



The Harvest Herald

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June 14-16, 2011

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OKG Bread Special June 21-23

Onion & Poppy Seed Loaf. This fragrant loaf, dotted with bits of fresh green onion and poppy seeds, is fashioned with a barley sourdough base. An excellent bread for that first summer BBQ!

Regular Harvest Box

LOCAL! Fresh Dill - Wild Flight Farm
LOCAL! Leaf Lettuce (or Lettuce Mix) - Wild Fl/Roots
LOCAL! Kohlrabi - Roots & Greens Farm
LOCAL! Rhubarb - Pilgrim's/Wild Flight
LOCAL! Spartan Apples - Harker's (*last of 2010 harvest - let us know if you see any quality issues!*)
Asparagus - Mobetta Farm or Ontario
Bunched Carrots - CA
Jersey Sweet Potatoes - CA
Valencia Oranges - CA
Roma Tomatoes - MEX
Bananas - MEX

Family Harvest Box Extras

LOCAL! English Cuke (mini) - Harker's
LOCAL! Spring Mix - Wild Flight Farm
LOCAL! Radishes - Wild Flight/Roots
LOCAL! Baby Beets (with tasty greens!) - Wild Fl
Strawberries - CA



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Harker's Organics - Cawston
Honest Food Farm - Cawston
Mobetta Farm - Grand Forks
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 Guest Vendors

- **Sat, June 18 - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, and much more! See www.realrawfood.com for more info about their products.
AND Organically Clean - locally made + organically formulated cleaning solutions, including shampoo/hair conditioner, hair gel, liquid body wash + household cleaners + laundry/dish soap.
- **Sat, June 25 - Wolfgang's Grain & Flour Mill** will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally,
AND BioLive Germinated Products with a wide variety of unique sprouted grain products.

Community Events/Notices

Happily Holistic Raw Chocolate Raw-dezvous Make raw living foods the whole family will enjoy! Class will be held Friday, June 17th, 6:30-8:30pm at Happily Holistic Natural Health & Wellness, 7655 Falconridge Cres. Investment is \$30, including food! For more info or to register, contact 250-491-7559 or office@happilyholistic.ca.

Hatch-A-Chick Come see Educational Hatch-A-Chick live incubation at the Kelowna Regional Library (downtown branch), June 18th to July 9th (chicks should be hatching around July 9th).

East Meets West Orphan's Foundation proudly presents **Purbayan Chatterjee**, renowned Sitar player, in a fundraiser for medical and educational support for abandoned children in Kolkata, India. 6pm Sat, June 18 at Volcanic Hills Winery, 2845 Boucherie Rd. West Kelowna. Wine, Food, Art Auction, Music! Tix \$50 - please call Mohini 250-878-6271 OR Scott 250-864-5087.

Let's Get Gardening! Learn how to extend the harvest into early winter with one of Sustainworks' gardening classes this June! All classes offer hands-on learning and the chance to interact with the garden by tasting and harvesting produce through the day. Class sizes are small and each class includes info on organic soil preparation, watering, seed sowing, and planting techniques. Classes are held at the Cameron House Early Childhood Centre inside Cameron Park on Richter St.

- **Salad Gardening with Herbs & Edible Flowers** - Wed, June 22 from 6-8:30pm. Cost \$48.
- **Container Gardening** - Wed, June 15 from 6-8:30pm. Cost \$48.
- **Keep the Veg Growing! Small Plot Gardening for an Early Winter Harvest** - Sun, June 19 from 1-5pm OR Sat, June 25 from 1-5pm. Cost \$65.

For more info, or to sign up, contact Elana at Sustainworks: 250-470-2610 or elana@sustainworks.ca.

Raw Food Summer Class Raw Food Summer Class, June 23rd, 5:30-9pm. Spend one evening with Guylaine Lacerte-Certified Raw Food Nutrition Educator and Lifestyle Coach. Come and learn how to prepare superb raw food dishes and drinks that will enliven your summer at parties and barbecues without expanding your waistline and draining your energy. For info email therawfoodpath@gmail.com or visit www.rawfoodpath.com.

Fit n Healthy - Get a Taste of the Healthy Life! Healthy cooking demos and tastings (Energy Boosting Smoothies, "Can't Believe It's Healthy" Chocolate Chewy Balls, and Simply Satisfying Sourdough Bread), nutritional and fat loss tips, advice from fitness expert Cailla Patterson, and special guest vendors (Organically Clean, Cape de Hoop Tea). First 20 people are invited! Sun, Jun 26th from 1-4pm at 1102 Long Ridge Dr. Free - by donation to the Kelowna Food Bank. www.fitnhealthy.com.

Banana Rhubarb Muffins

(Adapted from www.rhubarb-central.com)

- 2 medium Eggs
- 2/3 C Milk
- 1/4 C Oil
- 2 C Flour
- 3/4 C Sugar
- 1/2 C mashed Banana
- 1 Tbs Baking powder
- 1/2 tsp Salt
- 1/4 tsp Nutmeg
- 1 C fresh or frozen Rhubarb

In a small bowl, beat the eggs with a fork. Stir in the milk, vegetable oil, and the mashed banana, and set aside. In a larger bowl, combine the flour, sugar, baking powder, salt and nutmeg.

Add the egg mixture to the dry mixture stirring just to combine, (the batter will be lumpy). Add the rhubarb, just to combine, do not over-mix.

Fill prepared muffin cups (greased or papered), about 3/4 full of batter. Bake at 400°F for about 22 minutes or until a toothpick inserted in the middle comes out clean. Makes about 12 muffins.

Rhubarb and Banana Yogurt

(Adapted from www.alldessertrecipes.com)

- 3 C Rhubarb, cut into short lengths
- 2 Tbs Honey
- 1 tsp ground Cinnamon
- 3 Tbs Water
- 1 lb ripe Bananas, roughly chopped
- 1 1/4 C thick plain Yogurt
- chopped Pistachio nuts, to decorate

Put the rhubarb, honey, cinnamon and water in a saucepan and bring to the boil. Reduce the heat and cook gently until the rhubarb is tender. Cool slightly, then puree with the bananas in a blender or food processor. Leave until cold.

Fold in the yogurt, turn into individual glass dishes and decorate with chopped pistachio nuts. Chill until ready to serve.

Dealing with Dill

Dill is one of those mild herbs that are irreplaceable in the right recipe. Dill is native to southern Russia, western Africa, and the Mediterranean. Not only has it been used for its culinary properties, but for its medicinal and symbolic properties as well. Dill has been used for centuries as a solution for oral hygiene, insomnia, and digestion problems.

Fresh dill should be wrapped in a damp paper towel and stored in the refrigerator. You can also place its stems placed in a container of water. Because it is so fragile, dill will only last about two days. You can also freeze dill leaves in ice cube trays filled with water or stock. They can then be added to soups and stews as needed.

Quinoa Salad with Kohlrabi, Apple, and Fresh Dill

(Recipe adapted from "Happy Healthy Mama" at <http://happyhealthymama.com>)

- 2 C cooked Quinoa
- 1 medium/large Apple, cored, peeled, and diced
- 1 Tbs Apple cider vinegar
- 2 Tbs fresh Dill, chopped
- 1/8 tsp freshly ground Black pepper
- 3 Kohlrabi bulbs, peeled and diced
- 1 Tbs Lemon juice
- 3 Tbs extra virgin Olive oil
- 1/4 tsp sea Salt

Place all ingredients in a medium bowl and mix thoroughly. Allow salad to chill before serving. Serves 4-6.

Grilled Asparagus with Dill Yogurt

(Recipe adapted from "Atkins: Chef Recipes" at www.atkinschefrecipes.com)

- 2 bunches (16-24 spears) Asparagus, trimmed and ends peeled
- 1 tsp Salt
- 1/2 C plain whole-milk Greek Yogurt
- 2 Tbs chopped fresh Dill
- 1 Tbs extra-virgin Olive oil, for garnish
- 1 tsp fresh-squeezed Lemon juice
- 1 Tbs extra-virgin Olive oil

Bring a large pot of water to boil. Meanwhile, prepare a large bowl of ice and water. Blanch the asparagus for 2 minutes, or until tender. Drain and plunge into the ice bath. When chilled, remove and refrigerate until ready to grill. To make the sauce, in a small bowl, mix the yogurt, lemon juice, 1 tablespoon of olive oil and dill. Refrigerate until ready to serve. Preheat the grill or broiler. Season the asparagus with salt. Grill, turning once, about 1-2 minutes per side, just until there are nice grill marks on both sides. To serve, place the asparagus on a serving dish, top with dill yogurt and garnish with 1 tablespoon of olive oil.

Sweet Potato and Dill Patties

(Recipe adapted from "Essortment" at www.essortment.com)

- 1 lb Sweet potatoes, peeled, diced and boiled
- 1 tsp fresh Dill, chopped
- 1 Tbs Cream
- 1 tsp Black pepper
- 1 Tbs Flour, sifted
- Salad to serve
- 1 tsp Butter, melted
- 1 Onion, diced
- 1 tsp Salt
- 2 Eggs, beaten
- 1 C Breadcrumbs
- Buttered rolls to serve

Preheat grill to hot and put oven rack in top middle of oven. Heat butter. Add onion. Fry gently until starting to go golden. Add dill and cook until dark green, about 4 minutes. Stir occasionally. Put potatoes, onion mixture (including butter), cream, salt, black pepper and 1 egg in a bowl. Mash well until smooth and firm in texture. Divide mixture into 24 portions. Dust hand with flour and make each portion into a ball. Dust each portion with flour and brush with remaining egg. Dip each one in breadcrumbs and put on a non-stick pan. Grill for 5 minutes each side until golden. Serve hot with a salad and buttered rolls to serve as a great accompaniment to meat and poultry for a tasty dinner.