



The Harvest Herald

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

August 19-21, 2014

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OKG Bread Special Aug 26-28

Pesto & Tomato Focaccia Fresh basil pesto, tomatoes, and local gouda cheese on a moist focaccia base. Ideal for Italian-style sandwiches or dipped into the olive oil and balsamic bath!

Regular Harvest Box

LOCAL! English Cucumber - Wild Flight Farm
LOCAL! Carrots - Roots & Greens Farm
LOCAL! Gr Pepper (may be yl or purp) - Suncatcher
LOCAL! Green Beans - Wild Flight/Roots
LOCAL! Eggplant (mini order) - Schneider-Brown
LOCAL! Sweet Corn (Bicolour) - Wild Flight
LOCAL! Ginger Gold Apples - Eastwood Organics
LOCAL! Beefsteak Tomatoes - Schneider-Brown
LOCAL! Glohaven (freestone) Peaches - Nazaroff
LOCAL! Sunrise Apples (mini order) - Sunreal Organics
LOCAL! Early Italian Prune Plums - Nazaroff Farms

Family Harvest Box Extras

LOCAL! Green Curly Kale - Wild Flight Farm
LOCAL! Romaine Lettuce - Wild Flight Farm
LOCAL! Fresh Basil - Wild Flight Farm
LOCAL! Nectarines - Nazaroff Farms
LOCAL! Duarte Plums - The Herb Garden



This Week's HomeGrown Heroes

(all are certified organic, unless otherwise specified)

Eastwood Organic Farm - Kelowna
Nazaroff Farms - Cawston
Old Meadows Organic Farm - Kelowna
Quail's Farm - Vernon
Pilgrim's Produce - Armstrong
Roots & Greens Farm - Grindrod
Schneider-Brown Farm - Cawston
Suncatcher Farm - Kelowna
Sunreal Organics - Kelowna
The Herb Garden - Oliver
Wild Flight Farm - Mara
Wise Earth Farm - Kelowna (Certified Naturally Grown)

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 Savings! Receive \$5 off **OR** a 295ml Little Creek salad dressing when you spend \$25 or more at our Saturday Sales in August!

Valid Saturdays in August 2014. Must present coupon at time of purchase; 1 per household max.

Saturday Sale Guest Vendors

- Aug 23 - Dolan's Specialty Meats (www.dolanhomedelivery.com)
- Aug 30 - The Rudy Family Farm (www.therudyfamilyfarm.com)

Urban Harvest is open for public Saturday Sales, year-round, from 9am - 1pm at 806 Crowley Ave (north end, downtown Kelowna). See www.urbanharvest.ca/sale for a map and updated produce list.

Want to hear about last-minute Saturday Sale Specials? Be sure to "like" and "get notifications" from our Facebook page (we are listed as Urban Harvest Organic Delivery).

Community Events/Updates

Gatzke Orchard Presents Shane Philip! One man dynamo Shane Philip closes out the Gatzke Orchard summer concert series with a bang! Live outdoor concert in an orchard by the lake...could it get any better? Sun, Sept 7. Tickets (\$20) can be ordered online (gatzkeorchard.com) or by phoning 250-307-3713. Doors open for the Big Blue Stage at Gatzke Orchard in Oyama, BC at 5:30pm; show starts at 7pm.

GO FOODISM! Gatzke Orchard Dinner Series! Gatzke Orchard is offering some amazing on-farm experiences this summer...from the concert series noted above to their exciting and diverse dinner series! There are 3 remaining events in their dinner series, and they all look amazing! All take place on Sunday evenings from 4-7pm, and tickets (\$69) can be ordered online (see gatzkeorchard.com) or by phoning 250-307-3713.

- Aug 31 is "Grill to Gourmet!" with Chef Travis Hackl (wine partner: 50th Parallel Estate Winery).
- Sept 14 is "That's Amore!" with Chef Ricardo Scebba (wine partner: Ex Nihilo Wines)
- Sept 28 is "Modern Harvest!" with chef Shelley Robinson (wine partner: Ancient Hill Winery)

Garden to Table Dinner & Cooking Class Growing Inspired invites you to attend an outdoor cooking class and al fresco sit-down dinner on Sat, Sept 13, 4:30-8pm, in beautiful Casa Loma, West Kelowna. Tour the edible demonstration gardens, taste seasonal tapas from the wood-fired clay oven, and explore dishes featuring the garden's organic produce, with European flare. \$68 per person; \$119 for couples. Register at <http://growinginspired.com/portfolio/garden-to-table-cooking-class-al-fresco-dinner/> or email Elana for more details or the couples discount: hello@growinginspired.com.

Fall Fair Fundango Dinner & Dance in Peachland! Culinaria Cowboy Cuisine (prize-winning recipes, local organic produce, prepared by Peachland's best chefs!) + Old-Time Ho Down with line dancers demos and dancing, Beamer Wigley, Westbank Country Opry. Sat, Sept 6 from 5:30pm to 1am at the Peachland 50 Plus Centre. \$40 per ticket (250-862-0697 or cash only at P'land Insurance, P'land Hardware, P'land Visitors Centre, or Lakeside Auto).

Japanese Cucumber Salad

(Adapted from www.eatingwell.com)

- 2 medium Cucumbers
- 1/4 C Rice vinegar
- 1 tsp Sugar (or equivalent of your favourite sugar substitute)
- 1/4 tsp Salt
- 2 Tbs Sesame seeds, toasted

Peel cucumbers to leave alternating green stripes. Slice the cucumbers in half lengthwise; scrape the seeds out with a spoon. Using a food processor or sharp knife, cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess moisture. Combine vinegar, sugar (or substitute) and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesame seeds; toss well to combine. Serve immediately. Serves 4.

Cucumber and Black-Eyed Pea Salad

(Adapted from www.eatingwell.com)

- 3 Tbs extra-virgin Olive oil
- 2 Tbs Lemon juice
- 2 tsp chopped fresh Oregano, or 1 teaspoon dried freshly ground Pepper to taste
- 4 C peeled and diced Cucumbers
- 1 14-oz can Black-eyed peas, rinsed
- 2/3 C diced Red bell pepper
- 1/2 C crumbled Feta cheese
- 1/4 C slivered Red onion
- 2 Tbs chopped Black olives

Whisk oil, lemon juice, oregano and pepper in a large bowl until combined. Add cucumber, black-eyed peas, bell pepper, feta, onion and olives; toss to coat. Serve at room temperature or chilled. Serves 6.

Cucumber-Lemonade Chiller (Adults only!)

(Adapted from www.eatingwell.com)

- 3 large Cucumbers
- 1 Tbs chopped fresh Rosemary, plus 4 sprigs for garnish
- 1 C Water
- 6 oz (3/4 cup) Gin
- 1/2 C Lemon juice
- 3 Tbs Agave syrup

Cut 12 thin slices of cucumber for garnish. Peel and chop the rest of the cucumber; transfer to a food processor, add rosemary and puree. Pour the puree through a fine-mesh strainer set over a medium bowl or large measuring cup. Press on the solids to extract all the juice. Add water, gin, lemon juice and agave syrup to the cucumber juice; stir until the agave is dissolved. Divide among 4 ice-filled glasses. Garnish with cucumber slices and rosemary sprigs. Serves 4.

The Many Faces of Eggplant

Eggplant is the perfect summer vegetable. It is hardy enough to handle itself on the grill but can also be whipped up into a delicious dip. Its texture allows it to absorb any flavours that you add. While eggplant may not be on the top of the list for vitamins and minerals, it does provide us with fiber, manganese, potassium, and a variety of antioxidants. But it's not what eggplant does have, but what it doesn't have: calories (even though it is filling), salt, and cholesterol! In addition, it is beautiful, fun and easy to cook with.

Here are a couple of recipes (both adapted from www.eatingwell.com) to try out with your summer eggplant!

Sicilian Caponata

- 6 Tbs extra-virgin Olive oil, divided
- 1 large sweet Onion, diced
- 3 stalks Celery with leaves, diced
- 1 Tbs Red-wine or White-wine vinegar, or to taste
- 1 tsp Salt
- 15 small or 7 large pitted Green olives, quartered
- 2 Tbs chopped fresh Basil
- 1 lb Eggplant, peeled and diced
- 2 cloves Garlic, minced
- 3 Plum tomatoes, diced
- 1 Tbs Sugar, optional
- freshly ground Pepper to taste
- 1 Tbs Capers, rinsed
- 2 Tbs lightly toasted Pine nuts

Heat 4 Tbs oil in a 12-inch skillet over medium heat. Add eggplant and cook, stirring occasionally, until lightly browned and soft, 5 to 10 minutes. Transfer to a plate. Heat the remaining 2 tablespoons oil in the pan. Add onion and cook, stirring frequently, until soft and lightly golden, 6 to 8 minutes. Stir in garlic and cook, stirring, for 30 seconds. (If the pan seems too dry, push the onion and garlic to the side, add a drizzle of oil, then continue cooking.) Stir in celery; cook, stirring frequently, until softened and slightly golden, 5 to 7 minutes. Stir in tomatoes; cook, stirring, about 2 minutes. Return the eggplant to the pan; stir until well combined.

Sprinkle sugar over the eggplant mixture (omit if using Chinese eggplant, which is naturally sweeter), stir to combine and cook for about 30 seconds. Stir in vinegar, salt and pepper. Taste and add 1 to 2 tablespoons vinegar, if desired. Stir in olives and capers; cook for 1 minute. Remove the pan from the heat. Stir in basil and pine nuts. Makes about 4 C.

Grilled Eggplant Parmesan Stacks

- 1 large Eggplant, (1 1/4-1 1/2 pounds), cut into 12 1/4-inch-thick rounds
- Canola or Olive oil cooking spray
- 3 Tbs finely shredded Parmesan or Asiago cheese
- 4 small pieces Focaccia or rustic Italian bread
- 1 C crushed Tomatoes, preferably fire-roasted
- 3 Tbs chopped fresh Basil, divided
- 1/4 tsp Salt
- 1/2 C shredded part-skim Mozzarella cheese
- 2 tsp extra-virgin Olive oil
- 5 oz Spinach

Preheat grill to medium-high. Place eggplant rounds on a baking sheet and sprinkle with salt. Coat both sides lightly with cooking spray. Combine Parmesan or Asiago and mozzarella in a small bowl. Brush both sides of focaccia (or bread) with oil. Place spinach in a steamer basket and steam until wilted, 2 to 3 minutes. Remove spinach from basket and set aside. Warm tomatoes and basil in a small pot until heated through.

Place all your ingredients on the baking sheet with the eggplant and take it to the grill. Grill the eggplant slices until brown and soft on both sides, 2 to 3 minutes per side. Grill the bread until toasted, about 1 minute per side. Return the eggplant and bread to the baking sheet. Reduce grill heat to medium.

Place 1 eggplant round on top of each slice of bread. Layer 1 tablespoon tomatoes, 1 tablespoon wilted spinach and 1 tablespoon cheese on each slice of eggplant. Repeat with the remaining eggplant, sauce, spinach and cheese. Sprinkle each stack with some of the remaining basil. Place the baking sheet on the grill, close the lid and grill until the eggplant stack is hot and the cheese is melted, 5 to 7 minutes. Serves 4.