



The Harvest Herald

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

June 26-28, 2012

Issue #621

OKG Bread Special July 4-6

Miche - an old-fashioned rye sourdough loaf. Loads of flavour owing to the slow fermentation process. Wonderful for sandwiches and toast.

Regular Harvest Box

LOCAL! Salad Turnips - Wild Flight Farm
LOCAL! Green Leaf Lettuce - Notch Hill Organics
LOCAL! Garlic Curls - Wild Flight Farm (*chop finely and use in place of garlic*)
LOCAL! Pac Choi (like bok choy) - Wild Flight
LOCAL! Carrots - Roots & Greens Farm
BC! Warba Nugget Potatoes
Ruby Grapefruit - CA
Valencia Oranges - CA
Hass Avocado - CA
Bananas - MEX
Mangoes - MEX

Family Harvest Box Extras

LOCAL! English Cucumber (mini) - Harker's
LOCAL! Green Onions - Wild Flight Farm
LOCAL! Asian (Napa) Cabbage - Wild Flight Farm
BC! Tomatoes
Broccoli - CA



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green City Acres - Kelowna (*non certified organic*)
Green Croft Gardens - Grindrod
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.*

Holiday Delivery Schedule Next Week!

Deliveries will be made one day later in the week than usual next week, due to the Canada Day holiday. IF you are a Tuesday customer, please expect your delivery on Wed, July 4th; Wednesday customers on Thurs, July 5th; and Thursday customers on Fri, July 6th. Happy Canada Day!!

Win Tickets to the 4th Annual Okanagan Feast of Fields!



The 4th Annual Okanagan Feast of Fields will take place at Claremont Ranch Organics in Lake Country this year, from 1-5pm on Sun, Aug 12th. This 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 100th anniversary this year!)! Tix \$85 available at Choices Markets (1937 Harvey Ave, near Spall Rd.) Blenz Coffee - Westbank, or the Peachland Community Centre, or purchase online at www.feastoffields.com. All proceeds support the work of FarmFolk/CityFolk. To apply as a volunteer, please email okfeastvolunteers@gmail.com.

Win 2 Free Tickets! Urban Harvest has purchased 2 Feast of Fields tickets to give away and FarmFolk/CityFolk has generously contributed a copy of the lovely FarmFolk CityFolk book! How can you win? Fill out the following form and return it in your empty blue bin for your next delivery to be entered in the draw! ALL ENTRIES MUST BE PICKED UP BY OUR DRIVER BY THURS, AUG 2ND!

Name: _____ UH Customer Number: _____

Describe the most memorable, best-tasting Okanagan-grown fruit or veggie ever received in your Harvest Box. We'll enter your name in the draw twice if you happen to remember the farm name!

Community Events/Notices

Naked Fork: Rethinking the Food Landscape The Okanagan Institute Express series presents this Open Forum, to examine how local food contributes to community resilience. Explore how the Okanagan food scene is defined by passionate farmers and producers, and how their changing world informs and defines ours. Carol Kergan and Marcel Knittel, from the Central Okanagan Food Policy Council, will contribute to the discussion. \$2 at the door. Refreshments are available. 5pm Thurs, June 28th at the Bohemian Café, 524 Bernard Ave.

Apples Thinner's Required on a certified organic orchard in the Black Mountain area. Please call 250-765-8114 - Ken Rieger.

Kids CircusYoga Summer Camp with Anita McFarlane & Friends! Kids yoga, acrobatics, circus arts, juggling, theatre games, arts & crafts, and more! Aug 13-17 OR Aug 20-24. 9am to 1pm. *Early bird \$200 (before Aug 1). Email anita@anitamcfarlane.com or call 250-863-7320 to register.

Shakti Yoga & Art Mother/Daughter Retreat! 5-day retreat, offered by Iyengar yoga instructor Krisna Zawaduk and visual artist Rena Warren. Experience a journey of yoga philosophy, asanas, and pranayama, and create a unique mandala in block print! (no exp. needed!) July 18-22, from 9:30am to 3:30pm at the Kelowna Yoga House. \$250/person. (Min. age 13 years.)

Chile-Vinegar Turnip Greens

(Adapted from <http://southern.food.com>)

- 1 tsp Olive oil
- 1 cloves Garlic, minced
- Turnip greens, chopped
- 1/2 C Broth
- 2 Tbs Rice vinegar
- 1 tsp Chili paste with garlic
- 1/4 tsp fresh ground Black pepper

Heat oil in stockpot over med-high heat. Add garlic and saute 30 sec or until lightly browned. Add greens and saute 5 mins, or until wilted. Add remaining ingredients. Bring to a boil, cover, reduce heat, and cook 45 minutes.

Sweet-Sour Turnip Green Salad

(Adapted from <http://recipes.howstuffworks.com>)

- 2 C shredded stemmed washed Turnip greens
- 2 C washed mixed Salad greens
- 1 C sliced Plum tomatoes
- 1/2 C shredded Carrot
- 1/3 C sliced Green onions
- 8 Tbs Water, divided
- 2 tsp Flour
- 1 Tbs packed Brown sugar
- 1/2 tsp Celery seeds
- dash Pepper
- 1 Tbs white wine Vinegar

Combine turnip greens, salad greens, tomatoes and carrot in salad bowl; set aside. Combine green onions and 2 Tbsp water in small saucepan. Bring to a boil over high heat. Reduce heat to med. Cook, covered, 2 to 3 mins or until onions are tender. Mix remaining 6 Tbsp water and flour in small bowl until smooth. Stir into green onions in saucepan. Add brown sugar, celery seeds and pepper; cook and stir until mixture boils and thickens. Cook and stir 1 min more. Stir in vinegar. Pour hot dressing over salad; toss to coat. Serve immediately.

Rudy's Garlic Scape Pesto

(Adapted from <http://allrecipes.com>)

- 6 Garlic scapes, chopped
- 1/2 C freshly grated Parmesan cheese
- 1/2 C freshly grated Asiago cheese
- 1 Tbs fresh Lemon juice
- 1/4 C Pine nuts
- 3/4 C extra-virgin Olive oil
- Salt and Pepper to taste

Place the garlic scapes, Parmesan cheese, Asiago cheese, lemon juice, and pine nuts in the bowl of a food processor. Drizzle the olive oil over the mixture. Blend until the pesto is a brilliant green color and smooth in texture. Season with salt and pepper.

A June Treat: Garlic Scapes

Garlic is one of the few plants that have two harvests: the stems (scapes) and the bulbs. Scapes are usually only available in June, so enjoy them now! With their mild garlic/scallion flavour, they can be used anywhere that you would use garlic. Here are some ideas:

Garlic Scape Soup

(Recipe adapted from "2 Sisters Garlic" at www.2sistersgarlic.com)

- 2 dozen Garlic scapes, flower buds discarded and green shoots chopped
- 3 large Potatoes, unpeeled and cut into 1/2 inch dice
- 2 Tbs Butter or extra-virgin Olive oil
- 2 large handfuls Spinach leaves, stemmed
- 1/2 tsp fine-grain Sea salt
- 1/4 C heavy Cream (optional)
- 5 C Vegetable stock or water
- Juice of 1/2 Lemon
- freshly ground Black pepper
- Chive blossoms, for garnish (optional)

Heat the butter in a large saucepan over medium heat, then add the scapes and sauté for 2 minutes. Add the potatoes and stock, cover, and simmer for about 20 minutes, or until the potatoes are cooked through and beginning to break down. Remove from the heat, add the spinach, and puree using a hand blender.

Season with the lemon juice, salt, and a few grinds of pepper. Whisk in the cream for a silkier texture. If the soup tastes flat, add salt a few big pinches at a time until the flavors really pop. Serve garnished with the chive blossoms. Serves 4 to 6.

Spinach and Scape Frittata

(Recipe adapted from "Moscow Food Coop" at www.moscowfood.coop)

- 3 Tbs Olive oil
- 1 C chopped raw Spinach
- 1 Tbs chopped Parsley or Basil
- Salt and Pepper to taste
- 10 Eggs
- 1/2 C grated Parmesan cheese
- 1/2 C finely chopped Garlic scapes

Preheat oven to 350°F. In a large bowl mix all ingredients except oil and scapes. Heat oil in a 10-inch ovenproof skillet on the stove. Add the scapes and saute until tender on medium heat for about five minutes. Pour egg mixture in skillet with garlic and cook over low for three minutes.

Place in oven and bake uncovered for 10 minutes or until top is set. Cut into wedges and serve.

Sautéed Garlic Scapes

(Recipe adapted from "2 Sisters Garlic" at www.2sistersgarlic.com)

- 2 Tbs Olive oil
- 8 oz Garlic scapes, trimmed
- 3/4 C dry White wine
- 1 tsp Salt
- 1/4 C Cheddar cheese, diced
- 2 Tbs dark Brown sugar
- 1 1/2 C coarsely chopped Tomatoes
- 1/4 tsp ground Pepper
- 1 Tbs chopped Parsley

Heat the oil in a sauté pan and add sugar. Stir to caramelize the sugar for about 2-3 minutes and add the scapes. Cover and sauté over medium-high heat for no more than 3 minutes, occasionally shaking the pan to prevent scorching.

After 3 minutes, add the tomatoes and wine. Stir, then cover and reduce heat to low; continue cooking 5-6 minutes or until scapes are tender but not soft. Season, then add the parsley and cheddar. Serve warm or at room temperature.

~ Article & Recipes Contributed by Angela Cleveland ~