



The Harvest Herald

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June 7-9, 2011

Issue #569

OKG Bread Special June 14-16

Sage & Walnut Baton - built upon OG's classic mild sourdough base, mixes hints of fresh sage with the rich flavour of roasted walnuts. Excellent with brie cheese and pepper jelly.

Regular Harvest Box

LOCAL! Leeks - Notch Hill Organics
LOCAL! Spinach - Wild Flight Farm/Roots
LOCAL! Rainbow Chard - Wild Flight Farm
LOCAL! Pac Choi (like bok choy) - Wild Flight Farm
LOCAL! Sweet Orin Apples - Harker's (2lb-F)
Yellow Onions - ORE
Bunched Carrots - CA
Jewel Yams - CA
Valencia Oranges - CA
Ruby Grapefruit - CA
Bananas - MEX

Family Harvest Box Extras

LOCAL! Parsley - Wild Flight Farm
LOCAL! Lettuce Mix - Wild Flight Farm
LOCAL! Asparagus - Mobetta Farm
LOCAL! Radishes - Wild Flight Farm
BC! HH Tomatoes



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Harker's Organics - Cawston
Honest Food Farm - Cawston
Mobetta Farm - Grand Forks
Notch Hill Organics - Sorrento
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.

Saturday Sale Guest Vendors

- **Sat, June 18 - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, and much more! See www.realrawfood.com for more info about their products.
AND Organically Clean - locally made + organically formulated cleaning solutions, including shampoo/hair conditioner, hair gel, liquid body wash + household cleaners + laundry/dish soap.
- **Sat, June 25 - Wolfgang's Grain & Flour Mill** will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally,
AND BioLive Germinated Products with a wide variety of unique sprouted grain products.

Community Events/Notices

Summertime Raw BBQ Class. Learn to prepare Strawberry Smoothie, Sunburgers, Better Than Mayo/RawBQ Sauce, Sweet Potato "Fries", Corn on the Cob, Ice Crème Parfait/Cacao Fondue Sauce. Cost: \$45/person/class (includes recipes + samples). Class takes place from 6-9pm, June 14 at 3091 Walnut Street (upstairs). Reserve + pre-pay @ 250 862-1158 or sandrabutler@uniserve.com.

Hatch-A-Chick Come see Educational Hatch-A-Chick live incubation at the Kelowna Regional Library (downtown branch), June 18th to July 9th (chicks should be hatching around July 9th).

East Meets West Orphan's Foundation proudly presents **Purbayan Chatterjee**, renowned Sitar player, in a fundraiser for medical and educational support for abandoned children in Kolkata, India. 6pm Sat, June 18 at Volcanic Hills Winery, 2845 Boucherie Rd. West Kelowna. Wine, Food, Art Auction, Music! Tix \$50 - please call Mohini 250-878-6271 OR Scott 250-864-5087.

Let's Get Gardening! Learn how to extend the harvest into early winter with one of Sustainworks' gardening classes this June! All classes offer hands-on learning and the chance to interact with the garden by tasting and harvesting produce through the day. Class sizes are small and each class includes info on organic soil preparation, watering, seed sowing, and planting techniques. Classes are held at the Cameron House Early Childhood Centre inside Cameron Park on Richter St.

- **Salad Gardening with Herbs & Edible Flowers** - Sat, June 11 from 10am-12:30pm OR Wed, June 22 from 6-8:30pm. Cost \$48.
- **Container Gardening** - Tues, June 7 from 6-8:30pm OR Wed, June 15 from 6-8:30pm. Cost \$48.
- **Keep the Veg Growing! Small Plot Gardening for an Early Winter Harvest** - Sun, June 19 from 1-5pm OR Sat, June 25 from 1-5pm. Cost \$65.

For more info, or to sign up, pcontact Elana at Sustainworks: 250-470-2610 or elana@sustainworks.ca.

Raw Food Summer Class Raw Food Summer Class, June 23rd, 5:30-9pm. Spend one evening with Guylaine Lacerte-Certified Raw Food Nutrition Educator and Lifestyle Coach. Come and learn how to prepare superb raw food dishes and drinks that will enliven your summer at parties and barbecues without expanding your waistline and draining your energy. For info email therawfoodpath@gmail.com or visit www.rawfoodpath.com.

Fit n Healthy - Get a Taste of the Healthy Life! Healthy cooking demos and tastings (Energy Boosting Smoothies, "Can't Believe It's Healthy" Chocolate Chewy Balls, and Simply Satisfying Sourdough Bread), nutritional and fat loss tips, advice from fitness expert Caila Patterson, and special guest vendors (Organically Clean, Cape de Hoop Tea). First 20 people are invited! Sun, Jun 26th from 1-4pm at 1102 Long Ridge Dr. Free - by donation to the Kelowna Food Bank. www.fitnhealthy.com.

Pac Choi Noodle Salad

(Adapted from www.cooks.com)

- 1 Pac choi
- 1 bunch Green onion
- 2 Tbs Butter
- 1/2 C Sesame seeds
- 1 C Cashews
- 3/4 C slivered Almonds
- 1/4 C Vinegar
- 1/2 C Oil
- 1/4 C Sugar
- 1 package of Ramen noodles, uncooked

Cut up pac choi and onions. Saute butter, sesame seeds, cashews and slivered almonds. Add to bowl after sauteed.

Mix together vinegar, oil and sugar. Pour over items in bowl. Break up by hand Ramen noodles into the bowl. Shake and stir salad very well.

Cashew Vegetable Stir-fry

(Adapted from www.cooks.com)

- 2 Tbs Sunflower oil
- 2 Tbs toasted Sesame oil
- 4 cloves Garlic, minced
- 1 in fresh Ginger, minced
- 1 small dried hot Chili
- 1 medium Onion, cut into crescents
- 1 large Carrot, peeled and sliced on the diagonal
- 2 stalks Celery, sliced on the diagonal
- 1 red or green Bell pepper, julienned
- 1 bunch Green onions, cut in 1-inch lengths
- 8 to 10 Mushrooms, sliced
- 2 C Snow peas or shredded Cabbage or Pac choi
- 1 C Cashews, roasted or raw
- 1 C Bean sprouts
- 1/4 C Tamari

Heat oil in a large wok or skillet. When oil is very hot, but not smoking, add ginger, garlic, and chili. Stir fry for 30 seconds; add onion, carrot, and celery. Stirring frequently, cook over medium high heat for 3 to 5 minutes until vegetables are barely tender.

Add peppers, green onions, mushrooms, cabbage, and cashews to the onions. Continue to stir-fry for another 3 minutes. Add sprouts and tamari; toss and stir-fry for 1 more minute.

Remove from heat and serve immediately over rice or bulgur wheat. Serves 4.

Learning about Leeks

Leeks provide a wonderful mild onion flavour in many recipes, but sometimes they can be difficult to prepare. Here are some tips on how to cut, clean, and cook with leeks, and some recipes to try (from <http://hubpages.com>):

How to cut a leek:

- using a sharp knife, cut the root portion of the leek off just above the base and discard
- remove the tough darker green leafy portion of the leek and discard
- cut the body portion (light green to white section of the leek) in half lengthwise
- chop the leek into portions as described in your recipe

How to clean a leek:

- place the chopped leek portions into a colander
- submerge the entire colander into a bowl of cold water
- swish the leeks around in the water to let any dirt particles fall into the bottom of the bowl
- lift the colander from the water and let drain

Leek Soup

(Recipe adapted from "The Wonderful World of Bombippy" at www.bombippy.com)

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| 18 oz can of Chickpeas | 1 medium Potato |
| 5 medium-sized Leeks | 3 cloves of Garlic |
| 2 Tbs of extra-virgin Olive oil | 2 Tbs Butter |
| 1/3 C dry White wine | 3 C Vegetable stock |
| Sea salt and freshly ground black pepper | Parmesan cheese |

Peel the potato, wash, cut into quarters and boil in a pot of water until soft. Rinse the leeks well with cold water to remove any dirt. Peel off the outer layer and finely slice. Heat up a pan with the olive oil. Add the butter and let it melt. Toss the leeks and garlic into the pan, coating it with the oil and butter. Add a pinch of salt and cook gently for about 4-5 minutes until the leeks are tender. Add the wine and cook for a few minutes until the alcohol has evaporated. Add the chickpeas and potato. Cook for a minute then add 2 cups of the stock. Let it simmer for about 20 minutes. Purée the soup in a food processor. Add the remaining stock to the mix until it has the consistency you want. Season with salt and pepper if needed. Serve into soup bowls and add some freshly grated parmesan cheese.

Caramelized Leek Risotto

(Recipe adapted from "Daily Unadventures in Cooking" at www.dailyunadventuresincooking.com)

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| 2 Tbs Butter | 1 large Leek |
| Salt and Pepper | 3/4 C Arborio rice |
| 3/4 C White wine | 3-4 C Vegetable stock |
| 1/2 C grated Romano (or Parmesan) | 1 Tbs freshly minced Chives |

Trim off the dark green part of leek, you can reserve it for a future use. Cut remaining leek in half lengthwise then into 1/3" half moons. Clean thoroughly. In a heavy bottomed pot, melt butter over medium heat, add leeks and stir to coat. Cook leeks stirring every five minutes or so until they start to brown. Let the leeks lightly brown evenly, you can turn it down a bit if you like as you don't want them to burn. It should take about 25 minutes. Sprinkle with salt and pepper and then add rice. Stir to coat and cook, stirring regularly for 2 minutes. Add wine and continue stirring until two thirds of the wine has evaporated. Start adding chicken stock in large ladlefuls, stirring often. You want the temperature of the mixture to be at a very light simmer. Continue adding stock until rice is tender and just a little bit al dente. Turn off heat and stir in cheese and chives. Taste and correct for seasoning.