



The Harvest Herald

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May 1-3, 2012

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Time to sign your team up for Bike to Work Week at smartTRIPS.ca

Live in the South Pandosy area? If yes, you can also join in the S. Pandosy neighbourhood pilot program! Register online, and start tracking your car-free trips - for fun, for health, for the environment...and prizes!

OKG Bread Special May 8th-10th

Raisin & Flax Buttermilk Loaf. A great breakfast-style loaf with plump raisins, toasted flax seeds, and rich buttermilk. Excellent for French toast!

Regular Harvest Box

LOCAL! Butterhead Lettuce - Roots & Greens Farm

LOCAL! Green Onions - Wild Flight Farm

LOCAL! Chives - Wild Flight Farm

LOCAL! Pink Lady Apples - Harker's

BC! English Cucumber - Origino

BC! Red Potatoes - Across the Creek

Celery - CA

Carrots - CA

Hass Avocado - CA

Valencia Oranges - MEX

Bananas - MEX

Family Harvest Box Extras

LOCAL! Rutabaga - Wild Flight Farm

LOCAL! Green Cabbage - Wild Flight Farm

LOCAL! Gala Apples - Harker's

BC! Beets

Broccoli - CA

Tommy Atkins Mango - MEX



This Week's HomeGrown Heroes

Blackbird Organics - Cawston

Green City Acres - Kelowna (*non certified organic*)

Harker's Organics - Cawston

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.

Thank You to All of You!

We were delighted to win the Sustainability Leader of the Year Award at Kelowna's Green Business Awards last Wednesday, and we want to thank all of you for supporting our efforts to be a link in a healthier, more sustainable food system for all! We are also grateful to our wonderful suppliers for their commitment to growing healthy food in a healthy way, and to our work team for their dedication and hard work, and for sharing our sense of pride and purpose in what we do!

We were also thrilled to see Sunshine Farms win the Green Business Award in the Small Business Category - an award very well-deserved! (Urban Harvest was a co-finalist in this category, along with Okanagan Grocery Artisan Bakery and Optic Signs.)

Community Events/Notices

VIVARIUM 1: SCAR, SITES—CALL TO ARTISTS: Visual, Literary, Performance, Film, Music, New media. Vivarium 1, a project of The Eco Art Incubator, is calling for 15 regional artists to participate in a 4-day practicum June 7 - 10, led by Beth Carruthers. Previous experience in eco art not necessary but a willingness to collaborate with the Okanagan's natural landscape is. For more details see: <http://ecoartincubator.com/project-vivarium.php> (submissions accepted until May 4).

Kelowna Waldorf School 30th Birthday Gala Fundraiser & Silent Auction

Thurs, May 3rd, 6pm at Summerhill Pyramid Winery. Tour the unique biodynamic vineyards, then enjoy a Cipes Brut reception, followed by a wine-paired 4-course dinner, in addition to the Silent Auction! Tix \$110 per person (incl taxes/tip). For more info, contact Mimi at mimiandjan@gmail.com. For tickets: meq@summerhill.bc.ca or 250-764-8000, ext 131.

What to Eat: Designing Your Personal Diet! by Angela Wright, RNCP of Align Nutrition. Paleo vs Vegan? Whole Grains vs Gluten-Free? Dairy vs Dairy Alternative? Healthy for All vs Healthy for you? Join Ange for this 2-hr interactive workshop where we'll dissect many of the 'healthy lifestyle' diets, find pros + cons, determine commonalities, talk about the importance of an individual's digestion, allergies, and intolerances, and put together your own **personal whole food value system**. Emerge with a check-list of the foods that will make up your 80%! Thurs, May 10th 6:30-8:30pm, at The Woman's Place - 123-1889 Springfield Rd. Members & female non-members welcome; \$20 incl HST. Register at TWP or by phone at 250-762-7255. More info at www.alignnutrition.com.

Conduit Collective Presents Fertility Festival 2012! Occurring in various zones all around the Summerhill Pyramid Winery grounds. Art gallery in the vineyard, d.j.s dancing, art installation in the pyramid, open circle drumming/acoustics and storytelling around the fire in the Makwala Kekuli, folk music/poetry, multi-nursery seedling sale, activist alley, band stage and crafters venue, organic food, beer and wine. Email conduitcollective@gmail.com with questions, or to get involved! Tix at the door - \$15 regular, \$10 students, \$5 artists, kids free.

All That Jazz with the Anna Jacsyzyn Trio The Kelowna Ducks Unlimited Chapter invites you to a "Ladies Only Affair", a charity fundraising event supporting wetland conservation. Friday, May 25th, at the Laurel Packinghouse (corner of Ellis & Cawston downtown). 6pm cocktails, 7pm dinner, with raffles & auctions to follow. Tix \$70, email Sue Scantland @ scantlandclan@gmail.com.

Raw Food Immersion Level 1 Class June 2nd, 5-8pm at the EECO Centre in Mission Creek Park. \$99 per person, 2 people for \$160. Instructor Motoko Mitchell is a graduate of the Raw Foundation Culinary Arts and Nutrition Institute. She is a certified raw food chef and educator, and a whole food nutrition and lifestyle coach. Motoko is excited to share what she has learned and help you to discover the art of creating fabulous organic raw vegan foods for optimum health and rejuvenation.

Chives not only offer flavour, but nutrition. According to "Lifestyle Lounge" (<http://lifestyle.iloveindia.com>) chives can:

- aid in digestion and stimulate appetite
- benefit the respiratory system
- serve as a remedy for those suffering from tiredness and fatigue
- reduce obesity and fluid retention due to its diuretic properties
- help reduce the risk of prostate cancer, by as much as 50 percent
- aid with its mild anti-inflammatory Properties

Chive Pesto

(Adapted from www.bonappetit.com)

- 1/2 C (packed) chopped fresh Chives, plus more for garnish
- 1/2 C (packed) chopped fresh flat-leaf Parsley
- 2 Tbs slivered Almonds, chopped Walnuts, or Pine nuts
- 1 Garlic clove
- 2 tsp fresh Lemon juice

Combine chives, parsley, almonds, and garlic in a processor. Pulse until finely chopped. With machine running, gradually add remaining oil through feed tube and process until incorporated. Transfer chive pesto to a small bowl. Stir in lemon juice, then 2 Tbs water. Season pesto with salt and pepper.

Lemon Chive Sauce

(Adapted from www.southernfood.about.com)

- 1/3 C Butter
- 2 Tbs finely chopped Chives
- 1 Tbs Lemon juice
- 1 tsp finely grated Lemon peel
- 1/2 tsp Salt
- dash ground Black pepper

Melt butter over low heat in a small saucepan. Add remaining ingredients and heat through. Serve hot with broiled chicken, baked fish, or asparagus.

Mustard Chive Sauce

(Adapted from www.foodnetwork.com)

- 1/4 C plain, full-fat Greek yogurt
- 2 tsp Agave nectar or Honey
- 1 tsp Dijon mustard
- 1/4 C Lemon juice (from 1 large lemon)
- 2 Tbs chopped fresh Chives
- Salt and freshly ground Black pepper

In a small bowl, mix together the yogurt, agave nectar, and mustard until smooth. Whisk in the lemon juice and chives. Season with salt and pepper, to taste.

Spring Chives

One of the first signs of spring in my garden is the sleek and slender shoots of chives that emerge as the sun warms the soil. Fresh herbs make all the difference in a recipe, especially after a long winter using dried herbs.

Curried Carrot and Chive Soup

(Recipe adapted from "I Food" at www.ifood.tv)

- 1 Tbs Butter
- 8 Carrots, chopped
- 1 clove Garlic, sliced
- 1 bunch Chives, chopped
- 10 C skimmed Stock
- 2 large Onions, chopped
- 6 Parsley stalks, chopped
- freshly ground Black pepper
- 3 Tbs Curry powder

Melt butter in a large heavy based saucepan. Add onions, carrots, parsley stalks and garlic. Sweat over low heat for 4-5 minutes. Stir in curry powder and cook, stirring constantly, for 2-3 minutes. Add stock, bring to the boil. Reduce heat and simmer for 30 minutes. Puree in a food processor or blender. Return soup to saucepan, season to taste, reheat.

Potato Chive Frittata

(Recipe adapted from "Ladies Home Journal" at www.lhj.com)

- 1 lb Potatoes
- 1/3 C Flour
- 3/4 tsp Baking powder
- 8 large Eggs
- 1 container (15 oz) part-skim Ricotta cheese
- 3 Tbs Olive oil
- 1/4 C chopped fresh Chives
- 1/2 tsp Pepper
- 8 oz Cheddar, grated

Peel potatoes and place in a 3-quart pot, cover with cold water by 2 inches and bring to a boil over moderately high heat; add salt. Simmer until potatoes are fork tender but not falling apart, 20 to 25 minutes. Drain in a colander and when just cool enough to handle, cut into 1/2-inch cubes.

Preheat oven to 350°F and arrange rack in center. Heat oil in a 10-inch ovenproof skillet (if the handle is not ovenproof, wrap it tightly in aluminum foil) over moderate heat until hot but not smoking. Add potatoes and cook, stirring occasionally, until heated through, about 2 minutes. Whisk together flour, chives, baking powder, and pepper in a bowl. Whisk together eggs and cheeses in another bowl until combined well; whisk in flour mixture. Pour egg mixture over potatoes and bake until firm and puffy, about 45 minutes. Let cool 5 minutes. Run a small knife around edge of frittata and gently slide onto a platter. Serve warm. Serves 8.

Chive-Parmesan Crostini

(Recipe adapted from "Care 2 Make a Difference" at www.care2.com)

- 1 slender French baguette or crusty loaf of Italian bread
- 5/8 C extra-virgin Olive oil
- 1 Shallot, peeled and chopped
- 1/8 tsp Paprika
- 1 Tbs chopped fresh Chives
- 1 tsp grated Parmigiano-Reggiano cheese

Preheat the oven to 350°F. Slice the bread into 1/4 inch to 3/8 inch rounds. Place the rounds in a single layer on a baking sheet and set aside. In a blender or food processor, combine the oil, chives, shallots, cheese, and paprika 10 seconds, or until the ingredients are well mixed. Pour into a small bowl. With a pastry brush, brush half the chive-oil mixture onto the bread rounds. Bake in the middle rack of the oven 7 - 10 minutes. Turn the slices over, brush with the remaining chive-oil mixture, and bake another 7 minutes, or until golden. Allow the crostini to cool to room temperature, then serve or place in airtight container for future use. Makes approximately 36 crostini.

~ Article & Recipes Contributed by Angela Cleveland ~