



The Harvest Herald

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

May 14-16, 2013

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OKG Bread Special May 21-23

Sunny Spelt Loaf. Ingredients in this hearty loaf include sunflower seeds (roasted, then soaked), stone-ground spelt, and a touch of honey. Top with honey for a tasty breakfast.

Regular Harvest Box

LOCAL! Arugula - Wild Flight Farm
LOCAL! Red Leaf Lettuce - Roots & Greens Farm
LOCAL! Radishes - Wild Flight/Roots
LOCAL! Spinach - Wild Flight/Roots
LOCAL! Asparagus - Wild Flight Farm
LOCAL! Pac Choi - Wild Flight Farm
LOCAL! Sweet Orin Apples - Harker's
Navel Oranges - CA
Tommy Atkins Mango - MEX
Bananas - MEX

Family Harvest Box Extras

LOCAL! Beet Greens - Wild Flight
LOCAL! Rhubarb - Pilgrim's/Green Croft
BC! English Cucumber - Origino
Carrots - CA
Hass Avocado - MEX



This Week's HomeGrown Heroes

Blackbird Organics - Cawston
Green City Acres - Kelowna
Green Croft Gardens - Grindrod
Harker's Organics - Cawston
Pilgrim's Produce - Armstrong
Quail's Farm - Vernon
Roots & Greens Farm - Grindrod
Silver Lake Estate Farm - Naramata
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.

Holiday Schedule Next Week!

Please expect deliveries to come one day later in the week than usual for the week of May 20-24, due to the Victoria Day stat holiday on Mon, May 20th. Many thanks!

Upcoming Saturday Sale Guest Vendors

- **May 18th - Real Raw Foods** - raw, organic nuts, seeds, dried fruit, seaweed products, healthy oils, and more! See www.realrawfood.com for more info.
- **May 18th - Swheatgrass FROZEN** Organic Wheatgrass Cubes! Wheatgrass is full of antioxidants, stimulates metabolism, and alkalizes the body. Locally grown, using certified organic seeds and soil, filtered water, and NO fertilizers or pesticides!
- **NOTE! Sin Grano gluten-free breads will NOT be available on Sat, May 18th.** Sorry!
- **May 25th - Wolfgang's Grain & Flour Mill** - organic whole grains and freshly milled flours.
- **May 25th NEW! - Dolan Home Delivery**, a home delivery service operating in Revelstoke and Salmon Arm, will be offering locally-sourced, un-medicated farm meats, including *pasture raised pork & certified organic lamb* from Harmonious Homestead of Salmon Arm, *pasture raised beef* from Greenslide Cattle Co. of Revelstoke, and *grass fed bison and organic chicken* from Hills Foods Specialty meats. If you have questions or would like to pre-order, contact tim@dolanhomedelivery.com, or visit www.dolanhomedelivery.com.

We are open every Saturday, year-round, from 9am - 1pm at 806 Crowley Ave (north end of downtown Kelowna). Please see www.urbanharvest.ca/sale for a map to our location and our updated produce list.

Have You Signed Up for Bike to Work Week?

The City of Kelowna's Bike to Work Week will run from May 27 - June 2 this year. You can find out more or sign up at www.biketowork.ca or www.smarttrips.ca. **Urban Harvest and Okanagan Street Food will be co-hosting a BTWW Satellite Station, on Sat, June 1, 9-11am**, with refreshments, prizes, and good times! The Urban Harvest team is already rolling...Cheryl, Jen, David, Lisa, Jess, and Sam are all bike-commuting at least some of the time...and Christine is a committed walker!

Summerhill Welcomes Urban Harvesters June 9th!

Summerhill Pyramid Winery is hosting an Urban Harvest Customer Appreciation afternoon on Sunday, June 9th at 4pm. You are invited to come learn more about the organic vineyard and cellar at Summerhill. Find out how they operate with organic practices...then taste a selection of their award-winning organic wines! This event is open to the entire family - kids will enjoy "tasting" local organic apple juice! Whether you come early to enjoy the winery for the entire afternoon, or just come at 4pm for the tour, Summerhill looks forward to welcoming Urban Harvest customers to their organic winery!

Community Events/Updates

Bee Day at Arlo's Honey Farm! Sun, May 26th from 11am to 3:30pm at 4329 Bedford Lane in South East Kelowna. Learn more about where your honey comes from, the impacts of honey bees on your health and the environment, and what YOU can do to help honey bee population!

Raw Food Workshop Series Learn how to incorporate more raw foods into your diet, for increased energy, optimal health, and superb taste! Classes take place on Sun, Jun 9th, Jun 16th, and Sept 29th from 10am to 4pm. Level 1 (Sept 9th) - Raw Foundation; Level 2 (Sept 16th) - Raw Food Homemaker; Level 3 (Sept 29th) - The Art of Dehydration. \$150/class. For more info or to register, call Guylaine at 250-469-2265, email vibrantlyhealthyonraw@gmail.com, or visit www.healthyonraw.com.

Gorgeous Raw Asparagus Salad

(Adapted from <http://kitchen-parade-veggieventure.blogspot.ca>)

1 lb thin spears of fresh Asparagus
2 Tbs Olive oil
1 Tbs good Balsamic vinegar
Zest of a Lemon, preferably in strips, reserving
a few strips for garnish, if desired
Salt and Pepper to taste

Wash and tear the greens. Spin dry or tamp gently with paper towels. Wash the asparagus well, especially the tips where grit can accumulate. After washing, place on a double layer of paper towels to siphon off water. Snap off the woody ends and discard. Line up the tips of as many asparagus as you can manage, cut off the tips. Cut the asparagus in tiny bits, maybe 1/8 or 1/4 inch lengths.

Whisk the olive oil, balsamic vinegar, salt and pepper, lemon zest (don't forget to reserve a few for garnish). Stir in the asparagus. Toss the asparagus with the greens. Serve immediately. Serves 4.

Fresh Balsamic Asparagus Salad

(Adapted from www.food.com)

1 lb baby Asparagus
4 oz sliced Mushrooms
1 Tbs fresh Lemon juice
1 Tbs Balsamic vinegar, or more to taste
1 tsp Dijon mustard
1 clove Garlic, crushed
3 Tbs extra virgin Olive oil
1/8 tsp fresh ground Black pepper
1/2 C loosely packed chopped Basil
2 Tbs grated Parmesan cheese
Salt to taste

Trim the asparagus (keeping the darker green and less fibrous parts) and cut into 1-inch pieces. Thinly slice the mushrooms.

Simmer the asparagus in 1/2 cup of water with a pinch of salt until it is tender (about 10-13 minutes). While the asparagus is simmering, whisk the lemon juice, vinegar, Dijon mustard, and garlic together. Gradually add the olive oil and then the black pepper. Once you have drained the asparagus and let it cool, gently toss it with half of the dressing to coat it well. Toss the remaining dressing with the basil and the mushrooms, and sprinkle the mixture over the asparagus. Season to taste with salt, garnish with freshly grated Parmesan cheese, and serve.

Local Spring Treats

This week, we have an assortment of beautiful local produce in our boxes - from spicy arugula to mild and versatile pak choi and, my personal favourite, crisp and tender asparagus. The family size boxes also include beet greens. Below are some recipes that use these delicious and local spring treats.

Arugula Salad with Feta and Fresh Tomato-Balsamic Vinaigrette

(Recipe adapted from "Kayln's Kitchen" at www.kaylinskitchen.com)

5 oz baby Arugula
fresh ground Black pepper to taste

2-3 oz crumbled Feta cheese

Dressing Ingredients (makes extra):

1 C diced Tomatoes or Cherry tomatoes
5 Tbs extra virgin Olive oil

3 Tbs Balsamic vinegar

Wash and chop arugula. Cut enough cherry tomatoes or tomatoes to make 1 C. Put tomatoes into bowl of immersion blender (or container of blender), add 3 Tbs balsamic vinegar, and blend until tomatoes are completely pureed. Pour tomato/balsamic mixture into a small bowl and whisk in 5 Tbs olive oil, a little at a time until dressing is well emulsified. To serve, put arugula into large plastic bowl and toss with about 1/4 C of the dressing. Arrange arugula on four individual serving plates. Sprinkle desired amount of feta cheese over each salad, then drizzle about 1 Tbs more dressing over each salad. Grind black pepper over and serve. Serves 4.

Cold Sesame Pak Choi

(Recipe adapted from "Food.com" at www.food.com)

3 C Pak choi, roughly chopped
1 1/2 Tbs Mirin or 1 1/2 Tbs Rice wine vinegar
1 pinch Sugar
2 Tbs Sesame seeds

4 Green onions, sliced
1 1/2 Tbs Soy sauce
2 Tbs dark Sesame oil

Steam or boil pak choi to desired doneness. Drain pak choi in a colander and use a wooden spoon to push it against the sides of the colander and squeeze out as much water as possible. Once it is as dry as possible, whisk together soy sauce, vinegar, sugar and green onions in a glass or ceramic bowl. Add pak choi and toss to coat. Allow to chill in the fridge for one hour. Just before serving, add the sesame oil and sesame seeds and toss to coat.

Beet Greens and Feta Pasta

(Recipe adapted from "Chow" at www.chow.com)

2 Tbs Olive oil
4 medium Garlic cloves, finely chopped
1 lb Penne pasta
2 lbs Beet greens, washed, ribs removed, and coarsely chopped (about 11 C)

1/2 medium Onion, finely chopped
freshly ground Black pepper
5 oz crumbled Feta (about 3/4 C)

Bring a large pot of heavily salted water to a boil. Meanwhile, heat the olive oil in a large frying pan over medium heat. When shimmering, add the onion and garlic, season with salt and pepper, and cook until the vegetables are translucent, about 3 minutes. Add the beet greens and cook until just wilted, about 3 minutes. Season well with salt and pepper, remove from heat, and reserve. Meanwhile, cook the pasta according to the package directions. Drain the pasta, reserving 1 cup of the cooking water. Return the pasta to the pot and place over low heat. Add the reserved pasta water and the beet green mixture, then sprinkle in the crumbled feta. Stir until thoroughly combined and heated through. Taste and adjust the seasoning as needed.

~ Article & Recipes Contributed by Angela Cleveland ~