



The Harvest Herald

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Next Week's Bread Special from Okanagan Grocery!

Maple Whole Wheat! Always a classic during Canada Day festivities. Sweet maple syrup and the slight nuttiness of Wolfgang's locally grown whole wheat in this sandwich-style loaf make for a lovely compliment. Oh Canada!

Regular Harvest Box

Local! Golden Del. & Sweet Orin Apples - Harker's
Local! Green Leaf Lettuce - Roots & Greens Farm
Local! Spinach - Roots & Greens Farm
Local! Cilantro - Wild Flight Farm
Local! Carrots (1st of the season!) - Roots & Greens
Local! Spring Mix - Little Creek Gardens
Local! Garlic Scapes/Curls - Wild Flight Farm
BC! HH Tomatoes
Strawberries - CA
Valencia Oranges - CA
Bananas - MEX

Family Harvest Box Extras

Local! Radishes - Pilgrim's Produce
Local! Kohlrabi - Wild Flight Farm
Local! Bunched Beets - Wild Flight Farm
Local! Napa Cabbage (aka Chinese Cabbage) - Wild Fl
Blueberries - CA



This Week's HomeGrown Heroes

Harker's Fruit Ranch - Cawston
Little Creek Gardens - West Kelowna
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 items of poor quality, please inform us **within 48 hours**, and we'll provide a credit toward your next order.*

Organic Strawberries Now Available

Strawberry Season has started! Here is an update from Pilgrim's Produce in Armstrong: "We have beautiful certified organic strawberries, picked or u-pick. Order ahead to be sure you have enough to pop in the freezer for winter. Our ten pound flats are \$37 and can be picked up at the Vernon Thursday morning market, the Vernon Friday afternoon market, or at the farm (near Armstrong) Mondays. U-pick is available at our farm Saturday and Monday mornings from June 19th. We charge \$2/per pound. Please bring pails and containers to take home your berries." For more info, visit www.pilgrimsproduce.com. ***Urban Harvest will also be selling Pilgrim's Produce strawberries @ \$43 per 10lb flat on a first-come, first-served basis (by pre-order only) for pick-up on Tues, June 29th.

2 Local Sources of Free-Range Chicken (Farm-Gate Sales Only)

1) We grow local organic "pastured" poultry. That means chicks are out in the sunshine, eating bugs and plants from two weeks old. The field is planted with a mix of seed screenings(flax, spelt etc) from Fieldstone Granary <http://www.fieldstonegranary.ca> up in Armstrong which is certified organic. Price \$4.25/lb for whole bird. \$4.00/lb for utility. Our next batch will be ready during the last week of July. Peggy Thompson, Okanagan Poultry Processing, 3150 Balldock Rd, Kelowna, 778-477-4004.

2) Okanagan Grown Free Range Poultry. My chickens are hatched locally, and raised for 9 weeks. They are never treated with any kind of hormone or medicated chick starter. They are fed a vegetarian essential poultry feed as well as Hen Scratch which consists of corn and wheat. The farm is situated on four acres on June Springs Rd in South East Kelowna. I follow the Free Range On-Farm Food Safety Program or OFFSAP. Available June 15th, \$3.75/pound. Contact: David Scherle, (250) 258-7818.

Saturday Sale Updates

- 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

Plan Bee Now! Learn more about the importance of bees as pollinators, threats to bee populations, and techniques and methods for promoting healthy native bee populations (including designing a bee-friendly garden). Sunday, June 27th, 1pm - 5pm at Summerhill Organics & Wildcraft, 4870 Chute Lake Rd. \$50 plus 5% GST.

NO to Offshore Oil Drilling/YES to Clean Energy! 11am onwards, Sat, June 26th, at Tugboat Bay (Waterfront Park). Hands Across the Sand is a movement made of people of all walks of life and crosses political affiliations. It is not about politics; it is about protection of our coastal economies, oceans, marine wildlife, and fishing industry. Supported and endorsed by the BC Sustainable Energy Association, the Green Party of Canada, the Sierra Club of BC, the Raincoast Conservation Society, the Georgia Strait Alliance, and the David Suzuki Foundation.

Come and play in the dirt at SOPA Square! SOPA Square and the South Pandosy BIA are proud to sponsor an outdoor screening of **DIRT! The Movie**. Tues, June 29 from 7:30-10:30pm in the 3000 Block Pandosy (building site). Concession stand, live music, guest speaker, and more! Explore and enjoy 'Dirt' specials by local merchants, bring your chairs, blankets and radio, then be inspired by this amazingly profound and moving film. Visit the website www.dirtthemovie.org and check out the trailer and share in the fun - Playing in the Dirt at SOPA Square. For more info and a list of participating merchants see www.sopasquare.com/blog.

Chilled Asian Noodle Salad

(Adapted from www.canadianliving.com)

- 6 dried Shiitake mushrooms
- 1/4 C Tahini
- 1/4 C sodium-reduced Soy sauce
- 1/4 C Sesame oil
- 1/4 C Vegetable oil
- 3 Tbs Rice vinegar
- 2 tsp grated Gingerroot
- 1 granulated Sugar
- Dash Asian hot chili sauce or hot pepper sauce
- 8 oz Spaghetti
- 2 C shredded Napa cabbage
- 1 C grated Carrots
- 1 C Snow peas, thinly sliced lengthwise on diagonal
- 1/4 C chopped Garlic scapes
- 1/4 C chopped fresh Coriander
- 1/4 C roasted Peanuts, chopped

In small bowl, soak mushrooms in 1/2 cup boiling water for 15 minutes. Reserving liquid, squeeze mushrooms dry; chop and place in large bowl. In separate bowl, whisk together 1/4 cup of the reserved soaking liquid, tahini, soy sauce, sesame oil, vegetable oil, vinegar, ginger, sugar and hot sauce. Meanwhile, in large saucepan of boiling salted water, cook spaghetti until tender but firm, about 8 minutes. Drain and rinse in cold water; drain well and add to mushrooms in large bowl. Add soy mixture, cabbage, carrot, snow peas, garlic scapes, coriander and peanuts; toss to combine. (Make-ahead: Cover and refrigerate for up to 4 hours.)

Stir-Fried Vegetables

(Adapted from www.canadianliving.com)

- 1 Tbs Sesame seeds
- half small Napa cabbage
- 3 C Spinach
- 3 small Carrots
- 4 tsp Vegetable oil
- 2 Green onions (white part), coarsely chopped
- 1 clove Garlic, sliced
- 1 piece (1 inch/2.5 cm) Gingerroot, sliced
- 1 C Snow peas, trimmed
- 1 Tbs Chinese wine or dry sherry (optional)
- 1 tsp light or sodium-reduced Soy sauce
- pinch granulated Sugar
- 2 tsp Sesame oil

In skillet, toast sesame seeds over medium-low heat until light golden, about 2 minutes. Set aside. Cut cabbage into 1-1/2-inch (4 cm) wide strips to make about 3 cups. Coarsely chop spinach. Cut carrots in half lengthwise; thinly slice on diagonal. Set aside. In a wok or large skillet, heat oil over medium-high heat; stir-fry green onions, garlic and ginger for 1 minute. Stir in carrots and snow peas; stir-fry for 30 seconds. Add 2 Tbs water; cover and steam until vegetables are tender, about 2 minutes. Add cabbage, spinach, Chinese wine (if using), soy sauce and sugar; stir-fry until greens are wilted, about 3 minutes. Drizzle with sesame oil, tossing to coat. Sprinkle with sesame seeds.

Cilantro – Love It or Hate It

It is difficult to describe the taste of cilantro. It really depends on who you talk to. Some people think it has an unbeatable crisp, fresh taste, while others compare it to the taste of soap. No other herb brings on such a heated debate. Despite the dispute over its taste, cilantro is an ancient herb with many uses. Here are a few examples (from <http://herbs.ygoy.com>):

- anti-inflammatory and alleviates arthritis symptoms
- lowers blood sugar levels
- protects against infections of urinary tract
- aids indigestion and helps in settling stomach and prevent flatulence
- lowers bad cholesterol levels and increases good cholesterol levels
- a natural cleansing agent

Cilantro Pesto

(Recipe adapted from "Natural Pain Relief Guide" at www.natural-pain-relief-guide.com)

- 1 C fresh Cilantro leaves, packed
- 1 clove of Garlic
- 1/2 C of Almonds, Cashews, Pine nuts or other nuts
- 6 Tbs Olive oil
- 2 Tbs Lemon juice

Process the cilantro and olive oil in a blender (add some water if it gets too thick). Add remaining ingredients and blend to a thick paste which can be frozen. You can add other nuts and spices to suit your taste.

Cilantro Lime Rice Recipe

(Recipe adapted from "Health Diaries" at www.healthdiaries.com)

- 1 tsp Lime zest, minced
- 2-3 Tbs Cilantro, finely minced
- 1-2 Tbs fresh Lime juice
- 3 C cooked Brown rice

Toss lime zest, lime juice, and cilantro with the cooked rice. Serve warm or cold.

Cilantro Chutney

(Recipe adapted from "Bella Online" at www.bellaonline.com)

- 1 inch piece of Ginger, peeled and roughly chopped
- 2-3 small Thai green chilies, roughly chopped
- 2 large Garlic scapes, roughly chopped
- Water (if needed)
- 2 C freshly packed Cilantro leaves
- juice of 1/2 a Lime
- Salt to taste

In a blender or food processor, blend all of the ingredients until smooth. You may need to add a little water to help the blending process. The consistency may be adjusted according to personal preference. You may add a little water for a slightly thinner consistency. Refrigerate and use immediately. The chutney will last for up to 1 week in the refrigerator.

Carrot and Cilantro Salad Recipe

(Recipe adapted from "Dr. Ben Kim" at www.drbenkim.com)

- 6 medium Carrots, washed and peeled
- 4 tsp of Sesame seeds
- juice of 1 Orange
- Sesame oil
- large handful of fresh Cilantro
- juice of 2 Lemons
- extra-virgin Olive oil
- Sea salt and Pepper

Slice carrots into thin strips, as thin as you can get them. Combine carrot strips, cilantro leaves, and sesame seeds in a large salad bowl. Make salad dressing in a separate bowl by combining orange juice, juice of 1.5 lemons, and about 3-4 times extra-virgin olive oil as the amount of orange and lemon juice combined. Whisk together, add a few drops of sesame oil and a pinch of sea salt and pepper, whisk again, taste, and adjust seasoning as desired. If you like extra lemony zing to your salads, add some or all of remaining lemon juice. Pour dressing over salad and give it a good toss. Makes 6 small servings.