



# The Harvest Herald

Phone: 250-868-2704 Email: [order@urbanharvest.ca](mailto:order@urbanharvest.ca)

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

June 6 - 8, 2017

Issue #866

## OKG Bread Special June 13 - 15

Rosa in the Alps ~ Canadian org white flour, Canadian organic whole wheat, salt, malt, poppyseeds, sesame seeds, pumpkin seeds, 7-grain blend, flax, oats, sunflower seeds, garlic scapes, scallions.

## Regular Harvest Box

LOCAL! Chives - Wild Flight  
LOCAL! Radishes - Roots & Greens (or BC sub)  
LOCAL! Lettuce Mix - Harker's  
LOCAL! Romaine Lettuce - Roots & Greens  
BC! English Cuke - Origino  
BC! Purple Kohlrabi - Two Ee's Farm  
Cameo Apples - WA  
Carrots - CA  
Valencia Oranges - CA  
Bananas - MEX

## Family Harvest Box Extras

BC! Vine Tomatoes - Origino  
Jewel Yams - CA  
Yellow Onions - CA  
Kiwi - CA  
Hass Avocado - MEX (Fair Trade)



## This Week's HomeGrown Heroes

(certified organic, unless specified)

Blackbird Organics - Cawston  
Cawston Cold Storage - Cawston  
Green City Acres - Kelowna (NOT cert org)  
Harker's Organics - Cawston  
R & B Urban Farm - Kelowna (NOT cert org)  
Roots & Greens Farm - Grindrod  
Wild Flight Farm - Mara  
Wise Earth Farm - Kelowna (newly certified organic!)

### 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 Updates for June

- June 10 - CFUW/Café Femenino + Fresh Valley Farm
- June 17 - Real Raw Food + Swheatgrass
- June 24 - TBA
- July 1 - CANADA DAY! OPEN 9-NOON ONLY!

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](http://www.urbanharvest.ca/sale) for a map and updated produce list.

## The Boomerang Bag Project Wants your Tote Bags!

Hey amazing Urban Harvest clients - you know all those tote bags that you have but never use? We would like to take them off your hands and turn them into Boomerang Bags for the Okanagan. Simply leave out your CLEAN tote bags in your empty blue bin, and Urban Harvest will collect them and pass them on to Unless Market to add to the Boomerang Bag project! Want to know more - check out Boomerang Bags Okanagan on Facebook. Thank you from Unless Market!

## Community Events

**27<sup>th</sup> Annual Interior Savings Fat Cat Children's Festival!** Gather up your kids (or borrow some) and get ready for some fun! Performers, activities, food trucks, and more! The festival this year celebrates the people and events of the region with its theme 'Okanagan Stories' and features two full days of entertainment, learning and creativity, plus a fabulous parade! Fri/Sat, June 9/10 at Waterfront Park in Kelowna! Details and schedule can be found at [www.fatcatfestival.ca](http://www.fatcatfestival.ca). Early Bird Family Passes are just \$10 at any Interior Savings branch!

## AUDITIONS!! BIG BAD WOLF

- a Paddy English Panto directed by Noelle Jefferys.  
Audition @ RCA Scene Shop Sat June 24 & Sun. June 25. Noon-4PM. Ages 6-96. Show dates: Nov. 22-26 Mary Irwin Theatre. Theatre Kelowna Society. Contact Deb Nicholson [debnych@telus.net](mailto:debnych@telus.net) to book audition time. COME PUT ON A PLAY and HAVE SOME FUN!!!! Onstage or backstage! [theatrekelownasociety.org](http://theatrekelownasociety.org)

## The Clean Bin Project Film Screening

Unless Market and Zero Waste Okanagan present The Clean Bin Project - a documentary film about Grant and Jen, who go head to head in a comedic competition to live zero waste for an entire year. A fun and inspiring call to environmental action that speaks to crowds of all ages (kid-friendly!). Thurs, Jun 22<sup>nd</sup>, 7-9pm, at the Kelowna Forum, 1317 Ethel St. Contact Unless Market for tix (\$10) @ [www.unlessmarket.ca](http://www.unlessmarket.ca). This is a zero waste event.

## Share Your Community Events Here!

Have a community event to share? Email details to Lisa @ [order@urbanharvest.ca](mailto:order@urbanharvest.ca) by Saturday, and we'll fit it into the coming week's newsletter, space permitting. Preference given to not-for-profit community events, particularly those related to food, agriculture, and the environment.

## Warm Sesame Rice Salad with Cold

### Cucumber, Chive, and Lime

(Recipe adapted from "Cook the Story" at <http://cookthestory.com>)

- 1 C long grain Rice
- 1 tsp Sesame oil
- 2 C cold Water
- 1/2 tsp Salt, divided
- 2 tsp Sesame seeds
- 3 inches of Cucumber, chopped (about 1/2 C once chopped)
- 1/4 C chopped Chives
- 1 tsp fresh Lime juice

Combine rice, sesame oil, water and 1/4 tsp of the salt in a small sauce pan that has a tight-fitting lid. Heat uncovered until it reaches a boil. Cover and reduce heat to low. Cook covered and without peeking for 18-20 min., until rice is soft and there are small circular holes tunneling down among the grains. Meanwhile, toast the sesame seeds in a small dry sauce pan. Heat over medium heat for about 5 minutes, shaking pan occasionally. Remove from heat and transfer to a small mixing bowl. Mix the cucumber, chives, lime juice and the 1/4 tsp of remaining kosher salt with the sesame seeds. Transfer the rice to a serving platter. Spoon the cucumber mixture over the rice.

### Garlic and Chive Mashed Sweet Potatoes

(Recipe adapted from "A Couple Cooks" at [www.acouplecooks.com](http://www.acouplecooks.com))

- 6 cloves Garlic
- 1/2 C Milk
- 1 1/2 lbs Sweet potatoes
- 1 1/2 lbs Yukon gold potatoes
- 2 Tbs chopped Chives
- 1 Tbs Butter
- 1/2 tsp Salt
- fresh ground Black pepper

In a small saucepan, place garlic and 1/2 C milk; heat over low heat while the potatoes cook, stirring, occasionally (do not allow to boil). Wash and dice the potatoes (do not peel). Place the potatoes in a large pot and cover with 3 to 4 inches of water; add a generous amount of salt. Bring to a boil, then add the sweet potatoes after 5 minutes. Boil 10 to 15 minutes more until tender. Drain and let steam dry. Chop 2 Tbs chives. Remove the garlic cloves from the milk and discard the garlic. In a large bowl add the potatoes, garlic-infused milk, 1 Tbs butter, 1/2 tsp salt, chopped chives, and fresh ground black pepper. Mix on medium low with mixer until the desired consistency is reached, but do not overwhip. (Alternatively, mash the potatoes by hand). Serve immediately.

## Cooking with Kohlrabi

Kohlrabi, a cultivar of cabbage, is a hardy vegetable. But it is easy to use and can be eaten raw or cooked. Besides that, it also tastes great and is believed to improve digestion, protect against cancer, regulate metabolism, and increase circulation (and much more!). It's a staple in German cuisine, why not make it a staple in your kitchen?

### Spicy Kohlrabi Noodles

(Recipe adapted from "Love and Lemons" at [www.loveandlemons.com](http://www.loveandlemons.com))

- |   |                                       |
|---|---------------------------------------|
| 1 Kohlrabi                                  | handful of crushed Peanuts            |
| 4 oz cooked (and cooled) Rice noodles       | Sriracha, to taste                    |
| 1/2 Jalapeño, sliced and/or Thai red chiles | extra Lime slices                     |
| 1/2 Avocado, sliced                         | optional: Tofu or a protein of choice |
| herbs: Cilantro, Basil, and/or Mint         |                                       |

#### Dressing:

- |   |                           |
|---|---------------------------|
| juice and zest of 1 Lime                  | 1 clove of Garlic, minced |
| 2 Tbs Fish sauce (or Soy sauce or Tamari) | 1 tsp minced Ginger       |
| 2 Tbs Rice vinegar                        |                           |

Mix the dressing together. Peel the kohlrabi if you like. Use a mandoline to slice kohlrabi into planks and then slice the planks into thin matchsticks. Toss the sliced kohlrabi with the dressing and chili peppers. Chill for about 30 minutes. Toss in noodles, avocado, herbs, crushed peanuts and sriracha. Taste and adjust seasonings. Serve cold or at room temp, with extra lime slices on the side.

### Carrot, Kohlrabi and Radish Slaw

(Recipe adapted from "UR Medicine" at [www.urmc.rochester.edu](http://www.urmc.rochester.edu))

#### Slaw:

- |  |  |
|--|--|
| 2 C matchstick Carrots (about 1/2 lb)  | 3/4 C Radishes, any variety, thinly sliced |
| 1 C julienned Kohlrabi (1 medium bulb) |  |

#### Dressing:

- |                               |                             |
|-------------------------------|-----------------------------|
| 3 Tbs Apple cider vinegar     | 1 tsp Dijon mustard         |
| 2 Tbs Olive oil or Walnut oil | 1/4 tsp Salt                |
| 2 Tbs Maple syrup             | 1/4 tsp ground Black pepper |

To prepare slaw: combine carrots, kohlrabi and radishes in a large bowl. Set aside. In a small bowl, whisk together dressing ingredients. Pour dressing over the slaw mixture and stir to combine. Refrigerate up to 2 hours. Garnish before serving with chiffonade radish leaves or toasted sunflower seeds. Serves 6.

### Kohlrabi and Apple Slaw

(Recipe adapted from "Strawberry Plum" at [www.strawberryplum.com](http://www.strawberryplum.com))

- |   |  |
|---|--|
| 3 small Kohlrabi, peeled and julienned  | 3 Tbs chopped Chives   |
| 1 large Apple, julienned                | shaved Flavorful Hard Cheese (Manchego or Parmigiano would work too) |
| 1/4 large Red Onion, very thinly sliced |  |

#### Vinaigrette:

- |                              |                     |
|------------------------------|---------------------|
| 1-2 Tbs Apple Cider Vinegar  | 1 Tbs Dijon Mustard |
| 4 Tbs Extra Virgin Olive Oil | 1 Tbs Honey         |

Combine the kohlrabi, apple, red onion, and chives in a large bowl. Lightly season with salt and black pepper. In a small bowl, whisk together the mustard, honey, and vinegar. While whisking, slowly pour in the olive oil, whisking until the dressing has emulsified. Season with 1/4-1/2 tsp sea salt and black pepper. Toss the slaw with the vinaigrette. Using a vegetable peeler or cheese plane, shave the cheese over the slaw and serve. Serves: 4-6