



The Harvest Herald

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June 8-10, 2010

Issue #520

Next Week's Bread Special from Okanagan Grocery!

Potato Masala Loaf! Inspired by the classic flavours of Indian samosas, this loaf contains freshly baked potatoes, toasted and ground Masala spices, and green peas. Serve with yogurt cheese and chutney!

Regular Harvest Box

Local! Golden Del & Empire Apples - Harker's
Local! Spring Mix - Little Creek Gardens
Local! Spinach - Wild Flight/Roots
Local! Leaf Lettuce - Roots & Greens Farm
Local! Baby Salad Turnips (with edible greens)-Wild Fl
Local! Radishes - Roots & Greens Farm
Local! Asparagus - Mobetta Farms
BC! HH Tomatoes
Avocado - CA
Valencia Oranges - CA
Bananas - MEX

Family Harvest Box Extras

Local! Cilantro - Wild Flight Farm
Local! Kohlrabi - Wild Flight Farm
Red New Potatoes - CA
Broccoli - CA
Bunched Carrots - CA
Grapefruit - CA



This Week's HomeGrown Heroes

Harker's Fruit Ranch - Cawston
Little Creek Gardens - West Kelowna
Mobetta Farms - Grand Forks
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 items of poor quality, please inform us **within 48 hours**, and we'll provide a credit toward your next order.*

New Pest, And What You Can Do to Help!

There is an introduced pest that targets berries and thin-skinned fruits (peaches, plums, nectarines, apricots, grapes, and more...but not apples, thankfully!), and it is really important that we all do our part to help avoid contributing to its spread in the Okanagan Valley, as it has the potential to be economically devastating to local fruit crops. The 2-spotted drosophila (a form of fruit fly or vinegar fly) was found in several different test locations in the Fraser Valley in 2009, and in one East Kelowna orchard as well. While it may sound extreme, please do not compost any berries, kiwi, grapes, mangoes, peaches, plums, apricots, or tomatoes (basically, any thin-skinned fruits) that you will not be eating, but instead BURY (at least 12 inches deep), BAG and put in the trash, or FREEZE for at least 2-3 days to kill any existing larvae before composting. It may also be possible to place a sealed bag of fruit waste in the hot sun for 2-3 days before composting, as that will also kill larvae. For more info, please visit <http://www.urbanharvest.ca/news/160/> or <http://www.aqf.gov.bc.ca/cropprot/swd.htm>

Blue Bin Request

Our "bin fairies" (aka bin washers!) would like to remind everybody that bins should be wiped out (with a damp cloth only, please - no scented or chemical cleaners!) and stored with the lid ajar once food has been put away. Please do NOT use them for any other purpose, and please be sure to keep them away from animal hair, renovation projects (eg. drywall dust), etc. Thank you!

Also, there are hundreds of Urban Harvest blue bins circulating "out there"! We would love it if you could all check your homes/garages/sheds for any "UH" blue bins (they say "UH" on the bottom as an identifier), and leave them out for your next delivery. If you plan to suspend deliveries for longer than 4-6 weeks this summer, please contact us for a bin pick-up. Bins may also be dropped off at 806 Crowley Ave. Please attach your name to the bin if there is nobody at the warehouse when you come.

Saturday Sale Updates

- June 19 - Real Raw Foods - raw, organic nuts, seeds, dried fruit, and much more! See www.realrawfood.com for info about their products.
- June 26 - Wolfgang's Grain & Flour Mill, with certified organic, mostly local, freshly milled and whole grains! **Wolfgang's will now be coming on the 4th Saturday each month, instead of weekly.

Community Events/Notices

Raw Food Classes Sandra Butler, certified raw food chef. Will show you how easy it is to prepare a Summertime Raw BBQ! \$40/person/class includes recipes and samples of the foods being prepared. June 16 (May 6-9pm) or June 30 (6-9pm). Reservations and advance payment required, at sandrabutler@uniserve.com or 250-491-0278. Classes take place at #411-140 Asher Rd. (Rutland, across from Plaza 33).

Join African Touch for an evening of wine, dance performances, and local music in support of the massage therapy school being opened in Uganda. Guest performers include dancers from Ballet Kelowna, the Loose Hip Sisters, and more! June 10, 7-9pm at the Alternator Gallery in the Rotary Centre for the Arts. Tix \$25 (includes 1 glass of wine + appies) at Leo's Video, Alternator Centre or by calling 250-575-2546/250-868-2298. All funds raised will be donated to African Touch - Foster Hope Through Education; Create Freedom Through Employment.

DRUM BROTHERS! An evening of Sanskrit & World Chant on Sun. June 13, 7:30pm, at the Kelowna Yoga House, 1272 St. Paul St. Adults-\$20; Teens-\$12; Kids-FREE. Info @ 250-862-4906. There will also be a Hand Drumming Workshop on Sun. June 13 from 1:30-3:00, \$20

Oven Roasted Asparagus

(Adapted from www.canada.com/theprovince)

- 1 lb Asparagus
- 1 Tbs Olive oil
- 1 tsp Salt
- 3 tsp Balsamic vinegar

Preheat oven to 425°F. Cut off the woody bottom part of the asparagus spears and discard. For even more tender asparagus, with a vegetable peeler, peel off the skin on the bottom 2-3 inches of the spears. Place asparagus baking sheet and drizzle with olive oil. Sprinkle with salt. With your hands, roll the asparagus around until they are evenly coated with oil and salt. Roast for 10-15 minutes, depending on the thickness of your stalks and how tender you like them. They should be tender when pierced with the tip of a knife. The tips of the spears will get very brown but keep an eye on them, you don't want them to burn. Remove the asparagus from the oven and drizzle with balsamic vinegar to finish.

Sesame Asparagus

(Adapted from www.thatsfit.ca)

- 1 bunch of Asparagus, cleaned and bottoms trimmed
- 1 Tbs Black Sesame seeds
- 1 Tbs White Sesame seeds
- Olive oil
- unrefined Sea salt and fresh cracked Black pepper to taste

Put a medium saucepan of water on the stove to boil. Once boiled, put in asparagus to blanch. They should only stay in the water for a minute or two - just until they start to get flexible. Remove asparagus from the pan and run under cold water or place in an ice bath to halt the cooking. Once cooled completely, remove from water and pat dry. Set aside. (At this point, you can keep asparagus in the fridge to be finished off later right before your meal). Heat a cast iron skillet on the stove on medium-high heat. Add a tablespoon or so of olive oil. Add in asparagus and sprinkle on salt and pepper. Stir asparagus occasionally so that all sides brown a little. Once browned, sprinkle on sesame seeds over the asparagus. They should stick to the asparagus quite well (if they don't you may have overdone it on the oil). Allow seeds to toast a bit in the pan. Remove from pan with a pair of tongs and serve right away. If you want to adapt this recipe for the grill, sprinkle on sesame seeds after you've taken them off the grill (you could also toast the sesame seeds prior to sprinkling them on the asparagus).

Making the Most of Breakfast

We've all been told that breakfast is the most important meal of the day. However, it's hard to find the time to prepare a big breakfast in the morning. To make the most of this meal, here are a few easy recipes that will help you start your day off right.

Flax and Oat Breakfast Power Muffins

(Recipe adapted from "Oh She Glows" at <http://ohsheglows.com>)

- 1 ripened Banana
- 2 tsp Olive oil
- 1 Brown egg
- 1/4 C non-packed Brown sugar
- 1/2 C freshly ground Flax seed
- 1/4 C Whole wheat flour
- 1/2 C Oats
- 1/2 tsp Baking soda

Preheat oven to 350°F and grease 6 muffin tins. Mash banana into a medium sized bowl. Beat in oil, egg, and brown sugar. Grind 1/2 cup of flax in a blender for a couple minutes. In a separate bowl, stir together the dry ingredients (oats, ground flax, whole wheat flour, baking soda). Add dry ingredients into wet and stir. Do not over mix. Add nuts or dark chocolate chips if preferred. Spoon into muffin tins. Bake for 15-20 minutes.

Homemade Granola with Maple Syrup

(Recipe adapted from "Recipe for Travel" at www.recipe-for-travel.com)

- 4 C Rolled Oats
- 1 C Sultana Raisins
- 2 C unsweetened shredded Coconut
- 1 C Pumpkin seeds
- 1/2 C Sunflower Seeds
- 1/2 C Pine Nuts
- 1/4 C Sesame Seeds
- 1/2 C Pecans, coarsely chopped
- 1/2 C Canola oil
- 1/4 C Honey
- 1 C roasted Almonds, coarsely chopped or sliced
- 1/4 C Maple Syrup
- 1/2 C dried Black Currants, (soak to moisten in warm water)

Preheat oven to 350°F. Mix all the dry ingredients in a large bowl. Whisk together the oil, honey and maple syrup and dribble over the dry ingredients. Mix through to thoroughly coat and moisten everything. Spread the granola mixture out on a greased cookie baking sheet. Bake at 350°F for 45 minutes, turning the mixture over after 20 minutes. Add the raisins and drained black currants at about the 35 minute mark, and mix and flip over again. Cool and store in an air-tight container for up to a month.

Simple Smoothies

Here are some easy (and delicious) ways to get your greens. These smoothies can be enjoyed at breakfast or anytime throughout the day. For each smoothie recipe below, blend the ingredients and enjoy immediately (*adapted from www.greensmoothie.com*):

- 2 or 3 sweet Fruits (e.g. apple or pear), 1 Vegetable (e.g. celery stalk), 1 bunch of Salad mix
- 1 handful Lettuce leaves, 1 handful Mint, 4 Bananas, 1/2 C Water
- 1 C frozen Berries (any kind), 2 C fresh Spinach, 1/4 inch fresh Ginger, Water
- fresh Orange juice, ripe Bananas, frozen Mangoes, and several large leaves of Kale
- 1/2 bunch Romaine lettuce, 1 C Strawberries, 2 Bananas, Water
- 4-5 Kale leaves, 4 Apples, 1/2 Lemon juiced, Water
- 2 big handfuls mixed Baby greens, 2 Pears, 2 Mangoes, 1 C fresh or frozen Blueberries
- Choc-mint - 2 C Spinach, 10-12 Mint leaves, 3 Bananas, 2 Tbs Carob powder, 1 C Water
- 1 handful of Spinach, 2 stalks of Celery, 2 Bananas, 2 Pears, 1 Apple, 1 C Water
- 1 small handful of Spinach, 2 C Arugula, 2-3 Mangoes, 1 C Water
- 1/2 head Romaine lettuce, 1 small Pineapple, 1 large Mango, 1-inch fresh Ginger
- 1 handful wild Greens (e.g. dandelion), 1 small handful Mint leaves, 3 C Honeydew melon
- 1 handful Chard leaves, 5-6 Kale leaves, 3 large Bananas, 1 C Water

~ Article & Recipes Contributed by Angela Cleveland ~