



# The Harvest Herald

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Time to sign your team up for Bike to Work Week at [smartTRIPS.ca](http://smartTRIPS.ca).

(May 28-Jun 3)! If you live in the South Pandosy area, you can also join in the smartTRIPS pilot program! Register online, and start tracking your car-free trips - for fun, for health, for the environment...and prizes!

## OKG Bread Special May 22-24

Apple & Anise Rye Loaf - A loaf featuring local fruit and the distinct flavour of anise on a rye whole-grain base. Great with accompanying cheese courses.

## Regular Harvest Box

LOCAL! Arugula - Wild Flight Farm  
LOCAL! Rapini (see recipes!) - Wild Flight  
LOCAL! Asparagus - Mobetta Farm  
LOCAL! Mixed Apples - Harker's  
LOCAL! Rhubarb - Pilgrim's/Wild Fl/Notch Hill  
BC! English Cucumber - Origino  
Leaf Lettuce - CA  
Carrots - CA  
Valencia Oranges - MEX  
Bananas - MEX

## Family Harvest Box Extras

LOCAL! Rutabaga - Wild Flight Farm  
LOCAL! Spring Mix - Wild Flight Farm  
BC! Beets - Snow Farm  
BC! Tomatoes - Origino (mini order)  
Broccoli - CA  
Jewel Yams - CA



## This Week's HomeGrown Heroes

Blackbird Organics - Cawston  
Green City Acres - Kelowna (*non certified organic*)  
Harker's Organics - Cawston  
Mobetta Farm - Grand Forks  
Notch Hill Organics - Sorrento  
Pilgrim's Produce - Armstrong  
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.*

## Holiday Schedule Next Week!

If you will be receiving a delivery for the week of May 20<sup>th</sup> (next week), please expect your delivery one day later in the week than usual, due to the Victoria Day holiday. Thank you!

## Non-Browning GMO Apples? What do YOU think?

Okanagan Specialty Fruit has applied to release their genetically modified, non-browning apple on the market. If you would like to learn more or express your views, please see:

<http://www.inspection.gc.ca/plants/plants-with-novel-traits/notices-of-submission/okanagan-specialty-fruits-inc-/eng/1335141426301/1335142810470>. If this is something that concerns you, perhaps take a moment to let your MP know that this is not what you want to see in the food system.

## Saturday Sale Guest Vendor Update

- May 19<sup>th</sup> - Real Raw Foods (Naramata) - raw, organic nuts, seeds, dried fruit and more! See [www.realrawfood.com](http://www.realrawfood.com) for more info. Also: Motoko Mitchell will be on-site offering samples and information about her upcoming Raw Food Course (see Community Events below for details).
- May 26<sup>th</sup> - Wolfgang's Grain & Flour Mill - freshly milled organic flours and whole grains.

## Community Events/Notices

**Photos & Stories from 'Midwifin' in West Africa** Join local midwife Anne-Marie Cayer for some photos and tales about her recent work as a midwife with *Doctors Without Borders* in Guinea. Thurs, May 17<sup>th</sup>, 6:30pm at Malachite Midwives, 1955 Bowes St.

**All That Jazz with the Anna Jaczyn Trio** The Kelowna Ducks Unlimited Chapter invites you to a "Ladies Only Affair", a charity fundraising event supporting wetland conservation. Friday, May 25<sup>th</sup>, 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](mailto:scantlandclan@gmail.com).

**Raw Food Immersion Level 1 Class** June 2<sup>nd</sup>, 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](mailto:mosan878@hotmail.com).

**Breastfeeding Cafe** Connect with other breastfeeding (or expecting) moms in a relaxed, non-judgemental, supportive, and informative space! Enjoy a free tea/coffee while discussing challenges or concerns, sharing triumphs, and swapping "secrets" you have discovered on your breastfeeding journey. To connect, look up Kelowna Breastfeeding Café on Facebook, or pop in on the 1<sup>st</sup> Tues of each month at Kelowna Community Resources from 10am to noon, OR the 3<sup>rd</sup> Thursday of each month at Malachite Midwifery from noon-2pm.

**"Putting Up" with Patricia!** Join Patricia Guest, local chef and passionate preserver, in a tasty series of workshops where the celebration of food, new friends, and fun are the main ingredients! Every Saturday until the end of October, these drop-in sessions will provide enough preserved food for a family of four until the first asparagus pokes its lovely green head out of the soil next spring! Expect to can, freeze, dry, pickle, and juice...and create incredible combos for chutneys and jams. There won't be any room in your pantry come the cool nights of November! \$10 drop-in fee + food costs. Reserve your spot by Wednesday each week for the Saturday class. Classes take place in Peachland. All inquiries to Patricia at [westsideintransition@shaw.ca](mailto:westsideintransition@shaw.ca).

## Warm Potato Salad with Arugula

(Adapted from [www.foodandwine.com](http://www.foodandwine.com))

- 3 lbs Potatoes, scrubbed
- 1/4 C plus 3 Tbs extra-virgin Olive oil
- Salt and freshly ground Pepper
- 2 Tbs grainy Mustard
- 1 1/2 Tbs Sherry vinegar
- 1 small Sweet onion, thinly sliced
- 5 oz baby Arugula (6 cups)

Preheat the oven to 425°F. Cut the potatoes into 1/2-inch wedges. Scatter the potato wedges on 2 large rimmed baking sheets, drizzle with 3 tablespoons of the olive oil and toss until coated. Season with salt and pepper and roast for about 25 minutes, until browned and crisp. In a small bowl, whisk the remaining 1/4 cup of olive oil with the mustard and vinegar and season with salt and pepper. In a large bowl, toss the potatoes with the onion and arugula. Top with the dressing, toss again and serve right away.

## Goat Cheese and Arugula over Penne

(Adapted from <http://allrecipes.com>)

- 5 1/2 oz Goat cheese
- 2 C coarsely chopped Arugula, stems included
- 1 C quartered Cherry tomatoes
- 1/4 C Olive oil
- 2 tsp minced Garlic
- 1/2 tsp ground Black pepper
- 1/2 tsp Salt
- 8 oz Penne pasta

Cook pasta in a large pot of boiling salted water until al dente. Crumble goat cheese into a large serving bowl. Add arugula, cherry tomatoes, olive oil, garlic, and salt and pepper. Drain pasta, and toss with goat cheese mixture.

## Mediterranean Barley with Chickpeas and Arugula

(Adapted from [www.myrecipes.com](http://www.myrecipes.com))

- 1 C uncooked Pearl barley
- 1 C packed Arugula leaves
- 1 C finely chopped Red bell pepper
- 3 Tbs finely chopped Sun-dried tomatoes, packed without oil
- 1 (15 1/2-oz) can Chickpeas, rinsed and drained
- 2 Tbs fresh Lemon juice
- 2 Tbs extra-virgin Olive oil
- 1 tsp Salt
- 1/2 tsp crushed Red pepper
- 2 Tbs chopped Pistachios

Cook barley according to package directions, omitting salt. Combine barley, arugula, bell pepper, tomatoes, and chickpeas in a large bowl. Combine lemon juice, oil, salt, and crushed red pepper, stirring with a whisk. Drizzle over barley mixture, and toss. Sprinkle with pistachios.

## Experiencing Rapini

Rapini is an unusual looking plant that has spiked green leaves and clusters of green buds that resemble broccoli. While many people think this plant is related to broccoli, it is actually closely related to turnips. Rapini originated in China and the Mediterranean, but is working its way around the world. Its leaves have a pungent, almost bitter taste that changes once they are cooked to become nutty. The leaves can be steamed, blanched, or simmered and pair well with creamy sauces, parmesan, lemon and garlic. As with most leafy greens, rapini is an excellent source of vitamin C, folic acid and beta-carotene as well as the phytochemical called lutein. Here are a few great recipes that highlight your rapini (adapted from [www.squawkfox.com](http://www.squawkfox.com)).

### Easy Rapini with Garlic

- 1 bunch Rapini, about 1 lb
- 3 cloves Garlic, sliced or minced
- 1/4 tsp Salt
- 3 Tbs Olive oil
- 1/4 tsp Hot pepper flakes

Remove about 1/4 inch from base of rapini stalks. In deep skillet of boiling salted water, cover and cook rapini until tender, about 4 minutes. Drain and gently dry. In same skillet, heat olive oil over medium heat. Saute garlic and hot pepper flakes until garlic begins to brown, about 2 minutes. Add rapini and saute till warm.

### Rapini with Sun-Dried Tomatoes and Pine Nuts

- 1 bunch Rapini, about 1 lb
- 2 Tbs Pine nuts
- 1/4 tsp Salt
- 3 Tbs Olive oil
- 3 Tbs chopped Sun-dried tomatoes

Remove about 1/4 inch from base of rapini stalks. In deep skillet of boiling salted water, cover and cook rapini until tender, about 4 minutes. Drain and gently dry. In same skillet, heat olive oil over medium heat. Toast pine nuts over low heat until light brown, about 4 minutes. Add cooked rapini and sun-dried tomatoes and heat. Makes 4 servings.

### Rapini with Quinoa and Glazed Carrots

- 1 C Quinoa
- 2 Tbs Olive oil
- 1 small Onion, chopped
- 2 cloves Garlic, minced
- 1/2 lb Rapini, roughly chopped
- 1 1/2 Tbs Balsamic vinegar
- 1 Carrot, diced
- Lemon juice from 1/2 lemon

Cook quinoa. Remove about 1/4 inch from base of rapini stalks. In a skillet, saute the onion, carrot and garlic until the onions are slightly browned. Add the rapini and saute until they start to wilt. Remove from heat. Stir in the quinoa. Add the balsamic vinegar and lemon juice. Mix all ingredients together.

### Rapini and Rotini with Romano Beans

- 1 bunch Rapini
- 1/3 C Olive oil
- 1/4 tsp Salt
- 1 can (19 oz/540 mL) Romano beans, drained and rinsed (or soak and cook dried beans)
- 4 C whole wheat Rotini
- 4 cloves Garlic, minced
- dash of Hot pepper flakes

Remove about 1/4 inch from base of rapini stalks. In large pot of boiling lightly salted water, cover and cook rapini until tender, about 2 minutes. Transfer rapini with a slotted spoon into a colander (keeping water in pot). Chop rapini into 1 inch pieces and set aside. In same pot of boiling lightly salted water, cook pasta until al dente, 8 to 10 minutes. Reserve 1/2 cup of the cooking water. Drain pasta and return to pot. Meanwhile, in large skillet, heat olive oil over medium heat and saute garlic and hot pepper flakes, until golden, about 1 minute. Stir in rapini and beans and heat through, about 3 minutes. Add to pasta and toss to coat. Add reserved cooking liquid (if desired). Serve.