



The Harvest Herald

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KUDOS to all those of you participating in BIKE TO WORK and BIKE TO SCHOOL week this week!! We invite you to cycle

down to our June 2nd Saturday Sale and receive \$5 off your order...and a little refresher for the ride home!

OKG Bread Special June 5-7th

Rhubarb Flatbread! Thinly stretched dough topped with rhubarb compote and sweet streusel. Serve warm, topped with whipped cream if you like!

Regular Harvest Box

LOCAL! Lettuce Mix - Wild Flight
LOCAL! Asian Greens or Mustard Greens - Wild Flight
BC! Kennebec Potatoes (mini order)
BC! Cluster Tomatoes
BC! English Cucumber
Cameo Apples - WA
Carrots - CA
Ruby Grapefruit - CA
Valencia Oranges - CA
Bananas - MEX

Family Harvest Box Extras

LOCAL! Chives - Wild Flight Farm
LOCAL! Spring Mix - Wild Flight Farm
LOCAL! Rapini - Wild Flight Farm
LOCAL! Rhubarb - Wild Flight Farm
LOCAL! Asparagus - Mobetta Farm

Concerned about Genetically Modified Apples?

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

- Send your comments/feedback to the Canadian Food Inspection Agency by June 3rd: <http://active.inspection.gc.ca/eng/plaveg/bio/subs/biocom.asp>
- For more background info/critique, see <http://www.cban.ca/apple>

Saturday Sale Updates

- June 2nd - **Bike to Shop Day!** In honour of Bike to Work Week, we will be offering \$5 off your order if you cycle to our sale...plus refreshments to fuel your ride home! (Need a little extra fuel? Okanagan Street Food is right next door...and their breakfast wraps are famously good!)
- June 9th - The Canadian Federation of University Women will be selling **Cafe Feminina**, organic coffee purchased from women producers in 9 countries. Coffee is purchased at 2 cents above fair-trade prices, supporting women's autonomy and community well-being. \$4 from each sale goes toward the CFUW scholarship/bursary fund.

Community Events/Notices

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.

Raw Food Immersion Level 1 Class June 2nd, 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.

UBCO & The Eco-Art Incubator Present Vivarium I 15 Okanagan artists will be creating an Eco-Art Installation on Knox Mountain, opening the discussion on how humans have impacted and interacted with the land in the Okanagan Valley. All are invited to these free events:

- **Artist Talk with Beth Carruthers**, on nature and culture and the role of art in a cultural change toward sustainability. Thurs, June 7, 7pm, Kelowna Art Gallery.
- **Knox Mountain Stakeholders' Soiree** -Share your thoughts and stories about Knox Mountain with the project artists, in a social environment with wine, hors d'oeuvres and discussion. Fri, June 8th, 4:30-7pm, Rotary Centre of the Arts.
- **Knox Mountain Eco Art Event**. The Vivarium Eco Art Collaboration will be open to the public on Sunday, June 10th at 1pm, Knox Mountain.

"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 in Peachland. All inquiries to Patricia at westsideintransition@shaw.ca.



This Week's HomeGrown Heroes

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

Cameo Apple-Topped French Toast

(Adapted from

<http://tastyhealthrecipes4u.blogspot.ca>)

4 large Eggs
1/3 C Milk
2 Tbs Sugar
1 tsp Vanilla extract
1/4 tsp ground Cinnamon
8 thick slices of Bread
2 Tbs Butter, divided
1/2 C chopped Walnuts or Pecans (optional)

Cameo Apple Topping:

3 Tbs Butter
4 Cameo Apples, peeled, cored and sliced
1/3 C packed light Brown sugar
1/8 tsp ground Cinnamon

Beat eggs, milk, sugar, vanilla and cinnamon together in a large bowl. Soak bread slices in the mixture for 5 minutes, or until saturated.

Meanwhile, prepare Cameo Apple Topping: Melt butter in a skillet over medium heat. Add apples and cook for 5 minutes, stirring frequently. Add brown sugar and cinnamon; cook for 2 minutes, or until apples are slightly soft. Heat 1 tablespoon butter in a large skillet over medium heat. Press each bread slice into chopped nuts to coat. Cook 2-3 slices at a time until golden brown on each side, adding butter to the skillet as needed. Serve hot with Cameo Apple Topping. Serves 4.

Apple-Chard Quiche

(Adapted from www.leftoverqueen.com)

1 Tbs Olive oil
1 Tbs Butter
1 large Yellow Onion, thinly sliced
1/4 C White wine
1 1/2 C shredded Chard
Salt and Pepper to taste
3 Apples, chopped
2 Tbs Whole wheat flour
1/2 tsp ground Nutmeg
2 large Eggs
1 packed C shredded sharp Cheddar cheese
1/2 C Milk
1 9-inch deep dish Pie crust

Preheat oven to 375°F. Heat oil and butter together in a large skillet over med heat. Reduce heat to med-low and add the onions. Saute until caramelized, about 15-20 mins. After about 5 mins, add wine and reduce. Add water as needed to keep from burning. Add chard, salt and pepper and stir often until chard is soft, about 7 mins. In a small bowl, combine apples, flour and nutmeg. Toss to coat the apples. In a larger bowl, combine eggs and milk. Beat until blended. Add cheese and stir to combine. Fold in the apple mixture. Spoon chard/onion mix into pie crust and then pour the egg/cheese/apple mixture on top. Bake for 35-40 mins or until cheese mixture is set and the top is nice and browned. Cool for about 5 mins before slicing, or it will fall apart.

Celebrating Asian Greens

This week, our box comes with an assortment of Asian greens. Not only are they fresh and tasty, they are local as well! Here are some recipes to make these beautiful greens shine:

Amazing Asian Green Salad with Soy-Sesame Dressing and Sesame Seeds

(Recipe adapted from "Kalyn's Kitchen" at www.kalynskitchen.com)

Dressing Ingredients:

1/4 C Soy sauce
1/4 C Grapeseed oil
1/4 C Sugar (or equivalent of your preferred sugar substitute)

1/4 C unseasoned Rice vinegar
1 Tbs Sesame seed oil

Salad Ingredients:

1 heart of Romaine lettuce
4 C Asian greens
1/2 C Carrots, cut into matchsticks

1-2 tsp toasted Sesame seeds
1 C diced Tomato
1/2 C Cucumber, cut into matchsticks

Combine the soy sauce, rice vinegar, oil, sesame oil, and sweetener of your choice in a jar with a tight-fitting lid. Put lid on and shake jar until all the ingredients are dissolved.

Tear apart the Romaine heart, wash, and spin dry or dry with paper towels. Dice tomato. Cut carrots and cucumber into matchstick strips until you have about 1/2 cup of each. Put the washed Romaine and Asian greens into a medium sized bowl and toss with enough dressing to coat all the greens (about 2-3 Tbs).

Arrange the dressed greens on individual salad plates or in bowls. Top each salad with some tomato, carrots, and cucumber and sprinkle with sesame seeds. Serve immediately.

Oriental Green Salad with Asian Vinaigrette

(Recipe adapted from "Home Cooking Connection" at www.homecookingconnection.com)

1/2 lb fresh Asparagus, tough ends broken off, and cut on the diagonal into 2 inch long pieces
1/2 small, Red pepper, sliced 1/4 inch wide and 2 inches long
12 oz mixed Salad greens
8-oz can of sliced Water chestnuts, drained
6 very thin slices of Red onion, separated*
1 Tbs Sesame seeds
*to soften the flavour, soak the onion in ice water for 15 minutes then drain

Asian Vinaigrette Recipe:

1/4 C Olive oil
1 tsp Sugar
1/2 tsp Teriyaki or Soy sauce

2 Tbs seasoned Rice vinegar
1 tsp freshly peeled and grated Ginger
1/4 tsp Chili garlic sauce

For Dressing:

Pour all of the dressing ingredients into a jar and shake. Refrigerate until ready to use, and store any unused vinaigrette in the refrigerator.

Fill a medium saucepan half way full of water and bring to a boil. Add the cut asparagus and cook 1-2 minutes until crisp, but slightly soft to the bite. Remove immediately from the water and plunge the asparagus into a bowl of ice water until cool, then drain and place on paper towels.

Using a small pan, add the sesame seeds to the pan and toast them over low-medium heat for 2-3 minutes. Remove from the pan and set aside.

Add all of the salad ingredients (except sesame seeds) in a large bowl and mix. When you are ready to serve, pour the Asian vinaigrette onto the salad and toss to coat. Put the salad into a serving bowl or onto individual plates and sprinkle with sesame seeds.

~ Article & Recipes Contributed by Angela Cleveland ~