



The Harvest Herald

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June 28-30, 2011

Issue #572

OKG Bread Special July 5-7

Sorry! Monika hasn't decided which delicious option to offer for next week's special just yet...

Regular Harvest Box

LOCAL! Garlic Curls (Scapes) - Wild Flight Farm
LOCAL! Carrots - Roots & Greens Farm
LOCAL! Leaf Lettuce - Roots & Greens/Notch
LOCAL! Spinach - Notch Hill Organics
LOCAL! Gold Beets (with tasty greens!) - Wild Flight
LOCAL! Kohlrabi (try it raw - sweet/crisp!) - Wild Fl
LOCAL! Warba Nugget Potatoes - Pilgrim's Produce
LOCAL! Sweet Orin Apples - Harker's
Ruby Grapefruit - CA
Valencia Oranges - CA
Bananas - MEX

Family Harvest Box Extras

LOCAL! Mini English Cuke - Harker's
LOCAL! Fennel - Wild Flight Farm
LOCAL! Rhubarb - Wild Flight Farm
LOCAL! Asparagus - Mobetta Farm
BC! HH Tomatoes (Origino)



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
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.

Happy Canada Day!

We wish you all a Happy Canada Day and a wonderful long weekend! Please note that there is NO CHANGE to our regular delivery schedule for next week, as the Canada Day stat holiday does not affect our produce shipping schedules. We will be open for our Saturday Sale this Sat, July 2nd as usual, from 9am to 1pm at 806 Crowley Ave.

Quail's Farm Eggs are Back!

We are 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.

Community Events/Notices

Anthony Marr Workshop Explore hands-on ways to deal with our Global Climate Change. Build a solar oven, learn to repair your bike, share solutions for our changing world. Sat, July 2, 1:30-5pm at the Okanagan College campus. Potluck to follow. "Plan-It" Mother Earth! Meet in Room H115 (or if you come later, head straight to the Okanagan College community garden, located next to the daycare). Sponsored by the Okanagan College Environment Club and the Kelowna Peace Group. Free or by donation. For more info, contact Amber at 250-860-6108 or Cory at 250-712-1094.

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.

Kelowna Art Gallery Apple Bin Paint-In 2011 On Fri, July 1 between 10 am and noon, the Canada Day tradition continues! Join the Kelowna Art Gallery for the popular Apple Bin Paint-In. This event is free and open to the public, however, the Apple Bin Paint-In is always a popular event, so be sure to reserve your spot early by calling the Kelowna Art Gallery at 250-762-2226!

The Cause for Comfort Toiletry Drive is collecting personal toiletry and beauty items for the women using services at the Karis Support Society. This non-profit organization is helping people to overcome personal struggles and turn their lives around. They have no funding for things like toiletries and the need is urgent, but with your help we can work together as a community to make sure there is enough for everyone. This drive will run between June - December 2011. To make a donation or get more information, send an e-mail cause4comfort@gmail.com. To find out about the work of the Karis Society, please visit www.karis-society.org.

YOU can be a cause for comfort, by giving: soap, shampoo, body wash, toothbrush, mouthwash, q-tips, bubble bath, nail polish, razors, conditioner, deodorant, dental floss, lip balm, tampons, maxi pads, q-tips, cotton balls, makeup, sunscreen, face cleanser, hairbrush or comb, lotion, perfume, nail polish, manicure set, tweezers, accessories. *Please, products in new/almost new condition only.

The Vitamix Roadshow will be at the Kelowna Costco from Aug 3-14. Demos will take place from open to close daily, showing various Vitamix functions - from smoothies to soup to ice cream. (Our apologies for including this "advertisement" - usually, we include community-focused, non-profit items only, but we happened to have the space this week, and felt that some of you may be interested.)

Garlic curls, also called garlic scapes, are delicious, but can be tricky to incorporate into recipes. Here are some tips on how to use them in your daily cooking (*adapted from www.applepiepatispate.com*).

- Use as you would asparagus
- Add to an omelette or a frittata
- Add to salads and pasta to make them a bit more interesting
- Grill, roast, or broil with olive oil and salt.
- Keep it raw and make some garlic scape pesto.
- Sauté in butter and add to mashed or lightly browned diced potatoes for a quick side dish.
- Creamy garlic scape soup
- Pickles - add to pickling cucumbers or pickle the scapes themselves
- Puree with your favourite dips to give it a subtle garlicky punch and a nice shade of green.
- Stir-fry with rice, noodles, vegetables, or meats
- Deep-fried with a light tempura-like batter
- Add finely chopped garlic scapes to bread dough

Lemon Scented Pasta with Garlic Scapes and Veggies

(Adapted from www.baristanet.com)

- 1/3 box of Spaghetti
- 5 or 6 Garlic scapes sliced thinly
- 6 Sun dried Tomato halves sliced thinly
- 3/4 C Corn, canned, thawed, or fresh
- 1/2 C flat leaf Parsley
- zest of one Lemon
- Juice of one Lemon
- 1 C Stock

Cook the spaghetti until al dente and set aside. Saute scapes and tomatoes until fragrant then add the corn, parsley, lemon zest and lemon juice and simmer lightly.

Turn the heat up a bit; add the stock and pasta and toss everything to coat and until the sauce is slightly thickened. Serve garnished with additional parsley. Serves 2.

Hot or Cold?

With the odd weather that we have been experiencing, it's hard to know what to wear, let alone what to cook. One easy solution for the cooking problem is pasta. It can be served warm or cold, with a heavy sauce, a light sauce, or just topped with your favourite veggies. Be sure to use whole grain pasta whenever possible for an added nutritional bonus.

Kohlrabi Pasta Salad

(Recipe adapted from "Healing Path" at <http://healingpathcentre.com>)

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| 3 Kohlrabi, peeled and diced | 3 Radish, diced |
| 4 hard-boiled Eggs, chopped | 3 C Bow-tie Pasta |
| 2 Green Onions, chopped | Dill, minced |
| Parsley, minced | Chevril, minced |
| 1 C Sour Cream | 1 Tomato |

In a large bowl, mix kohlrabi, radishes, eggs, pasta, onions, and herbs. Mix in sour cream until everything is covered. Add tomatoes and mix all together.

Whole Wheat Pasta with Golden Beets, Beet Greens and Almonds

(Recipe adapted from "A Food Coma" at www.afoodcoma.com)

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| 2 bunches Golden beets with fresh healthy greens; beets peeled, each cut into 8 wedges, greens cut into 1-inch-wide strips | 12 oz whole wheat Spaghetti |
| 2 Tbs Olive oil | 3 cloves smashed Garlic |
| 6-8 Almonds, chopped | |

In a large pot, cook beets in boiling salted water until tender, about ten minutes. Using slotted spoon, transfer beets to medium bowl and reserve the cooking water. Add a bit of fresh water and return to boil. Cook pasta in beet liquid until al dente. Drain and return pasta to pot. Heat a heavy skillet over medium heat. Toast chopped almonds until browning and fragrant, then set aside. In the same skillet, heat olive oil and garlic for two or three minutes. Add beet greens and stir, cooking until greens are tender, about 5 minutes. Toss pasta with sauteed greens, beets, and toasted almonds. Season with salt and pepper, divide onto plates and serve. Sprinkle with freshly grated parmesan if you prefer. Serves 2.

Orange-Spinach Pasta

(Recipe adapted from "Woman's Day" at www.womansday.com)

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| 2 Oranges | 3/4 bunch Scallions |
| 1 C Milk | 12 oz Capellini (angel-hair) pasta |
| 5 to 6 oz Spinach | |

Bring 3 quarts lightly salted water to a boil in a large covered pot over high heat. Meanwhile, finely grate the zest from 1 orange, then squeeze juice from both. Slice scallions (you should have about 3/4 cup). Bring orange juice and scallions to a simmer in a large skillet. Cook 3 minutes, or until juice is reduced to about 1 Tbsp. Add milk and grated zest. Simmer 1 minute, then remove skillet from heat. Stir pasta into pot of boiling water. Cook, stirring often, 3 minutes. Stir in spinach and cook 1 minute more, or until pasta is firm-tender. Drain in a colander and return to pot. Add orange sauce; toss to mix and coat. Serve grated Parmesan cheese and crushed red pepper at the table, if you wish.

~ Article & Recipes Contributed by Angela Cleveland ~