



# The Harvest Herald

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BIKE TO WORK WEEK is next week (May 28 - June 3)! Sign up at [smartTRIPS.ca](http://smartTRIPS.ca) Already on a team? Refer a new team, and you

could be eligible to win 1 year of weekly Urban Harvest deliveries! (To be eligible, you must notify [smartTRIPS.ca](http://smartTRIPS.ca) of the referral, and the team you refer must sign up before May 28<sup>th</sup>.)

## OKG Bread Special May 29-31

Challah - a light milk bread with a hint of sweetness. Delicious when toasted, buttered, and topped with honey or jam.

## Regular Harvest Box

LOCAL! Pac Choi (similar to bok choy) - Wild Flight  
LOCAL! Leaf Lettuce - Roots/Pilgrim's  
LOCAL! Asparagus - Mobetta Farm  
LOCAL! Fuji Apples - Harker's (last of the 2011 crop!)  
LOCAL! Rhubarb - Pilgrim's/Wild Fl  
BC! Kennebec Potatoes - Across the Creek Organics  
Jewel Yams - CA  
Hass Avocado - CA  
Valencia Oranges - CA  
Bananas - MEX

## Family Harvest Box Extras

LOCAL! Salad Turnips - Wild Flight Farm  
LOCAL! Spring Mix - Wild Flight Farm  
BC! English Cucumber - Origino  
Broccoli - CA  
Cantaloupe (small) - MEX



## This Week's HomeGrown Heroes

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

## Update on Efforts to Prevent Release of the GM Apple

Okanagan Specialty Fruit has applied to release their genetically modified, non-browning apple on the market. An action alert was released on May 18<sup>th</sup> by Bee SAFE, the Canadian Biotechnology Action Network, GE Free BC, Okanagan Greens Society, True Food Foundation, and Vigilance OGM.

- To learn more and see the company's submission for approval of the GM apple, see: <http://www.inspection.gc.ca/plants/plants-with-novel-traits/notices-of-submission/okanagan-specialty-fruits-inc-/eng/1335141426301/1335142810470>.
- To send your comments/feedback to the Canadian Food Inspection Agency (before June 3<sup>rd</sup>), see <http://active.inspection.gc.ca/eng/plaveg/bio/subs/biocomp.asp>.
- For more background info/critique, see <http://www.cban.ca/apple>.

## Saturday Sale Guest Vendor Update

- May 26th - Wolfgang's Grain & Flour Mill - freshly milled organic flours and whole grains.

## Community Events/Notices

**All That Jazz with the Anna Jaszyn 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).

**Earthbag Pit Mini-Greenhouse Building Workshop** On Saturday June 2, 9, 16, and (possibly) June 23, from noon to 3pm at the Mission Creek Regional Park Compost Gardens by the EECO Centre, a series of interactive workshops will be offered by MindGardens, Kelowna Permaculture, and the BCSEA to construct a miniature version of a naturally built pit greenhouse. The workshops are open to the public - open to all ages and abilities. Entrance by donation. For more info or to be added to the contact list for the workshops, email [erik@buildmindgardens.com](mailto:erik@buildmindgardens.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).

Kennebec is one popular potato! Not only is it sold as a fresh market potato, it is also distributed to be made into frozen fries and potato chips. Its popularity must be due to its thin skin and firm but moist flesh. Its flavour is said to have a rich, earthy, nutty flavour when cooked.

### Greek Potato Salad

(Adapted from

<http://jeanetteshealthyliving.com>)

2 lbs medium-sized Kennebec Potatoes, washed and scrubbed  
1 tsp Salt

*Dressing:*

1 medium-sized Red onion, halved and sliced into half moons  
1/4 C thinly chopped Scallions, green and white parts  
15 pitted and halved Kalamata olives  
1 Tbs finely chopped fresh Oregano leaves  
1/4 C extra-virgin Olive oil  
1 Tbs Red wine vinegar  
1/4 C Lemon juice  
Salt and freshly ground Black pepper

Cut potatoes in half if large; otherwise you can leave them whole. Place potatoes in an 8 quart pot along with enough water to cover and 1 teaspoon of salt. Bring to a boil, then reduce heat to medium and cook until just tender, about 20-30 minutes depending on how large the potatoes are. Use a fork or knife to test the potatoes. Potatoes are done when fork pierces potatoes through. Drain well.

Cut potatoes into quarters. Reserve. Combine the onions, spring onions, olives, oregano, olive oil, vinegar, and lemon juice in a medium sized salad bowl. Toss potatoes with dressing. Season to taste with salt and pepper.

### Spicy Oven Fries

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

3 large Baking potatoes (about 2 lbs.)  
2 Tbs Olive oil  
2 Tbs Creole seasoning  
nonfat cooking spray

Cut each potato lengthwise into 8 wedges. Combine olive oil and Creole seasoning in a zip-top plastic bag; add potato wedges. Seal bag and shake to coat.

Arrange potato wedges, skin side down, in a single layer on a baking sheet coated with nonfat cooking spray. Bake potato wedges at 450°F for 20 minutes or until golden brown. Serves 6-8.

## What's in a Name?

Pac choy comes with many different names: bok choy, Chinese celery cabbage, white mustard cabbage, and, my favourite, horse's ear. The texture of the leaves and the stalk is crisp and some say the taste is a mix of mild cabbage and spinach. Most often, pac choy is cooked, but if it is very young, it can be eaten raw in salads.

To store your pac choy, keep it in a perforated bag in the fridge for up to three days. When you are ready to use it, wash it thoroughly. You can cut the leaves from the stems since they cook at different times - the leaves cook much more quickly so they can be added towards the end of the cooking time. It usually only takes 2-3 minutes to stir fry or steam pac choy, so it's a quick and easy way to add a little something special to your meal.

### Pac Choy with Apples

(Recipe adapted from "Lake Breeze Organics" at [www.lakebreezeorganics.com](http://www.lakebreezeorganics.com))

1 1/2 lbs Pac Choy  
1/4 C Onions, cut in slivers  
1 tsp freshly grated Ginger  
2-3 Tbs Vegetable broth or water  
1 Tbs Peanut oil  
1 tart Apple, cut in cubes  
1/2 tsp Salt

Cut leaves off the pac choy stems. Slice stems on the diagonal. Cut greens into ribbons. Set aside. Heat oil in a large skillet or wok over medium-high heat. Add onions and stir-fry for 1-2 minutes. Add ginger, then pac choy stems and apples. Stir in as much broth or water as needed to prevent scorching. Stir-fry for a few minutes. Add pac choy greens, sprinkle with salt and stir-fry until just wilted. Serve immediately. Serves 4.

### Unwrapped Pac Choy Spring Rolls

(Recipe adapted from "Reimann Family Farm" at <http://reimannfamilyfarm.com>)

**Salad:**

1 pack thin Rice noodles - cook and save some of the water for the dressing (below)  
2 small bunches Pac Choy, thinly sliced  
1 C diced Cucumber  
handful of chopped Mint  
1 bunch Green onions, thinly sliced  
1 grated Carrot  
handful of chopped Cilantro

**Dressing:**

1/2 C of the reserved Water  
1/4 C Hoisin sauce (or less to taste)  
1/2 C chunky Peanut butter  
dash of garlic chili sauce

Mix salad ingredients in a medium bowl. Combine salad dressing ingredients until fully incorporated. Pour over salad, toss well, and serve.

### Stir-Fried Shanghai Pac Choy with Ginger

(Recipe adapted from "Epicurious" at [www.epicurious.com](http://www.epicurious.com))

1 tsp Chinese Rice wine (preferably Shaoxing) or medium-dry Sherry  
1 (2-inch) piece Ginger, peeled  
1/4 C Vegetable broth  
1 tsp Flour  
1/4 tsp Sugar  
1/2 tsp Asian Sesame oil  
3/4 lb Pac Choy  
1 tsp Soy sauce  
1/2 tsp Salt  
1 Tbs Vegetable oil

Cut half of ginger into very fine matchsticks (less than 1/8 inch thick; about 1 tablespoon) and reserve. Grate remaining ginger and squeeze pulp with your fingers to yield 1 teaspoon liquid, then discard pulp. Trim 1/8 inch from bottom of each pac choy, then cut each head into quarters. Wash pac choy thoroughly and dry in a colander or salad spinner until dry to the touch. Whisk together ginger juice, broth, rice wine, soy sauce, flour, salt, and sugar in a small bowl until flour is dissolved. Heat wok over high heat. Pour oil down side of wok, then swirl oil, tilting wok to coat sides. Add ginger matchsticks and stir-fry 5 seconds. Add pac choy and stir-fry until leaves are bright green and just limp, 1 to 2 minutes. Stir broth mixture, then pour into wok and stir-fry until vegetables are crisp-tender and sauce is slightly thickened, about 1 minute. Remove from heat and drizzle with sesame oil, then stir to coat. Serve warm.