



The Harvest Herald

(Ph/Info-line) 868-2704 (Email) order@urbanharvest.ca

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

June 5-7, 2012

Issue #618



Congratulations to those of you who participated in BIKE TO WORK and BIKE TO SCHOOL last week!

OKG Bread Special June 12-14th

Green Onion & Caraway Pumpernickel! A flavour-packed loaf with slowly fermented pumpernickel grain, fragrant scallions, and a hint of toasted caraway seed. Excellent with smoked fish or cheeses.

Regular Harvest Box

LOCAL! Spinach - Wild Flight/Pilgrim's/Green Croft
LOCAL! Rhubarb - Wild Flight/Pilgrim's
LOCAL! Romaine Lettuce- Roots & Greens Farm
LOCAL! Thyme - Harker's
BC! English Cucumber
Cameo Apples - WA
Carrots - CA
Yellow Onions - CA
Valencia Oranges - CA
Tommy Atkins Mango - MEX
Bananas - MEX

Family Harvest Box Extras

LOCAL! Lettuce Mix - Wild Flight Farm
LOCAL! Salad Turnips - Roots & Greens Farm
LOCAL! Asparagus - Mobetta Farm
Avocado - CA
Cantaloupe - MEX



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green City Acres - Kelowna (*non certified organic*)
Harker's Organics - Cawston
Mobetta Farm - Grand Forks
Quail's Farm - Vernon
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.

Saturday Sale Updates

- June 9th - The Canadian Federation of University Women will be selling **Cafe Feminina**, organic coffee purchased from women producers in 9 countries. Coffee is purchased at 2 cents above fair-trade prices, supporting women's autonomy and community well-being. \$4 from each sale goes toward the CFUW scholarship/bursary fund. They will also be selling some ADORABLE hand-made stuffies. The porcupine is a "must-cuddle"!
- June 16th - Real Raw Foods (Naramata) - raw, organic nuts, seeds, dried fruit, and more! See www.realrawfood.com for more info.
- June 23rd - Wolfgang's Grain & Flour Mill - freshly milled organic flours and whole grains.

Community Events/Notices

Central Okanagan Fruit Tree Project This is an exciting new community project designed to reduce food waste and increase access to food in our community. A project of the Central Okanagan Food Policy Council, the idea is to bring people together to harvest otherwise unused fruit to donate to charitable community groups. Volunteers, tree owners with extra fruit, and donations of equipment and money are being sought. **A Pick-nic Info Session will be held on Sun, June 17th from 12-2pm at the Sutton Glen Park next to the community garden at 464 Sutton Cres in Glenmore. Bring food to share and come prepared to learn more and get involved!

Community Kitchen Food Preservation Workshop & Potluck Kelowna Community Kitchens Preserving Workshop and Potluck on Sunday, June 10th at the Unitarian Fellowship Hall, 1310 Bertram Street. Anyone is welcome to come to either or both events. Please RSVP by Fri, June 8 to Lisa at order@urbanharvest.ca. To find out more, visit the Kelowna Community Kitchens Facebook page at: <https://www.facebook.com/#!/groups/275927469141136/>.

- **Workshop @ 3pm:** Patricia Guest, a local chef and passionate preserver, will be giving a workshop and demo of preparing rosemary orange rhubarb compote. Everyone will bring home a jar of freshly preserved compote. Please bring a jam-sized jar and lid if you have one. A donation of \$5 per person is recommended for materials.
- **Potluck @ 5pm:** Please bring your favourite dish to share. A \$3-4 donation per person is recommended to help cover the cost of rent for the evening. Patricia will also be giving a talk on food preserving basics after the potluck.

Raw Food Immersion Level 1 Class June 16th and 30th, 5-8pm at the EECO Centre in Mission Creek Park. \$99 or 2 ppl/\$160. Instructed by Motoko Mitchell, graduate of the Raw Foundation Culinary Arts & Nutrition Institute, and certified raw food chef/educator and nutrition and lifestyle coach. Contact Motoko at 250-765-5655 or 250-8593142, or email mosan878@hotmail.com.

UBCO & The Eco-Art Incubator Present Vivarium I 15 Okanagan artists will be creating an Eco-Art Installation on Knox Mountain, opening the discussion on how humans have impacted and interacted with the land in the Okanagan Valley. All are invited to these free events:

- **Artist Talk with Beth Carruthers**, on nature and culture and the role of art in a cultural change toward sustainability. Thurs, June 7, 7pm, Kelowna Art Gallery.
- **Knox Mountain Stakeholders' Soiree** -Share your thoughts and stories about Knox Mountain with the project artists, in a social environment with wine, hors d'oeuvres and discussion. Fri, June 8th, 4:30-7pm, Rotary Centre of the Arts.
- **Knox Mountain Eco Art Event.** The Vivarium Eco Art Collaboration will be open to the public on Sunday, June 10th at 1pm, Knox Mountain.

Mango-Rhubarb Sauce with Crisp

Johnny Cakes

(Adapted from

<http://outofthegarden.wordpress.com>)

- 2 C Rhubarb stalks (about 4 large), root end trimmed and all traces of leaves removed
- 1 large ripe Mango
- 1/4 C Brown sugar
- 1/4 C Water

Cut fresh ripe mango and rhubarb into 1/2 inch pieces. Be sure to remove any traces of green leaves at the top of rhubarb. Combine with water and sugar in nonreactive saucepan. Cover and cook over low heat about 15 minutes, stir often as rhubarb will break down quickly. After the 15 minutes, uncover pan and allow to cook down slightly, another 5-10 minutes. Taste and add a little more sugar if needed. Remove to a bowl to await johnnycakes.

Johnny Cakes:

- 1 C stoneground Corn meal
- 1/3 C Water (or more for thin cakes)
- Salt to taste

Mix cornmeal and water with salt. Drop by heaping tablespoons into hot greased frying pan, cook about 4-5 minutes on either side, till brown and crispy. Serve warm, topped with mango-rhubarb sauce.

Rhubarb Mango Salsa

(Adapted from www.myrealfoodlife.com)

- 2 C finely chopped Rhubarb
- 1 C chopped Mango
- 1/2 Red pepper, chopped
- 1/2 Yellow pepper, chopped
- 1/2 C Chives, chopped (or 1/4 cup finely chopped onion)
- 1 C chopped Cilantro
- 1/2 Chili pepper finely chopped

Dressing:

- 2 Tbs Sesame oil
- 1 tsp Rice vinegar
- 1 tsp freshly grated Ginger
- zest of one Lime
- juice of one Lime
- 1 tsp melted Coconut oil
- 1/2 tsp Salt

Chop all ingredients. Put in a bowl. Mix the dressing, and pour over salsa ingredients. Mix together and serve.

Thyme Tips

Thyme is a fabulous fragrant herb that adds a punch to any meal. With fresh thyme, you can use the whole sprigs when roasting meats or vegetables or you can remove the tiny leaves and add them whole or chopped to dish.

Your fresh thyme will last about a week in the refrigerator or it can be frozen on a baking sheet and stored in air tight bags in the freezer for up to six months.

When substituting fresh for dry, use three times as much fresh thyme as you would use dried. So if a recipe calls for 1 teaspoon of dried thyme, you'd use 1 tablespoon of fresh thyme leaves.

Roasted Carrots with Fresh Thyme

(Recipe adapted from "The Herbal Touch" at www.theherbaltouch.com)

- 1 1/2 lbs Carrots, cut diagonally into 1 1/2-inch lengths
- 2 Tbs Olive oil
- 1/2 tsp freshly ground Black pepper
- 2 Tbs unsalted Butter
- 1 tsp Salt
- 4 sprigs fresh Thyme
- 1 Tbs Honey

Preheat the oven to 450°F. Place a medium oven-proof sauté pan over high heat and add the olive oil. When the oil is hot, add the carrots, salt and pepper and cook for 2 minutes on each side. Add the thyme sprigs and butter, and drizzle with the honey. Transfer the pan to the oven and roast for 6 to 8 minutes, or until the carrots are golden and crisp-tender. Serve immediately.

Fresh Thyme Popovers

(Recipe adapted from "My Recipes" at www.myrecipes.com)

- 1 C Flour
- 1/2 tsp Salt
- 2 large Eggs
- 1Tbs finely grated Parmigiano-Reggiano Cheese
- 2 tsp minced fresh Thyme
- 1 C Milk
- 1 Tbs Butter, melted

Preheat oven to 375°F. Combine flour, thyme, and salt, stirring with a whisk. Combine milk and eggs in a medium bowl, stirring with a whisk until blended; let stand 30 minutes. Gradually add flour mixture to milk mixture, stirring well with a whisk. Stir in melted butter. Coat 8 popover cups or muffin cups with cooking spray; sprinkle cheese evenly among cups. Place cups in oven at 375°F for 5 minutes. Divide batter evenly among prepared cups. Bake at 375°F for 40 minutes or until golden. Serve immediately. Serves 8.

Classic Omelet with Fresh Thyme and Cheddar

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

- 2 Eggs
- 1 tsp of chopped fresh Thyme
- Salt and Pepper
- splash of Water
- 2 Tbs of grated Cheddar cheese
- 1 Tbs Butter

Whisk together eggs, water, thyme, cheese and salt and pepper to taste. Heat a non-stick pan over medium-high heat. Add butter and when it begins to foam pour in the egg mixture. Lift the pan and begin to swirl it around so the egg covers the bottom and begins to cook. Continue to move the pan around and lift edges of the omelet to let the uncooked egg run to the bottom. It is done when the top is just cooked and the bottom is beginning to brown slightly. Fold omelet in half and slide onto a serving dish.

~ Article & Recipes Contributed by Angela Cleveland ~