



# The Harvest Herald

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June 12-14, 2012

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## OKG Bread Special June 19-21<sup>st</sup>

Oatmeal Cranberry Boule! A wonderfully moist and fragrant loaf prepared with lightly soaked steel-cut oats, flax seed, and sweet cranberries. The ideal breakfast blend.

## Regular Harvest Box

LOCAL! Spinach - Wild Flight/Pilgrim's  
LOCAL! Green Leaf Lettuce - Roots & Greens Farm  
LOCAL! Radishes - Pilgrim's Produce  
LOCAL! Salad Turnips - Green Croft/Wild Flight  
BC! Vine Tomatoes - Origino  
Golden Delicious Apples - WA  
Jewel Yams - CA  
Hass Avocado - CA  
Valencia Oranges - CA  
Bananas - MEX

## Family Harvest Box Extras

LOCAL! Lettuce Mix - Wild Flight Farm  
LOCAL! Rhubarb - Wild Flight/Pilgrim's  
LOCAL! Pac Choi (like bok choy) - Wild Flight Farm  
Carrots - CA  
Cantaloupe - MEX



## This Week's HomeGrown Heroes

Blackbird Organics - Cawston  
Green City Acres - Kelowna (*non certified organic*)  
Green Croft Gardens - Grindrod  
Harker's Organics - Cawston  
Mobetta Farm - Grand Forks  
Pilgrim's Produce - Armstrong  
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 of poor quality, please inform us **within 48 hours**, and we'll provide a credit for your next order.*

## Saturday Sale Updates

- June 16<sup>th</sup> - Real Raw Foods (Naramata) - raw, organic nuts, seeds, dried fruit, and more! See [www.realrawfood.com](http://www.realrawfood.com) for more info.
- June 23<sup>rd</sup> - Wolfgang's Grain & Flour Mill - freshly milled organic flours and whole grains.

## Community Events/Notices

**Okanagan Feast of Fields Tickets On Sale Now!** This year's event will be hosted at Claremont Ranch Organics (the site of our annual Urban Harvest Fall Celebrations for the past several years!), from 1-5pm on Sun, Aug 12<sup>th</sup>. This will be the 4<sup>th</sup> Annual Okanagan Feast of Fields and it is truly an amazing gastronomic event, 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!) Tickets are available online at [www.feastoffields.com](http://www.feastoffields.com) and paper tickets will also be sold in person at Choices Markets (1937 Harvey Ave, near Spall Rd.) Blenz Coffee - Westbank, the Peachland Community Centre, and the Penticton & Wine Country Visitor Centre, after June 15<sup>th</sup>. Be sure to buy tickets early as this event sells out every year!

All profits from the 3 regional Feast of Fields events (Okanagan, Metro Vancouver, and Vancouver Island) support the work of FarmFolk/CityFolk, a Vancouver-based organization that has been working in the area of food security and sustainable agriculture for almost 20 years. Funds raised from the Okanagan Feast of Fields since 2009 have contributed to an Okanagan seed saving workshop (part of the BC Seeds project), the Shared Harvest web resource, and the April 2012 Meet Your Maker Okanagan event, an industry networking event for small-scale local food producers and buyers.

Volunteer Opportunity! If you would like to apply as a volunteer at the festival, please email [okfeastvolunteers@gmail.com](mailto:okfeastvolunteers@gmail.com).

**30K Club Bikeathon** Sign-up online for the 4<sup>th</sup> Annual 30K Club Bikeathon and help individuals in our community move from dependence to independence. Start a team, join a team, or be your own team! Bikeathon takes place on Sat, June 16<sup>th</sup>. Urban Harvest is a proud sponsor of this ride...we'll be supplying the fruit snacks for riders! [www.30kclubbikeathon.com](http://www.30kclubbikeathon.com). For more info, please contact: [jessica@kelownaqospelmission.ca](mailto:jessica@kelownaqospelmission.ca).

**Central Okanagan Fruit Tree Project** This is an exciting new community project designed to reduce food waste and increase access to food in our community. A project of the Central Okanagan Food Policy Council, the idea is to bring people together to harvest otherwise unused fruit to donate to charitable community groups. Volunteers, tree owners with extra fruit, and donations of equipment and money are being sought. \*\*A Pick-nic Info Session will be held on Sun, June 17<sup>th</sup> from 12-2pm at the Sutton Glen Park next to the community garden at 464 Sutton Cres in Glenmore. Bring food to share and come prepared to learn more and get involved!

**Raw Food Immersion Level 1 Class** June 16<sup>th</sup> and July 14<sup>th</sup> (NOT June 30<sup>th</sup> as previously noted), 5-8pm at the EECO Centre in Mission Creek Park. \$99 or 2 ppl/\$160. Instructed by Motoko Mitchell, graduate of the Raw Foundation Culinary Arts & Nutrition Institute, and certified raw food chef/educator and nutrition and lifestyle coach. Contact Motoko at 250-765-5655 or 250-8593142, or email [mosan878@hotmail.com](mailto:mosan878@hotmail.com).

## Hold Me Tight Conversations for Connection- Intensive Weekend for Couples

Based on the work of Sue Johnson and Emotion Focused Couples Therapy, and presented by Robin Menard RCC RSW and Sol Menard RPCc. July 6, 7, 8<sup>th</sup> in Kelowna. \$399/couple. Pre-register @ (250) 863-7863. <http://www.apathofheart.com/healingthroughrelationships/groups-and-workshops/>

## Yam Quinoa Cakes

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

- 1 lb Yams (2 medium sized), peeled and cut into 1 inch chunks
- 1 C Quinoa, rinsed and cooked according to package directions
- 1 C Wild rice blend, cooked according to package directions
- 1/2 C Green onions, sliced
- 1/2 C dried Cranberries, chopped
- 1 Tbs dried Sage
- 1/2 Tbs Sea salt
- 1/2 tsp Black pepper

Preheat oven to 350°F. Steam yam chunks for 20-25 minutes. Then puree yam in stand mixer. You could also use a food processor or blender. Combine mashed yam, cooked quinoa, cooked rice, green onions, cranberries, sage, salt and pepper. Form and flatten portions of the "dough" into patties.

Lay the patties onto parchment paper that has been sprayed with cooking spray (or stoneware) and bake for 15-20 minutes until they're lightly brown and crisp on the outside. Serve warm, at room temperature, or straight from the fridge.

## Yam Quesadillas

(Adapted from <http://the-new-arrivals.blogspot.ca>)

- 2 medium Yams, peeled and cut into small cubes
- 4 medium Whole wheat tortillas
- 2 C canned Black beans
- 1 1/2 tsp Turmeric
- 1 1/2 tsp Cumin
- 1/2 tsp Chili powder
- 1/2 tsp Salt
- 6 oz of Jalapeno Monterey jack cheese, sliced
- 2 Green onions, chopped on a bias
- non-stick cooking spray

Boil water. Add cubed yam and cook until tender (for about 10 minutes, depending on how small the cubes are). Drain yam and then mash coarsely. Mix in turmeric, cumin, chili powder, and salt. Heat black beans in a small pan until warm.

Layer yam mash, beans, green onion, and cheese over half of each tortilla. Fold tortillas over into half moons. Heat a nonstick pan or griddle over medium heat. Once hot, spray with non-stick cooking spray.

Grill quesadillas, turning once, so that each side is golden brown. Slice each in half on a cutting board. Serves 4 as a main course.

## Father's Day Feast

This Sunday is Father's Day. The tradition began as a thought in the United States in 1909, even though the official day didn't come into effect until 1972. Here are a few recipes to make dad a wonderful and healthy breakfast on his special day.

### Spinach, Feta, and Tomato Omelette

(Recipe adapted from "Delish" at [www.delish.com](http://www.delish.com))

- 2 medium Tomatoes
- 2 C (loosely packed) baby Spinach leaves
- 1/2 C Water
- 1/2 tsp coarsely ground Black pepper
- Toasted country-style bread (optional)
- 2 oz Feta cheese
- 8 large Eggs
- 1/2 tsp Salt
- 2 Tbs Butter

Chop tomatoes. Crumble feta cheese. Thinly slice spinach leaves. Preheat oven to 200°F. Place 4 dinner plates in oven to warm. In medium bowl, place eggs, water, salt, and black pepper. With fork, beat 25 to 30 quick strokes to blend mixture without making it fluffy. In 8-inch skillet, melt 1 1/2 tsp butter on medium. When butter stops sizzling, pour or ladle 1/2 cup egg mixture into skillet. After egg mixture begins to set around edges, about 25 to 30 seconds, with heat-safe spatula, carefully push cooked egg from side of skillet toward center, so uncooked egg can reach bottom of hot skillet. Repeat 8 to 10 times around skillet, tilting as necessary, 1 to 1 1/2 minutes. Cook until omelette is almost set but still creamy and moist on top. Place skillet handle facing you, and layer one-fourth of crumbled feta, spinach leaves, and chopped tomatoes over half of each omelette. With spatula, fold unfiled half over filling. Shake pan gently to loosen any egg or filling from edge, then slide omelette to edge of skillet. Holding skillet above warm plate, tip skillet so omelet slides onto plate. Keep warm in oven. Repeat with remaining butter, egg mixture, tomatoes, spinach, and feta to make 4 omelettes in all. Serve with toast and a mixed greens salad with balsamic vinaigrette if you like. Serves 4.

### Banana Cinnamon Muffins

(Recipe adapted from "Best Health Magazine" at [www.besthealthmag.ca](http://www.besthealthmag.ca))

- 1 C Oat bran
- 1 Tbs golden Brown sugar
- 1/2 C Brown sugar
- 4 Tbs Sunflower oil
- 1 Egg white
- 1/2 C Soy flour
- 2 tsp ground Cinnamon
- 3/4 C Soy milk
- 3 Bananas
- 2 tsp Vanilla extract
- 2 C Flour
- 1 Tbs Baking powder

Preheat the oven to 350°F. Line a 12 cup deep muffin pan with paper muffin cups. Mix together 2 teaspoons oat bran, 1 teaspoon cinnamon and the golden brown sugar, and set aside for the topping. Place the remaining oat bran in a bowl with the soy milk and leave to soak for 5 minutes. Peel and roughly mash the bananas. Add the brown sugar, oil, vanilla extract and egg white, and beat well together. Sift the all-purpose and soy flours, baking powder and remaining cinnamon into a large bowl. Make a well in the centre and stir in the soaked oat bran and the banana mixture. Mix lightly but thoroughly, just until smooth. Spoon the mixture into the paper cups and sprinkle with the topping. Bake for 20-25 minutes or until well risen and golden-brown. Lift the muffins out onto a wire rack to cool a little. Serve fresh, preferably still slightly warm from the oven.

### Coffee Smoothie

(Recipe adapted from "Best Health Magazine" at [www.besthealthmag.ca](http://www.besthealthmag.ca))

- 1 C cold brewed Coffee
- 1 C low-fat, plain Yogurt
- 1/2 Tbs unsweetened Cocoa powder
- 1 small Banana, preferably frozen
- 1/4 tsp Cinnamon
- 1 handful Strawberries, or any berries

Blend until smooth.

~ Article & Recipes Contributed by Angela Cleveland ~