



The Harvest Herald

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

June 15-17, 2010

Issue #521

Next Week's Bread Special from Okanagan Grocery!

Chocolate & Vanilla Epi! Light milk bread marbled with chocolate and vanilla flavours, rolled and cut into an epi shape to tear and share. Enjoy with the year's first strawberry jam and a cup of cocoa!

Regular Harvest Box

Local! Gala & Sweet Orin Apples - Harker's
Local! Green Leaf Lettuce - Roots & Greens Farm
Local! Spinach - Wild Flight/Roots
Local! Kohlrabi - Wild Flight/Roots
Local! Rainbow Chard - Wild Flight/Roots
Local! Rhubarb - Notch Hill Organics
Local! Mint - Notch Hill Organics
BC! HH Tomatoes
Star Ruby Grapefruit - CA
Valencia Oranges - CA
Bananas - MEX

Family Harvest Box Extras

Local! Dill - Roots & Greens Farm
Local! Radishes - Wild Flight Farm
Local! Spring Mix - Little Creek Gardens
Local! Bunched Beets (with greens!) - Wild Flight
Bunched Carrots - CA
Strawberries - CA



This Week's HomeGrown Heroes

Harker's Fruit Ranch - Cawston
Little Creek Gardens - West Kelowna
Notch Hill Organics - Sorrento
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.*

Price Updates

Several of our suppliers have had to raise their prices over the past few months, and with a substantial recent increase from Gort's Gouda (due to increased hay and packaging costs), we felt it was time to do a mini-overhaul of our own price list, to ensure we still have adequate margins built in. The new prices have been incorporated into our website, effective next week (week of June 21st).

Reminders from Last Week's Harvest Herald...

- If you have not yet read our updates about the 2-spotted fruit fly (included in recent newsletter and email notices), please be sure to check our website, or ask us for info!
- We are also asking for your help to keep our blue bins clean and in circulation, so that we can avoid buying so many new bins and make the best of our investment. Please be sure to let us know if you will be taking a break over the summer, so we can schedule a stop to pick up any empty bins you may have...and our "bin fairies" (bin washers!) would love your help in keeping bins clean + dry.

Saturday Sale Updates

- 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

3rd Annual Five Feminist Minutes this Friday! Support the Kelowna Women's Resource Centre, and enjoy a fun and unique evening! Sing, dance, read a poem, do a rant, a skit, or whatever you like, for 5 minutes (sign up in advance on the Facebook page if you'd like to have 5 minutes!). Friday, June 18. 7:30-10:30pm @ The Habitat (248 Leon). Tix \$15 (\$12 for KWRC members) available at the Women's Centre at 1492 St. Paul St. Contact 250-762-2355 or fivefeministminutes@gmail.com.

Free Holistic Health Demos for early birds between 10-10:30am only, at the Healing Arts Association of the Okanagan - Okanagan Holistic Market (OHM), which takes place at the Royal Anne Hotel (Bernard Ave) on the following Sundays from 10am to 5pm: **June 27, July 25, August 29, Sept 26, Oct 24, Nov 28**. Drop by, no admission fee, donations accepted for Food Bank. Book healing sessions at special market rates, view holistic product, and enter to win gift certificates.

Shane Koyczan - the amazing slam poet who wowed Canadians during the opening ceremonies of the Olympics - will perform in Kelowna! June 25th, 8 pm, Mary Irwin Theatre at the Rotary Centre for the Arts. A fundraising event for Project Literacy Kelowna Society. Tix at SelectYourTickets.com (box office 250-717-5304). Also, there are still a few spots left for young poets (age 15 - 18) to attend a 2-day poetry slam camp at UBC Okanagan in July. Amazing professional spoken word artist Kevan Cameron (aka "Scruffmouth") will conduct a workshop. Late entries now being accepted to fill up the few remaining seats- see <http://web.ubc.ca/okanagan/creative/events/slamcamp.html> for details.

Peace Presentation The Kelowna Peace Group presents Dr. Bill Dienst, speaking on "Human Rights, the Gaza Flotilla and the Way Forward". Dr. Dienst participated in the first Free Gaza Movement boat voyage in August 2008. He was in Gaza again in October, 2009 with Washington Physicians for Social Responsibility. Sat, Jun 19, 7pm at Okanagan College (1000 KLO Rd, Room H-115). By donation. Info @ 250-860-6108 or e-mail kelownapeacegroup@uniserve.com.

Sugar Free Rhubarb Pie

(Adapted from www.savor-the-rhubarb.com)

- 2 1/2 C of diced sweet Apples
- 4 C of chopped Rhubarb
- 1 tsp Cinnamon
- 1 tsp Nutmeg
- 1 1/2 Tbs Orange zest
- 1/3 cup concentrated apple juice
- 1/4 cup flour

Mix the rhubarb and apples together and place in a single pie crust. Combine the rest of the ingredients and sprinkle over the pie.

Dot with 1 1/2 Tbs of butter. Cover with pastry lattice strips.

Bake at 400°F for approximately 12 - 15 minutes. Reduce heat to 350°F and bake for 30 - 40 minutes or until top starts to brown and juices bubble.

Tip - Apples, lemons, and oranges all combine well with rhubarb in any recipe, especially pies and muffins.

Norwegian Cold Rhubarb Soup with Mint

(Adapted from www.rhubarbinfo.com)

- 5 sprigs of Mint
- 4 sticks of Rhubarb
- 1/2 a stick of Vanilla
- 2 C Water
- Sugar or Sweetener of choice, to taste
- 1 Lemon

Take the leaves off the mint sprigs. Peel the rhubarb and cut it into thin slices.

Put the rhubarb peel in a saucepan with the water, sugar, stick of vanilla, the juice of the lemon and the leafless mint sprigs. Let it simmer for 10 minutes.

Sieve the liquid and add the rhubarb slices. Bring it to a boil, take off the heat and leave to cool. Cut the mint leaves into thin strips.

Serve the soup ice cold with the chopped mint leaves on top. Serves 8 people.

Cooling Off with Mint

The invigorating scent of mint is undeniable. Well known as a digestion aid, the delicate mint leaves also provide a surprisingly powerful punch to any meal.

To keep your mint fresh, try either of these storage suggestions (from www.ehow.com):

Paper Towel Method

Wrap your fresh mint in a damp paper towel, making sure that it is not too wet. Place the wrapped mint in a plastic bag. The plastic bag should be large enough to not crush the leaves. Seal the bag. Place the plastic bag in your refrigerator. Usually, you would want to avoid placing it in the crisper, but if your fridge is set at a fairly cool setting, go ahead and put it in one of those drawers. Store for upwards of two weeks.

Jar Method

Fill the jar about half full with water. Place the stems of the mint into to the jar, making sure that each clipped end is submerged. Place a plastic bag over the mint and jar. You don't have to secure it since this method will require some air to reach the plant. Place the jar in the refrigerator. Change the water every two to three days. Store for upwards of two weeks.

Mint Pesto (a dessert pesto*)

(Recipe adapted from "A Pinch Of" at www.apinchof.com)

- 1/2 C Macadamia nuts
- 2 C packed fresh Mint leaves
- 1/3 C Honey
- 1 Tbs Vanilla extract

In a food processor fitted with the steel blade, briefly chop the nuts before adding the remaining ingredients. Puree until reduced to a paste. If not using right away, transfer to a glass container, lay plastic wrap over the top so it is touching thus keeping air from penetrating the pesto. Store in refrigerator for up to a month. Yields 1 C.

*Try it sandwiched between two cookies or whipped into vanilla or plain frozen yogurt.

Kohlrabi Cakes with Minted Yogurt Sauce

(Recipe adapted from "Hook Mountain Growers" at www.hookmountaingrowers.com)

- 4 Kohlrabi bulbs
- 1/2 C chopped Scallions
- 2 Eggs, lightly beaten
- 2 Tbs Bread crumbs
- 1 tsp Sea salt
- 1/2 tsp grated Ginger
- 1/2 tsp dried Red pepper flakes
- Freshly ground Pepper
- 1 1/2 C of minted Yogurt sauce (recipe below)
- 1/4 C of Oil for frying

Peel (for large bulbs) and shred kohlrabi and set aside in colander to drain for 30 minutes. Squeeze out any excess moisture. Combine kohlrabi with scallions, eggs, bread crumbs, ginger and red pepper flakes, salt and pepper. Blend well in a mixing bowl. Heat oil in large skillet and drop mixture to preferred size until golden, 3-5 minutes per side. Drain on paper towels. Serve with yogurt sauce.

Minted Yogurt Sauce:

- 1 1/2 C Greek yogurt
- 1/4 C chopped Mint
- 1 Tbs Lemon juice
- 1/2 tsp of Salt and Black pepper to taste.

Mix all ingredients and refrigerate until ready to use.

~ Article & Recipes Contributed by Angela Cleveland ~