



The Harvest Herald

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

June 21-23, 2011

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OKG Bread Special June 28-30

Cherry & Apple Rye Loaf. This fruit-lover's loaf features dried local cherries and tart summer apples on a rye whole-grain base. Butter, toast, and serve with soft cheeses and preserves.

Regular Harvest Box

LOCAL! Cilantro - Wild Flight Farm
LOCAL! Carrots - Roots & Greens Farm
LOCAL! Leaf Lettuce - Roots/Notch/Green Croft
LOCAL! Radishes (round or cylind'l) - Roots/Wild Fl
LOCAL! Rutabaga - Wild Flight
LOCAL! Spinach - Roots & Greens/Notch
LOCAL! Sweet Orin Apples - Harker's
LOCAL! Spartan Apples - Harker's (*last of 2010 harvest - let us know if you see any quality issues!*)
Celery - CA
Valencia Oranges - CA
Bananas - MEX

Family Harvest Box Extras

LOCAL! Mini English Cuke - Harker's
LOCAL! Salad Turnips - Wild Flight Farm
LOCAL! Rhubarb - Wild Flight Farm
LOCAL! Baby Beets (with tasty greens!) - Wild Fl
LOCAL! Asparagus - Mobetta Farm



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green Croft Gardens - Grindrod
Harker's Organics - Cawston
Mobetta Farm - Grand Forks
Notch Hill Organics - Sorrento
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.*

Solstice Brings More Local Produce...and Eggs!

June 21st is the Summer Solstice, and in keeping with the change of seasons, we are seeing more and more veggies available from local farms...and cherries are coming soon too, to kick off the local fruit season! This week, we are delighted to offer the first local carrots of the season from Roots & Greens Farm. Local cukes, warba nugget potatoes, baby beets, and fresh herbs are new on the list as well.

We are also excited to announce that Quail's Farm eggs are back this week! Urs has completed the overhaul on his chicken barn, and is once again able to offer a strong weekly supply of free-range eggs @ \$4/dz (from Vernon). We will continue to offer Blackbird Farm's certified organic eggs (from Cawston) @ \$5.95/dz as well, when available, as we know that some of you are willing to pay the higher cost to ensure that the eggs you are eating are from hens that are fed a strictly organic diet.

If you are new to our service, please note that we do list the origin of each item on our web order page. Items listed with a farm name have been purchased directly from a local producer (ie. within a 100-mile radius). Items that are not purchased directly from local sources are listed with the initials of their place of origin (eg. BC for British Columbia, CA for California, etc.). While we do offer many non-local items to provide you with a wider base of choices, we encourage you to take note of the origins of the produce you are selecting, and choose locally grown items when you can.

Saturday Sale Guest Vendors

- **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 Sat, June 25 - Zoe's Gluten-Free Breads!** Zoe Nixon will be test-marketing two gluten-free breads that she has been working to develop over the past several months. If you or someone in your family is gluten-sensitive (or if you just like to try new types of bread!), be sure to check out her Buckwheat-Quinoa and/or Sorghum-Flax bread, both made with Ancient Grains.

Community Events/Notices

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).

Summer Art Adventures at the Kelowna Art Gallery! This summer, what if your kids could go to the circus, travel the world, learn to skateboard, draw cartoons, and be inspired by nature, all from one place? Camps run July 4-August 26 for pre-schoolers, kids aged 6 to 9, and ages 9 to 12. Featuring guest artists and relevant, engaging activities your kids will actually be interested in! Unleash your child's imagination and register for Art Adventures this summer at the Kelowna Art Gallery. Visit www.kelownaartgallery.com for a full list of classes or to download a registration form.

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 Souddough 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.

For those who are enjoying a Family sized box this week, here are a couple of recipes for your rhubarb and asparagus - together!

Couscous with Rhubarb, Asparagus and Toasted Walnuts

(Adapted from <http://events.nytimes.com>)

1 tsp Olive oil
1 Shallot, peeled and minced
6 Asparagus spears, trimmed and cut into 1-inch pieces
1 medium-size Zucchini, quartered lengthwise and cut across into 1/4-inch slices
1 1/2 C Rhubarb, trimmed and cut into 1/4-inch slices
2 Scallions, thinly sliced
1 1/2 C cooked Couscous
1/3 C toasted Walnuts, coarsely chopped
1 tsp Walnut oil
1 tsp grated Lemon rind
1 tsp Salt, plus more to taste
Freshly ground Pepper to taste

Heat the olive oil in a large non-stick skillet over medium-high heat. Add the shallot and cook for 20 seconds. Add the asparagus and cook, stirring frequently, for 3 minutes. Add the zucchini, rhubarb and scallions and cook until crisp-tender, about 2 minutes. Place the couscous in a large bowl. Add the vegetable mixture, walnuts, walnut oil, lemon rind, salt and pepper and toss to coat. Divide among 4 plates and serve immediately. Serves 4.

Asparagus with Rhubarb Hollandaise

(Adapted from www.foodnetwork.ca)

1 1/4 C finely diced fresh or frozen Rhubarb
1/3 C Sugar
2 sprigs fresh Tarragon
2 large Egg yolks
3 Tbs lemon juice
1/2 C melted Butter
Salt and Pepper
Butter for saute pan
chopped Chives, for garnish

Bring a pot of water up to a boil and salt generously. Trim asparagus and add to water. Blanch, uncovered, until tender. Once tender drain and shock in a bowl with ice and water to halt cooking. Strain and chill until ready to serve.

For hollandaise, stir rhubarb, sugar and tarragon sprigs in a pot over medium heat. Simmer until rhubarb is just tender, about 10 minutes. Remove tarragon and keep warm (but not hot). To assemble Hollandaise, whisk egg yolks and lemon juice over a pot of gently simmering water until they hold a ribbon when the whisk is lifted. Whisk in rhubarb mixture to warm. Remove bowl from heat and gradually whisk in melted butter (try to avoid adding white solids that have settled to the bottom of the butter). Season to taste and keep warm (hollandaise should be prepared as close to serving as possible).

To heat asparagus, simply warm in a sauté pan over medium-low heat with butter and season lightly. Place warm asparagus on a platter and spoon hollandaise over. Garnish with chives and serve immediately.

Power-Packed Cilantro

Cilantro is a powerful herb that adds character to any dish. Along with its unique taste, it adds minerals such as potassium, calcium, manganese, iron, and magnesium and vitamins such as folic acid, riboflavin, niacin, vitamin A, beta carotene, and vitamins C and K. Cilantro is also rich in anti-oxidants and dietary fiber. With all that packed into each leaf, it makes the perfect complement to your meal.

Roasted Rutabaga and Cilantro Pesto Gnocchi

(Recipe adapted from "The Mostly Vegetable Kitchen" at www.themostlyvegetablekitchen.com)

15 oz. package Gnocchi
Olive oil
1 large bunch Cilantro
juice of 1 Lemon
2 Garlic cloves minced
1/2 C Parmesan cheese, grated
1 large Rutabaga, chopped
Salt and Pepper
1 Tbs Red wine vinegar
1 small Shallot minced
1/3 C Walnuts, lightly toasted

Preheat oven to 400°F. Peel the rutabaga and chop into bite-sized pieces. Toss with enough olive oil to coat evenly and add salt and pepper to taste. Spread in an even layer on a baking sheet and bake 30-40 minutes until light brown and crisp, but tender in the center. Cook the shallot in a little olive oil until golden, add the garlic, cook 1 minute more. Put the shallot, garlic, cilantro, red wine vinegar, lemon juice, walnuts and half the parmesan in a food processor. Pulse while drizzling with olive oil until well combined. Cook the gnocchi according to package directions. Drain and toss with the rutabaga and cilantro pesto. Serve with a little of the reserved parmesan.

Green Rice with Cilantro

(Recipe adapted from "The Food Network" at www.foodnetwork.ca)

2 Tbs Olive oil
1 clove Garlic, minced
2 C Water or Broth
Salt
1 Onion, peeled and diced
1 C Basmati rice
Bay leaf
1 bunch fresh Cilantro, chopped

Using a small pot over medium-high heat, sauté the onions and garlic in the olive oil. Stir until they soften, then add the rice. Stir to coat it well with the oil. Add water or broth and bay leaf and season with salt. Bring to a simmer, stir and then cover with a tight fitting lid. Turn the heat to low. Let simmer until all the water has been absorbed, about 15 minutes. Fluff rice with fork and stir in cilantro.

Radish and Cilantro Relish

(Recipe adapted from "Food.com" at www.food.com)

2 C Radishes, thinly sliced
3 Tbs Orange juice
2 Tbs fresh Cilantro, chopped
Salt and Pepper
1/2 C Onions, chopped
2 Tbs Lime juice
2 Tbs Canola oil

Mix all ingredients in a bowl. Cover and refrigerate for at least one hour before serving.

Bowties with Basil, Cilantro, Spinach and Goat Cheese Sauce

(Recipe adapted from "Reluctant Gourmet" at www.reluctantgourmet.com)

1 lb Bowtie pasta
3/4 C packed Cilantro leaves
1/2 C freshly grated Parmesan cheese
2 cloves of Garlic, minced
1/2 tsp freshly ground Black pepper
1 C lightly packed Basil leaves
1/2 C steamed fresh Spinach, well drained
2 Tbs Butter, softened
1 1/4 tsp Sea salt
6-8 oz Goat cheese

Bring a large pot of salted water to boil and cook the pasta. While the pasta is cooking, combine the basil, cilantro, spinach, Parmesan, butter, garlic, salt and pepper in a food processor and process until smooth. Add the goat cheese and pulse until well mixed with the other ingredients. When the pasta is cooked, drain, but reserve 1 or 2 tablespoons of the cooking water. Combine the hot pasta with the processed ingredients and the cooking water in a large bowl. Mix until the pasta is coated well. Serve with salt and pepper to taste.