



The Harvest Herald

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

June 29 – July 1, 2010

Issue #523

Next Week's Bread Special from Okanagan Grocery!

Olive Baton! This loaf, crafted on a sourdough base, is definitely for olive lovers, with both Kalamata and large green olives for a full-flavoured experience. Great with cheese (and malty beverages)!

Regular Harvest Box

Local! Empire Apples - Harker's (please refrigerate!)
Local! Leaf Lettuce - Notch Hill Organics
Local! Spinach - Notch/Roots
Local! Baby Dill - Notch Hill Organics
Local! Carrots (sooo tasty!) - Roots & Greens
Local! Kohlrabi - Wild Flight Farm
Local! English Cucumber - Wild Flight Farm
Local! Green Onions - Wild Flight Farm
Local! Cherries - Vialo Orchard
BC! HH Tomatoes

Family Harvest Box Extras

Local! Radishes - Wild Flight Farm
Local! Fennel - Wild Flight Farm
Local! Red Russian Kale - Wild Flight Farm
Local! Spring Mix - Little Creek Gardens
BC! White Nugget Potatoes
BC! Zucchini (sub imported if BC not avail)



This Week's HomeGrown Heroes

Harker's Fruit Ranch - Cawston
Little Creek Gardens - West Kelowna
Notch Hill Organics - Sorrento
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Vialo Orchard - Cawston
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.*

Happy Canada Day!

We are delighted to note that this week's standard Harvest Boxes feature an ALL CANADIAN (all BC in fact, and MOSTLY local!)...just in time for Canada Day! May the local bounty inspire you to savour each bite that sustains you!

Wild Flight Farm – Feature Farm of the Week!

Wild Flight Farm has been supplying Urban Harvest with wonderful veggies since our early days in 2000. Here is a little glimpse at the workings of Wild Flight Farm provided by Hermann & Louise Bruns (excerpted from the Local Suppliers page of our website!):

"In 1993, Hermann and Louise Bruns began growing vegetables on a 20-acre piece of land along the Shuswap River in Mara. Starting with a former hay field and no buildings, we have slowly grown to the point where we now have a large packing shed, temperature-controlled storage rooms for various crops, and greenhouses for seedling production and season extension. The farm crew includes seven full-time employees during the growing season and four employees during winter. Along with a full range of certified organic market vegetables, we also grow raspberries and strawberries. Our nutrient-rich, clay-loam soil is well suited to cruciferous crops like cabbage, kale and broccoli, and for producing large and robust leafy greens like lettuce and spinach. One of our main missions has been to provide local food year-round as much as possible and to encourage a seasonal diet. The poly-tunnel greenhouses in which we grow frost-hardy salads, our winter storage facilities, and the development of our winter markets have enabled us to progress towards this goal. Our produce is sold at farmer's markets in Salmon Arm and Revelstoke weekly from May to October and bi-weekly during the winter months. We are also pleased to be able work with other growers in our area to supply Urban Harvest with regular deliveries of produce. We would enjoy meeting some Urban Harvest customers, so if you ever have the opportunity during your travels, we hope you'll stop by the farm or one of our markets and say hello! Dates, times and places for our markets can be found on our website at www.wildflightfarm.ca."

Community Events/Notices

Parks Alive! Free, live entertainment at park venues throughout Kelowna (July/Aug). Pack a picnic and blanket, and prepare to share a meal while enjoying the entertainment. Where else can you do that while your kids run and play or get up and dance to the music?! For schedule details, please visit <http://parksalive.festivalskelowna.com/>.

Park & Play in your Neighbourhood! Join the City of Kelowna this summer in your neighbourhood park. Bring your family & friends, get to know your neighbours, and enjoy some active, family fun! Suitable for all ages...and it's free! This event runs from 5-8pm. In July, the Park & Play locations/days are as follows:

- Mondays in July @ Loseth Park (Rutland - Black Mountain area)
- Tuesdays in July @ Strathcona Park (Central - Abbott St., behind the hospital)
- Wednesdays in July @ Matera Glen Park (Glenmore - Glen Park Dr & Matera Ave.)
- Thursdays in July @ Curlew Park (Upper Mission - Lark St. off Chute Lake Rd.)
- Fridays in July @ Duggan Park (Central - Bernard Ave between Highland Dr. S & Elm St.)

Dance Your Spirit at UBCO! Experience your own spiritual energy and reclaim the joy of dancing through your body! Morning Meditation Class: explore key tools including centering, grounding, and awareness of the human energy field. Afternoon Movement Class: spiritual tools learned in the morning will be integrated with dance. Fri, July 23, 9:30am to 3:30pm. \$100.80 at UBCO. Instructor Duncan Harte, MA, of Praxis Spiritual Centre. Phone: 250-807-9289, or visit the website at <http://web.ubc.ca/okanagan/continuingstudies/welcome/html>.

Canada Day Cake

(Adapted from <http://funnfud.blogspot.com>)

1 C whole-grain Pastry flour
1 C Wheat flour
3/4 C Brown Sugar
1/2 C skimmed Milk
1 tsp Baking powder
1/2 tsp Baking soda
1/2 tsp Cardamom powder
1/2 tsp Salt
1 large Egg (whites only)
3 Tbs Olive oil (or smart-balance light spread)
2 tsp Vanilla extract
Strawberries - sliced for garnish

Preheat the oven to 350°F. Coat a 9" x 9" baking pan with cooking spray. In a large bowl, stir together the flour, baking powder, baking soda, cardamom, and salt.

In another medium bowl, whisk the sugar, egg-white, and oil until smooth. Beat well to make it fluffy and airy, about 1 min. This step is important as this will determine how much your cake rises.

Whisk in the milk and the vanilla. Pour the wet ingredients into the dry flour mixture and stir just until blended. Scrape into the prepared pan.

Bake for 35 to 40 minutes, until the cake is springy to touch, shrinks from the sides and a toothpick inserted into the center comes out clean.

Cool cake and top with your favourite icing or whipping cream (see below) and arrange sliced strawberries in the shape of a maple leaf!

Whipped Cream

1 C heavy Cream
1 tsp Vanilla extract
1 Tbs Confectioners' sugar

For best results, chill bowl and beaters in the freezer before use.

In a large bowl, whip cream until stiff peaks are just about to form. Beat in vanilla and sugar until peaks form.

Make sure not to over-beat, cream will then become lumpy and butter-like.

Happy Birthday Canada!

The long awaited summer is finally here and just in time for the birthday celebrations. Spending time outside is easy when you have warm weather, a long weekend, and good food. Here are some great take-along or eat-in salad recipes for the great outdoors.

Crunchy Kohlrabi Salad

(Recipe adapted from "Everything Here is Eatable" at <http://veggieable.blogspot.com>)

1 large Kohlrabi bulb
1/4 C Green onions, finely chopped
1-2 Tb Cilantro, minced
1/2 tsp Cumin seeds
1 large Carrot, well washed
2 Jalapenos
1/2 tsp Black mustard seeds
1 large Lemon

Trim off the tough ends and any remaining leaves/branchlets of the kohlrabi. Using a paring knife or good quality vegetable peeler, peel the outer skin of the kohlrabi until the white flesh is revealed. Cut the bulb into julienne strips or other small, even-sized pieces. Place in a large bowl. Slice the carrot into thin disks and add to the scallions to the bowl. Mince the jalapenos, leaving as much or as little of the seeds/membrane as you desire (the more you leave, the spicier it will be). Add to the bowl. Mince the cilantro and add to the bowl. In a small, dry pan, heat the mustard seeds and cumin seeds over medium-low heat, until they become aromatic, browning slightly and the mustard seeds begin to pop. Remove from heat and add to the salad. Juice 1 lemon, removing the seeds and then pour the juice over the salad. Toss the salad well to blend, then cover and chill for at least 1 hour before serving. Make sure to re-toss the salad right before serving. Serves 4-6.

Spinach Salad with Warm Quinoa

(Recipe adapted from "That's Fit" at www.thatsfit.ca)

1 C Quinoa, soaked overnight, drained and rinsed
Baby spinach
pinch Sea salt
2 Green onions, diced
A handful of cherry tomatoes, halved
Homemade dressing of choice
1 Tbs Butter
50 g package of unripened Goat cheese
1/2 Cucumber, sliced
A handful of shelled sunflower seeds

Pour a tablespoon or so of olive oil into a medium sized saucepan that's been heated on the stove-top. Add in strained quinoa, stirring frequently while it toasts in the bottom of the pot. Add a cup of water and sea salt, cover the pot and bring it to a boil. Once it's boiled turn it down to a simmer. Simmer the quinoa for 15 or 20 minutes, or until all the water has soaked up and the grains are tender. Remove from heat and let cool for ten minutes.

While quinoa is cooling, toss spinach, green onion, cucumber, sunflower seeds and tomato in a large bowl. Spoon in the goat's cheese in dabs and toss well. Add warm quinoa and toss yet again, allowing the spinach to wilt a little. Pour over dressing of choice and mix. Enjoy.

Orzo Salad with Chickpeas, Dill and Lemon

(Recipe adapted from "Whipped" at <http://whippedtheblog.com>)

1 C uncooked Orzo
1/2 C crumbled Feta
1 19-oz. can Chickpeas, drained and rinsed
1 1/2 Tbs Olive oil
1/2 tsp Salt
1/2 C thinly sliced Green onions
1/4 C chopped fresh Dill
3 Tbs fresh Lemon juice
1 Tbs cold Water
1 clove crushed Garlic

Cook pasta according to package and rinse with cold water and drain. Combine pasta, onions, cheese, dill and chickpeas in a large bowl, tossing gently to combine. Combine juice and remaining ingredients in a small bowl, stirring with a whisk. Drizzle over pasta mixture, toss gently to coat. Serves 4.