regular Harvest Box

Local! Sweet Orin Apples - Harker's
Local! Spring Mix - Little Creek Gardens
Local! Spinach - Wild Flight/Roots
Local! Romaine - Roots & Greens Farm
Local! Baby Salad Turnips (edible greens) - Wild Flight BC!
HH Tomatoes
Baby Carrots - CA
Avocado - CA
Valencia Oranges - CA
Zucchini - CA
Bananas - MEX

Family Harvest Box Extras

Local! Mixed Apples - Harker's
Local! Yellow Onions, Petite - Harker's
Local! Red Russian Kale - Wild Flight Farm
Local! Radishes - Roots & Greens Farm
BC! English Cucumber
Strawberries - CA



This Week's HomeGrown Heroes

Harker's Fruit Ranch - Cawston
Little Creek Gardens - West Kelowna
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
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.*

Please Refrigerate Apples!

With the apple storage season winding down over the next few weeks, we'd like to recommend that all apples be stored in the crisper in your fridge for best quality (the texture will quickly soften if left at room temperature for too long). The varieties that you will be receiving over the next few weeks are varieties that store well (and that have been stored in controlled atmosphere conditions), so they should still be holding up relatively well. We would like to mention that it is thanks to Harker's Organics in Cawston that we still have local apples available at all! We pre-plan the storage season with them each year to ensure that we have local apples as late in the year as possible, to avoid the Chilean and New Zealand apples that are so common in the marketplace at this time of year!

Saturday Sale Updates

- June 5 - Dawn's Agape Treats - healthy, tasty treats made with high-quality, whole foods ingredients. Healthy chocolates, cookies, bars, and granola...yum!
- **ALSO JUNE 5TH - COMMUTER CHALLENGE BONUSES!** May 31-June 5 is Commuter Challenge Week, and on Sat, Jun 5th, everybody who walks, skateboards, bikes, buses, carpools, skips, or hops to our sale will have a lil' something extra added to their order!
- June 19 - Real Raw Foods - raw, organic nuts, seeds, dried fruit, and much more! See www.realrawfood.com for info about their products.
- June 26 - Wolfgang's Grain & Flour Mill, with certified organic, mostly local, freshly milled and whole grains! **Wolfgang's will now be coming on the 4th Saturday each month, instead of weekly.

Community Events/Notices

(for more info, see "What's New" section on our website)

Mishra's Raga Concert at Summerhill Pyramid! 11th Generation Indian Sitar Master Pandit Deobrat Mishra, accompanied by Prashant Mishra on Tabla, will play Sat, June 5th at 8pm at the Summerhill Pyramid Winery (1-4870 Chute Lake Rd). Tix are \$20 at the door.

Raw Food Classes Sandra Butler, certified raw food chef. Will show you how easy it is to prepare a Summertime Raw BBQ! \$40/person/class includes recipes and samples of the foods being prepared. Jun 2 (6-9pm), Jun 16 (May 6-9pm), or June 30 (6-9pm). Reservations and advance payment required, at sandrabutler@uniserve.com or 250-491-0278. Classes take place at #411-140 Asher Rd. (Rutland, across from Plaza 33).

Join African Touch for an evening of wine, dance performances, and local music in support of the massage therapy school being opened in Uganda. Guest performers include dancers from Ballet Kelowna, the Loose Hip Sisters, and more! Tix \$25 (includes 1 glass of wine + appies) at Leo's Video, Alternator Centre or by calling 250-575-2546/250-868-2298. All funds raised will be donated to African Touch - Foster Hope Through Education; Create Freedom Through Employment.

Permaculture Workshop All levels. Sat/Sun, June 19/20, 9am-5pm @ Okanagan College's KLO Campus, in the Center of Learning Room 202. \$300+GST includes 12 hours of class time, 2 lunches, coffee, tea, and a copy of "Introduction to Permaculture", the must-have first-timers reference to all things permaculture! For more info about the course content, visit www.pacificpermaculture.ca. To register, email Haruko at kelownapermaculture@gmail.com.

DRUM BROTHERS! An evening of Sanskrit & World Chant on Sun. June 13, 7:30pm, at the Kelowna Yoga House, 1272 St. Paul St. Adults-\$20; Teens-\$12; Kids-FREE. Info @ 250-862-4906. There will also be a Hand Drumming Workshop on Sun. June 13 from 1:30-3:00, \$20

Cinnamon Baked Apples

(Adapted from www.eatingwell.com)

- 4 Apples
- 4 Tbs Brown sugar
- 1/4 tsp ground Cinnamon
- 1 C White wine

Preheat oven to 350°F. Create a small well in the center of apples by cutting out the stem and core and leaving the bottom intact.

Transfer the apples to an 8-by-8-inch glass baking dish. Fill each well with 1 tablespoon brown sugar. Sprinkle cinnamon over apples.

Pour wine around the apples, cover with foil and bake until soft, about 1 hour. Let cool before serving.

Curried Vegetables in Baked Avocado

(Adapted from www.ifofood.tv)

- 1/4 C Butter
- 1 Apple, pared, cored, and chopped
- 1 small Onion, chopped
- 1 clove Garlic, crushed
- 1 Tbs Curry
- 1/4 C Wholewheat pastry flour
- 1 C light Cream
- 1 C Vegetable stock or Milk
- 1 tsp Salt
- 1/8 tsp White pepper
- 2 C cooked mixed Vegetables, cut in small chunks
- 4 Avocados, halved and peeled
- 3 C cooked Brown rice

Melt butter in a saucepan, and saute apple, onion, and garlic for 10 minutes until onion and apple are soft and tender. Stir in curry powder and flour, and simmer 1 minute.

Gradually add cream and stock, or milk. Stir sauce until it thickens and add salt, pepper, and vegetables. Increase curry according to taste. Simmer sauce for 10 minutes.

Spoon cooked brown rice in a casserole and place avocado halves on top of rice. Heat casserole in oven for 5 minutes or just long enough to warm avocados; do not overcook.

Spoon curried vegetables into avocado halves and serve with condiments of chopped eggs, coconut, raisins, peach chutney and chopped peanuts.

Super Salads

This week we have lots of choices for the base a fresh green salad: spinach, Spring mix, or Romaine lettuce.

A generous helping of dark leafy greens is a great way to start off a salad. Delicious and nutritious toppings include turnips, cooked beets, shredded red cabbage, zucchini, carrots, cucumbers, sprouts, onions, peppers, peas, avocado, tomatoes, and mushrooms.

Fruit also provides vitamins, minerals, flavour, colour, and texture to a salad. Try chunks of apples, oranges, grapes, pineapple, strawberries or kiwi. Dried fruit such as cranberries, raisins, or apricots also work well.

Salads can also provide sources of protein. Non-vegetarian options include grilled chicken, grilled salmon, roasted turkey breast, and water-packed tuna. Vegetarian options include hard-boiled eggs, tofu, lentils, garbanzo beans, black beans (or any other cooked bean).

Great toppers for salads include seeds, nuts, and cheese. A mixture of sunflower seeds, dried cranberries, and feta cheese are a favourite salad-topper in my house. But if you are looking to have a calorie-wise salad, use these toppings sparingly as they can contain a high amount of calories.

Here are some great homemade salad dressing recipes for your favourite salad combinations (from www.healthrecipes.com):

Cashew-Dill Dressing

Whiz in blender 10 minutes:

1/2 C Cashews

1 C Water

Stir in:

1/2 tsp Dill weed

2 Tbs Lemon juice

2 tsp Parsley

1/2 tsp Salt

1/2 tsp Garlic powder

2 tsp Onion powder

Serve cold. May also cook to make a spread.

French Dressing

1/3 C cooked Brown rice

1 C + 2 Tbs Tomato puree

1/4 C Tahini

6 Tbs Honey

1 1/2 Tbs Paprika

1/2 C Lemon juice (fresh is best)

1/4 tsp Garlic powder

1 1/2 tsp Onion powder

1 1/2 tsp Salt

3/4 C Water

Blend all ingredients. Keeps well in refrigerator for about 1 week. May need a little more water before serving. Makes 3 cups.

Fresh Parsley Dressing

1/4 C Brazil nuts

1/8 raw Onion, large

handful fresh Parsley

10 oz box silken Tofu (extra firm)

3/4 C Water

small clove Garlic

1 tsp Salt

1/3 C Lemon juice

Liquefy all ingredients in blender until smooth. Adjust water to your preference.

~ Article & Recipes Contributed by Angela Cleveland ~