



The Harvest Herald

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

Sept 13-15, 2011

Issue #582

OKG Bread Special Sept 20-22

Tomato & Bocconcini Flatbread. Fresh basil pesto, tomatoes, and bocconcini cheese on a moist focaccia base. Ideal for Italian-style sandwiches or dipped into an olive oil + balsamic bath!

Regular Harvest Box

LOCAL! Summer Squash - Notch Hill
LOCAL! Red Onion - Roots & Greens Farm
LOCAL! Orange Carrots - Notch Hill Organics
LOCAL! Gr/YI Beans - Wild Flight Farm
LOCAL! Green Peppers - Notch Hill Organics
LOCAL! Corn (mini-order!) - Wild Flight/Calissi
LOCAL! Green Kale - Wild Flight Farm
LOCAL! Beefsteak Tomatoes - Shirlee Mae/Moses
LOCAL! Early Italian Prune Plums - Green Hills
LOCAL! Bartlett Pears - Claremont Ranch Organics
LOCAL! Gala Apples - Bite Me Organics/Vialo Orchard

Family Harvest Box Extras

LOCAL! Red Leaf Lettuce - Notch Hill Organics
LOCAL! Cilantro - Wild Flight Farm
LOCAL! Leeks - Wild Flight Farm
LOCAL! Red Potatoes - Wild Flight Farm
LOCAL! Salad Mix - Notch Hill Organics
LOCAL! Exotic Temptation Melon - Harker's



This Week's HomeGrown Heroes

Bite Me Organics - E. Kelowna
Claremont Ranch Organics - Lake Country
Fugger Farm - Lake Country
Green Hills Acres - Summerland
Harker's Organics - Cawston
Notch Hill Organics - Sorrento
Roots & Greens Farm - Grindrod
Shirlee Mae Schneider/Moses Brown - Cawston
Similkameen River Organics - Cawston
Sproule & Sons - Oyama
Vialo Orchard - Cawston
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.*

6th Annual Organic Festival This Sunday!

OK's Finest Green Living Expo takes place Sun, Sept 18, 11am to 5pm at Summerhill Winery & Okanagan College @ KLO. Park 'n' Ride Free Bus from OK College! Activist Alley, Eco Presentations, Kekuli Drumming & Dancing, BCSEA-Electric & Hybrid Vehicle Show, Green Speakers, Green Energy & Building Info, Organic Food & Wine, Green Fashion & Gifts, Local Music & Kiki the Eco Elf! Admission includes both locations - \$6 + Kelowna Food Bank Donation. Kids under 10 Free, Cyclists Free! Be sure to come say hi to the Urban Harvest Team!

Community Events/Notices

Terry Fox Run Sun, Sept 18th! Walk, ride, run, hop, or cartwheel your choice of 1.5, 5, or 9km loops at the Mission Sportsfield (Lexington & Gordon). Registration starts at 10am, event starts at 11am. Bring your family, friends, dog, and water bottle! Pre-register or sign up a team (even a team of 1!) at www.terryfox.org. No entry fee, no minimum donation, \$.85 of every dollar raised goes directly to cancer research. Healthy snacks by Quality Greens, plus BBQ by donation. Also free live music and kids' activities, plus massages (for humans) and dog nail clippings, both by donation.

The Women's Place Health Expo: Learn, Play, Grow! Sat, Sept 24th, 9am-1pm (registration starts at 8:30am), at The Women's Place Fitness Centre. Cost: \$10 minimum donation (proceeds go toward playground equipment for the Kelowna Women's Shelter). Open to members and the general public. Lots of fun, great classes and workshops, and lots of great prizes!

Raw Food Course Guylaine Lacerte is taking registration now for her 'Live Food and Nutrition Course 5 class series' in the fall, starting September 25th. Learn how to incorporate more healthy, life-giving foods easily into your every day diet. For registration and information email at: therawfoodpath@gmail.com or phone 250-469-2265. For more info: www.rawfoodpath.com.

2011 Car-Free Day! Sun, Sept 25, 11am to 4pm in Stuart Park and on Water Street, across from City Hall. International Car Free Day encourages people to take back the streets by enjoying all kinds of fun outdoor activities in places where cars usually have the right of way. The outdoor festival draws more than 2,000 people, all to raise awareness about keeping our air clean, our roads less congested and getting healthy by active modes of transportation. So skate, walk, cycle, ride transit or carpool down to Car Free Day and show your support! **Bike Parade at 1pm:** Decorate your bike at home or when you arrive at Car Free Day. The bike parade will lead the Okanagan Family AIDS Walk, happening simultaneously in Stuart Park. **Activities to enjoy:** BMX half pipe demos, free pedicab tours around the event, free fitness classes, live entertainment from Kelowna's City Band, Kelowna Rock School and the Raging Grannies, street hockey challenge between the Fire Dept and RCMP Cycling, walking, skateboarding, rock climbing activities, Kidz Zone (free bouncy castle, face painting, bike decorating and more), Shop Artisan Alley, Bike Shop Bonanza, Free Dog training activities - Bring your Dog!, Secure Bike Valet bike parking, and Much More!

Change starts with youth! The United Way, TELUS and Interior Savings are offering Youth Initiative Grants up to \$1500 for youth up to 25 who want to make change happen in their communities. Youth teams must partner with a non-profit organization, school, post-secondary institution, church or service club to manage the funds, and are encouraged to meet with a United Way representative before submitting applications. Applications are available from United Way, and are due Dec 9, 2011 (granting takes place Feb 2012). For more info, visit www.facebook.com/youthgrants or www.unitedwaycso.com or e-mail avril@unitedwaycso.com or call 250-860-2356.

Men for Love Weekly Support Group A support group for men seeking to uncover the barriers to love within themselves. Contact Garth: 250-862-2431.

Fresh Corn Pudding

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

1/2 C Butter
2 Eggs, beaten
2 tsp Salt
2 Tbs white Sugar
2 C Milk
3/4 C Flour
2 C fresh Corn
ground Black pepper to taste

Preheat oven to 350°F. Place butter in a 9x13 inch baking pan and set in oven to melt. In a medium bowl, whisk together eggs, salt, sugar, pepper, milk and flour. When mixture is smooth, stir in corn.

Remove pan from oven when butter is melted. Pour butter into corn mixture and stir well. Pour corn mixture into baking pan.

Bake in preheated oven for 1 hour or until set in center and golden brown on top.

Fresh Corn, Cheddar, and Scallion Corn Bread

(Adapted from www.epicurious.com)

1 1/2 C yellow Cornmeal
1/2 C Flour
1 Tbs Sugar
2 tsp double-acting Baking powder
1 tsp Baking soda
1 tsp Salt
2 large Eggs
1 1/2 C Buttermilk
1 C fresh Corn kernels including the pulp scraped from the cobs (cut from about 2 ears of corn)
1 1/2 C grated sharp Cheddar
3 Scallions, sliced thin

Grease a jelly-roll pan, 15 1/2 by 10 1/2 by 1 inch. Into a bowl sift together cornmeal, flour, sugar, baking powder, baking soda, and salt. In a small bowl beat together the eggs and buttermilk.

To the cornmeal mixture add the buttermilk mixture, corn, cheddar, and scallions, stir the batter until it is just combined, and pour it into the pan, spreading it evenly.

Bake the corn bread in the middle of a preheated 425°F oven for 8 to 10 minutes, or until a tester comes out clean.

Celebrating September Summer

Summer is the time for salads, and since summer is still with us, we can still enjoy fresh and delicious salads packed full of wonderful seasonal vegetables. With the wide variety of vegetables in our boxes this week, there is minimal preparation that is needed for a great salad. With a few simple ingredients and a basic oil and vinegar dressing, you will have the perfect salad that fits with this perfect weather.

Fresh Green Bean Salad with Asian Dressing

(Recipe adapted from "A Veggie Venture" at <http://kitchen-parade-veggieventure.blogspot.com>)

BEANS

4 quarts Water (16 C)
2 Tbs Salt
2 lbs fresh Beans, trimmed and snapped into bite-size lengths

Bring a large pot of water to a boil. Add the prepped beans, return to a boil, cover and cook for about 5 minutes until they are mostly cooked but still bright green. While the beans cook, fill a large bowl with ice water. Drain beans through a colander then immerse into the ice water until cool. Drain well.

SOY-GLAZED ALMONDS

1/2 C almonds
1 Tbs Soy sauce

In a small skillet, toast the almonds on medium heat for about 5 minutes, stirring often, until the almonds are beginning to turn lightly brown. Increase the heat to medium high and add the soy sauce. It will boil up and the liquid will quickly evaporate, glazing the almonds with color and flavour. Stir for about a minute. Remove from the heat and let cool.

ASIAN DRESSING

4 Tbs Rice vinegar
1 Tbs chopped Garlic
Sugar to taste
1 tsp toasted Sesame oil
2 tsp fresh Ginger

Whisk the dressing ingredients in a large bowl.

TOPPINGS

2/3 C chopped fresh Cilantro
Soy-glazed Almonds
1/4 C chopped Green onions

ASSEMBLY

Add the beans to the dressing and stir well to coat. Stir occasionally. Arrange on a low-rimmed platter. Just before serving, top with cilantro, green onion and almonds.

Shaved Summer Squash Salad

(Recipe adapted from "Bon Appetit" at www.bonappetit.com)

3 Tbs whole Almonds
2 1/2 Tbs extra-virgin Olive oil
1 minced Garlic clove
baby Arugula
1 lb Summer squash
2 Tbs fresh Lemon juice
Salt and freshly ground Black pepper

Roast almonds and coarsely crush. Meanwhile, trim the ends off summer squash. Using a vegetable peeler, thinly slice the squash lengthwise into strips and transfer to a large bowl. In a small bowl, whisk together extra-virgin olive oil, fresh lemon juice, minced garlic clove, and salt to taste. Pour dressing over squash. Let stand for a few minutes, then add a few handfuls of baby arugula. Season with salt and freshly ground black pepper. Garnish with the crushed almonds.

