



# The Harvest Herald

(Ph/Info-line) 868-2704 (Email) [order@urbanharvest.ca](mailto:order@urbanharvest.ca)

Place Orders On-line at: [www.urbanharvest.ca](http://www.urbanharvest.ca)

May 25-27, 2011

Issue #567

## OKG Bread Special May 31-Jun 2

Mustard, Ham and Cheese Focaccia - A take on the classic ham and cheese sandwich...with the "fillings" baked on top of a light, fluffy focaccia loaf. Spring picnic, here we come!

## Regular Harvest Box

LOCAL! Leaf Lettuce (various) - Roots & Greens Farm  
LOCAL! Pac Choi (like bok choy) - Wild Flight Farm  
LOCAL! Rhubarb - Pilgrim's Produce/Wild Flight  
LOCAL! Fuji Apples - Harker's  
BC! Alfalfa Sprouts  
Carrots - CA  
Broccoli - CA  
Jewel Yams - CA  
Valencia Oranges - CA  
Ruby Grapefruit - CA  
Bananas - ECUA

## Family Harvest Box Extras

LOCAL! Radishes - Roots & Greens Farm  
LOCAL! Spinach - Roots & Greens Farm  
LOCAL! Rutabaga - Wild Flight Farm  
Strawberries - CA  
Zucchini - MEX



## This Week's HomeGrown Heroes

Backyard Beans - Summerland  
Blackbird Farm - Cawston  
Carmelis Alpine Goat Cheese Artisan - Kelowna  
Gort's Gouda - Salmon Arm  
Harker's Organics - Cawston  
Honest Food Farm - Cawston  
Little Creek Gardens - West Kelowna  
Master Bakery - Kelowna  
MOTEAS - Kelowna  
Okanagan Grocery Artisan Bakery - Kelowna  
Pilgrim's Produce - Armstrong  
Roots & Greens Farm - Grindrod  
Wild Flight Farm - Mara  
Wild Mountain Honey - Armstrong

## 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.*

## Saturday Sale Guest Vendors

- **Sat, May 28** - Wolfgang's Grain & Flour Mill will be selling certified organic, freshly milled and whole grains, with an emphasis on grains grown locally, AND BioLive Germinated Products with a wide variety of unique sprouted grain products.

## Community Events/Notices

**Okanagan Women At Play!** Enjoy yourself fully AND support a great cause! Register online and choose your top "funshops"- from watercolour painting to hoola hoop dancing to bellyfit grooving with a live female DJ...and TONS more - at [www.africantouch.org/okwomenatplay](http://www.africantouch.org/okwomenatplay). Okanagan Women at Play is a joint fundraiser for JCI Okanagan and the African Touch Education Fund Society. African Touch is a registered Canadian Charity that trains individuals in the skills of massage therapy and supports them to obtain and sustain gainful employment within their African communities.

**Let's Get Gardening!** Learn how to extend the harvest into early winter with one of Sustainworks' gardening classes this June! All classes offer hands-on learning and the chance to interact with the garden by tasting and harvesting produce through the day. Class sizes are small and each class includes info on organic soil preparation, watering, seed sowing, and planting techniques. Classes are held at the Cameron House Early Childhood Centre inside Cameron Park on Richter St.

- **Salad Gardening with Herbs & Edible Flowers** - Sat, June 11 from 10am-12:30pm OR Wed, June 22 from 6-8:30pm. Cost \$48.
- **Container Gardening** - Tues, June 7 from 6-8:30pm OR Wed, June 15 from 6-8:30pm. Cost \$48.
- **Keep the Veg Growing! Small Plot Gardening for an Early Winter Harvest** - Sun, June 19 from 1-5pm OR Sat, June 25 from 1-5pm. Cost \$65.

For more info, or to book your place in a class, please contact Elana at Sustainworks: 250-470-2610 or [elana@sustainworks.ca](mailto:elana@sustainworks.ca).

**Expecting a baby?** Prepare for natural childbirth with HypnoBirthing Classes. Birth can be gentle, comfortable and joyful! Group classes begin May 28th. For more info, contact Lesley @ 250-801-8899 or [lesley@blossomyoga.ca](mailto:lesley@blossomyoga.ca)

## Thank You For Your Support!



The Bridge Youth & Family Services staff would like to extend a THANK YOU to each person who has contributed to our Urban Harvest account. The BYFSS is a registered non-profit organization that implements community programs to support the health and well-being of families. One program that is supported is The Parent Place located at 630 Cadder Ave, a drop-in facility for families with children aged 0-6 years. Parents & caregivers have fun with their child in a safe and creative space, while chatting + exchanging ideas with other parents and care providers, enjoying a cup of tea, and learning about other resources in the community. Urban Harvest customer donations have enabled us to offer a nutritious, organic snack during our drop-in + prenatal programs.

**\*\*Donations to the Bridge's Urban Harvest account are always welcome, and can be made through the Urban Harvest web order page. Urban Harvest in turn extends a non-profit discount to the Parent Place to make these donations go even further, along with "free shopping" privileges at our weekly Saturday Sale.**

## Rhubarb Salsa

(Adapted from [www.rhubarb-recipes.com](http://www.rhubarb-recipes.com))

- 2 C Rhubarb, finely diced
- 3 Green onions, finely chopped
- 2 Chili Peppers, minced
- 1/2 C Red pepper, finely chopped
- 1/2 C Yellow pepper, finely chopped
- 1/2 C Cilantro
- 2 Tbs Lime juice

Blanch rhubarb in boiling water for 10 seconds, refresh under cold water. Stir in peppers, green onion, minced chili peppers, and cilantro. Add 1-2 Tbsp lime juice, brown sugar, salt & pepper to taste. Serve with chicken or fish.

## Basic Rhubarb Bread

(Adapted from [www.rhubarb-recipes.com](http://www.rhubarb-recipes.com))

- 1 1/2 C firmly packed Brown sugar
- 2/3 C Vegetable oil
- 1 C Buttermilk
- 1 Egg
- 1 tsp Vanilla extract
- 2 1/2 C Flour
- 1 tsp Salt
- 1 tsp Baking soda
- 1 1/2 C finely chopped Rhubarb
- 1/2 C chopped Nuts
- 2 Tbs Sugar

Beat brown sugar, oil, buttermilk, egg, and vanilla extract in a mixing bowl. Mix flour, salt, and baking soda together. Add to brown sugar mixture and stir until blended. Stir in rhubarb and nuts. Turn into 2 greased 8 X 4 X 2 inch loaf pans. Sprinkle 1 tablespoon of sugar over each. Bake at 325°F for 1 hour or until done.

## Low Sugar Strawberry Rhubarb Crunch

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

- 4 C chopped fresh Rhubarb
- 1 pint Strawberries, hulled and sliced
- 1 Tbs Honey
- 1 C Rolled oats
- 1/4 C packed Brown sugar
- 1/4 C Butter
- 1 tsp ground Cinnamon

Preheat the oven to 350°F. In a medium bowl, stir together the rhubarb, strawberries and honey. Transfer to a shallow baking dish. In the same bowl, stir together the oats, brown sugar and cinnamon. Mix in the butter until crumbly, and spread over the top of the fruit. Bake for 40 minutes in the preheated oven, until rhubarb is tender and the topping is toasted. Serve warm.

## Pak Choi Tips and Tricks

Pak choi, also known as bok choy, originated in Asia, but is now enjoyed throughout the world. While there are many varieties of pak choi, the most common has dark green leaves with white spoon-shaped stems.

Pak choi is wonderful to add to stir-fries, soups, salads, and noodle dishes. In addition to its versatility and great taste, it is also high in calcium; each cup of cooked pak choi contains 15% of the recommended daily amount of calcium.

## Warm Pak Choi Salad with Ginger and Chili Dressing

(Recipe adapted from "BBC Food Recipes" at [www.bbc.co.uk/food/recipes](http://www.bbc.co.uk/food/recipes))

- |  |                                      |
|--|--------------------------------------|
| 1 Pak choi, quartered                          | 1 Red chilli, finely chopped         |
| 1 oz piece Root ginger, peeled, finely chopped | 1 Tbs Balsamic vinegar               |
| 1 Orange, peeled, segmented                    | 3 Tbs Olive oil                      |
| 1 Tbs fresh chopped Chives                     | Salt and freshly ground Black pepper |

Place the pak choi into a steamer and steam for five minutes, or until wilted. Whisk the rest of the ingredients together in a small bowl to make a dressing. To serve, pile the pak choi onto a serving plate and drizzle over the dressing.

## Soba Noodles with Pak Choi

(Recipe adapted from "Blue Dragon" at [www.bluedragon.com](http://www.bluedragon.com))

- |                          |                                     |
|--------------------------|-------------------------------------|
| 250g Soba Noodles        | 2 Tbs Vegetable oil                 |
| 3 Garlic cloves, crushed | Ginger, peeled and finely chopped   |
| 6 C Pak choi, chopped    | 2 Tbs Oyster Sauce                  |
| 2 Tbs Sesame Oil         | 1 Lime, juiced                      |
| Sesame seeds, toasted    | Red chilli, chopped into thin rings |

Cook the noodles until they are soft but still slightly undercooked. Rinse under cold water and set aside. Heat the vegetable oil in a wok and fry the garlic and ginger for 3-4 mins. Add the pak choi and fry for another 2-3 mins. Toss in the noodles and combine with the vegetables. Heat through. Stir in the Oyster sauce and Sesame oil.

Remove from the heat and squeeze lime juice over. Garnish with sesame seeds and chilli slices. Serves 4.

## Tofu and Pak Choi with Black Bean Sauce

(Recipe adapted from "Abel and Cole" at [www.abelandcole.co.uk](http://www.abelandcole.co.uk))

- |  |                                  |
|--|----------------------------------|
| 2 tsp Sesame oil                               | 2 medium Onions, thinly sliced   |
| 3 Garlic cloves, minced                        | 2 tsp minced fresh Ginger        |
| 1 medium or 2 small heads Pak choi, shredded   | 400 g firm Tofu, cut into strips |
| 1 1/2 Tbs Black bean sauce                     | 1 tsp Vegetable oil              |
| 2 tsp Soy sauce                                |                                  |
| 1 handful sliced Water chestnuts or Red pepper |                                  |

Heat half of the sesame oil and all of the vegetable oil in a wok or large pan over a high heat. Cook for 3 minutes and put mixture aside in a dish. Heat the remaining sesame oil and stir-fry the tofu until it is browned. Put all the vegetable mixture back into the wok, add remaining ingredients, and toss. Lower the heat, cover and steam 5 for minutes, then serve immediately.