



# The Harvest Herald

(Ph/Info-line) 868-2704 (Email) [order@urbanharvest.ca](mailto:order@urbanharvest.ca)

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June 19-21, 2012

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## OKG Bread Special June 26-28<sup>th</sup>

Cheese & Onion Batard. A mild sourdough with chunks of Canadian cheddar and fresh spring onions. Great to share at a Canada Day get-together.

## Regular Harvest Box

LOCAL! Spinach - Wild Flight/Pilgrim's  
LOCAL! Red Leaf Lettuce - Notch Hill Organics  
LOCAL! Dill - Wild Flight Farm  
LOCAL! English Cucumber - Wild Flight/Harker's  
LOCAL! Rhubarb - Wild Flight/Notch Hill  
Red Delicious Apples - WA  
Yellow Onions - CA  
Carrots - CA  
Valencia Oranges - CA  
Bananas - MEX

## Family Harvest Box Extras

LOCAL! Bok Choy - Suncatcher Farm  
LOCAL! Kohlrabi - Wild Flight Farm  
LOCAL! Salad Turnips - Wild Flight Farm  
LOCAL! Lettuce Mix - Wild Flight Farm  
BC! Tomatoes



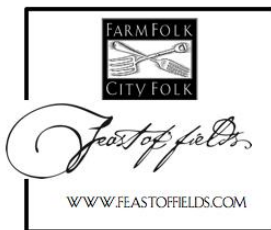
## This Week's HomeGrown Heroes

Blackbird Organics - Cawston  
Green City Acres - Kelowna (*non certified organic*)  
Harker's Organics - Cawston  
Notch Hill Organics - Sorrento  
Pilgrim's Produce - Armstrong  
Quail's Farm - Vernon  
Roots & Greens Farm - Grindrod  
Suncatcher Farm - Kelowna  
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.*

## 4<sup>th</sup> Annual Okanagan Feast of Fields Tickets On Sale!



This year's event will be hosted at Claremont Ranch Organics in Lake Country, from 1-5pm on Sun, Aug 12<sup>th</sup>. The Feast of Fields event is truly an amazing gastronomic experience, 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!)! Tix available online at [www.feastoffields.com](http://www.feastoffields.com) or buy 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. Buy 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. Some of the 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).

## Saturday Sale Updates - June 23<sup>rd</sup>

- **Guest Vendor - BC Spot Prawns!** Sustainably harvested (with the Ocean Wise stamp of approval), flash-frozen at sea, from the Powell River area. Prawn tails in 1lb containers.
- **Paving** - We've been told by the City that there may be paving taking place on Crowley Avenue in front of our warehouse on June 23<sup>rd</sup>, which may affect parking at our Saturday Sale; however, it is apparently "weather dependent". Please check our Facebook page (Urban Harvest) or call our warehouse directly at 250-862-2782 on Saturday morning if you would like to find out more.
- **Sin Grano gluten-free bakery products will NOT be available** at our June 23<sup>rd</sup> Saturday Sale, but will return the following week.

## Community Events/Notices

### 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/>

### Deconstructing Dinner

launches an ambitious online fundraising campaign! From the internationally syndicated radio show and podcast Deconstructing Dinner (2006-2010) comes the on-screen reincarnation of the popular program from Nelson BC writer and host Jon Steinman and 2011 James Beard Award winning filmmaker Declan O'Driscoll. *Deconstructing Dinner: Reconstructing Our Food System* will be a six episode HD series for television and the web, contrasting industrially and artisanally produced foods, and their impacts on local economies, the environment, communities, health and flavour. Currently in the fundraising stage, Deconstructing Dinner is reaching out to raise \$60,000 by July 20. This is an all-or-nothing campaign, so if you do choose to support it, helping to spread the word is equally important to pledging your support!

Find out more at [www.deconstructingdinner.com](http://www.deconstructingdinner.com) or go online to pledge your support at: <http://www.kickstarter.com/projects/teamdd/deconstructing-dinner-a-mini-series-on-fod>.

## Rhubarb-Chipotle Sauce

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

- 2 C chopped fresh Rhubarb (about 8 oz.)
- 1 small Onion, chopped
- 1/4 C Water
- 1/2 C Strawberry jam
- 1/4 C Ketchup
- 1 Tbs Cider vinegar
- 1 Tbs yellow Mustard
- 1 chopped canned Chipotle pepper in adobo sauce
- 2 cloves Garlic, minced
- 1 Tbs Worcestershire sauce
- 1/4 tsp ground Black pepper
- 1/8 tsp Salt
- Fresh parsley or cilantro (optional)

In saucepan combine rhubarb, onion, and water; bring to boiling. Reduce heat; simmer, covered, 5 minutes. Add jam, ketchup, vinegar, mustard, chipotle pepper, garlic, Worcestershire, pepper, and salt.

Bring to boiling; simmer, uncovered, 15 minutes. Use as a barbecue sauce. Sprinkle with parsley. Pass remaining sauce. Makes 4 servings.

## Spicy Orange BBQ Sauce

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

- 1 (16 oz) bottle of Ketchup
- 1/8 C Honey
- 1/8 C Brown sugar
- 1/8 C Butter
- 3/4 C Worcestershire sauce (start with 1/4 C, add the rest gradually until your desired taste.)
- 1 small Oranges, zest
- 1/4 C diced Onions
- 2 whole Bay leaves
- 1 tsp Oregano
- 1 tsp Basil
- 1 tsp Garlic (minced)
- 1 tsp ground Mustard
- 1 Tbs Salt
- 1 Tbs coarse Black pepper
- 1 Tbs dried Red chili peppers
- 3 dashes Louisiana hot sauce

In a medium saucepan over medium heat, simmer ketchup, honey, sugar and butter. Stir constantly until butter is completely melted, but do not boil.

Add other ingredients and simmer 10 minutes and taste. Gradually add additional seasoning until desired flavor is reached.

## Dill-icious

We are lucky to have another beautiful herb this week - dill. Dill is native to southern Russia, western Africa, and the Mediterranean region. Dill's traditional uses include a carminative stomach soother and an insomnia reliever. While the leaves and seeds are equally delicious, this week, we focus on the wispy leaves.

## Sweet Spinach with Dill and Rice

(Recipe adapted from "Canadian House and Home" at <http://houseandhome.com>)

- 1 bunch fresh Spinach (1lb) stalks removed
- 1 yellow Onion, diced
- 1 Tbs fresh Dill, chopped
- 2 C Water
- Juice of 1 Lemon
- Feta cheese, crumbled (optional)
- 2 Tbs Olive oil
- pinch of Salt
- 1 C Arborio rice
- 1 tsp Salt
- Olive oil for drizzling
- 4 Lemon wedges

Cut the spinach in half and set aside. Heat the olive oil in a heavy saucepan over medium heat. Add the onions and a pinch of salt. Sauté onions until soft, about 5 minutes. Add all of the spinach to the pan a handful at a time and sauté. Add the dill, rice, 2 cups of water and salt. Bring to a boil. Reduce the heat and simmer, covered, until the water is absorbed, about 20 minutes. If the rice is not tender and fluffy at this point, add more hot water and continue simmering. Remove the pan from the heat. Add the lemon juice and drizzle with some olive oil. Serve warm or at room temperature. Top with some crumbled feta cheese if desired and garnish with a lemon wedge just before serving.

## Apple Walnut Dill Salad

(Recipe adapted from "Eating Well" at [www.eatingwell.com](http://www.eatingwell.com))

- 4 C Apples, medium diced
- 1/4 C fresh Dill
- 1 C Green grapes, halved
- 2 C chopped Walnuts, toasted
- 3/4 C Celery, thinly sliced
- Dressing**
- 1/4 C Rice wine vinegar (or apple cider vinegar)
- 1/4 C plain low-fat Yogurt
- 1 1/2 Tbs Orange juice
- 1/2 tsp Salt
- 1/4 C Walnut oil
- 2 tsp Grey Poupon Mustard
- 1/2 Oranges, zest of
- 1/2 tsp Black pepper

Chop walnuts and toast 350°F for 5-10 mins, let cool. Combine ingredients for dressing. Dice apples, approximately 1/2x1/2-inch. Roughly chop dill. Slice celery. Halve grapes. Toss apples, dill, celery, and grapes with dressing. Chill and serve.

## Lettuce Dill and Mint Cakes

(Recipe adapted from "Ohh Look - Food and Craft" at <http://ooh-look.blogspot.ca>)

- 1 head of Lettuce, finely shredded & chopped
- 1 Red onion, finely chopped
- 2 Tbs finely chopped Dill
- 1 C dry Breadcrumbs
- Lemon wedges, to serve
- 4 Eggs
- 3 C fresh Breadcrumbs
- 2 Tbs finely chopped Mint
- Vegetable oil, to shallow-fry

Place the lettuce with 2 teaspoons of salt in a large bowl and toss together. Transfer to a colander or large sieve and leave to drain for 1 hour. After the liquid has drained, place the lettuce into a clean tea towel and squeeze well to remove the remaining moisture. Whisk the eggs until foamy, then add the lettuce, onion, fresh breadcrumbs, dill and mint. Season with salt and pepper then mix well to combine. Roll the mixture into balls then roll in the dry breadcrumbs to coat. Heat a large frypan over medium heat and add a layer of oil to cover the surface. Fry the cakes for 2 minutes on each side, flattening them slightly with a spatula while frying. Remove with a slotted spoon and drain on paper towels. Serve the cakes warm or at room temperature with lemon wedges. Makes 16 cakes.

~ Article & Recipes Contributed by Angela Cleveland ~