

THE PRODUCE BOX

“The Produce Box is like delivering and receiving a present, every week”

Christine Sockolof, Neighborhood Coordinator

WWW.THEPRODUCEBOX.COM		Apr 27 & 28, 2011		Vol 4: Iss 3		Follow us on 	
BOX A	BOX B	BOX C	BOX O	EXTRAS			
<i>For our salad & strawberry lovers !!</i>	1 quart strawberries	Green Leaf Lettuce	ASPARAGUS (pesticide free)	GroWild Granola: 12 oz: \$8			
2 lettuces	Cucumber Tasting (2 kinds)	Spring Onions	Fava Beans (pesticide free)	Kids Garden: \$3.00			
2 quarts of Strawberries	NEW crop of baby spinach	Rutabagas	Surprise Item	Honey Wheat Bread: \$5.75			
English Cucumbers	Greenhouse Tomatoes	1 quart Strawberries	Tomatoes (pesticide free)	Extra Strawberries: \$4.00			
Greenhouse Tomatoes	Romaine Lettuce	New crop of Collards	Cucumbers (pesticide free)				
Sweet Potatoes	Purple Sweet Potatoes	Bok Choy	Strawberries (pesticide free)				



Courtney's Corner

We are excited to have several young men and women from Wake Enterprises (WE) helping us at the HUB sorting boxes and containers, plus getting those delicious veggies in the Boxes this season. Wake Enterprises has provided vocational opportunities for adults with disabilities since 1979, helping those with disabilities achieve their maximum level of independence. This is a valuable partnership for **THE PRODUCE BOX** because, as I've said MANY times, we are a program that fosters CONNECTIONS- connections between farm and family; between Members and each other; and between Members and our community. Working with WE helps their participants learn resume-building job skills that will provide more than just an experience they can list on a piece of paper: it give them confidence in themselves and their ability to achieve. Please think about including this fantastic organization in your hiring plans for 2011.

Courtney Tellefsen, Founder



ASPARAGUS: OUR MOST POPULAR VEGGIE!!

Well, believe it or not the ASPARAGUS SOLD OUT IN FIVE HOURS!! Good gracious you guys love that stuff!! So here's the issue. It takes 18 months or so for the first harvest of asparagus to come. There aren't a whole lot of farmers in NC growing it because of that lag time between seed and harvest and it's a big risk if they don't have a guaranteed buyer. So we're having to REALLY look all over for it. There are small farms growing it now, but we have to hear about them through word of mouth. We're finding more each week, but I'm betting we won't have "enough" for all who want it until next year, really.

Between seasons, we'll work on contracting with some new farms to grow it, as well as with the current farmers to lock in their harvest. But in the meantime, it will have to be first come-first served.

Thanks for understanding!

THE PRODUCE BOX
is a proud sponsor of the
Methodist Home for Children

Change a child's life today.

Every day, children in our community are abused, neglected and abandoned.

And every day, we are called at Methodist Home for Children to serve these young people—to create order in their lives where there is chaos, to provide love where there is fear and to build hope where there is despair. It's a privilege for us to do this work, and it's a joy to see lives changed when:

- a child, abused by her birth mother, is adopted into a family that cherishes her from day one.
- a boy in a group home improves his reading skills by three grade levels.
- a child returns to a stable home from foster care when her father commits to responsible parenting.
- a developmentally delayed toddler receives early childhood services her mother could not afford.
- a boy who started life with nothing goes to college with MHC financial support.
- a teen leaves a group home with renewed purpose and hope for his life.
- a family—out of options for a son with mental and developmental delays—finally finds hope for him in specialized treatment.

Methodist Home for Children serves nearly 1,500 children and family members annually. We have about 400 children in care on any given day, and we're very proud of that. But the need is great—and it remains unmet. Private gifts are critical to our mission and our ability to serve children in need.

Visit us online at www.mhfc.org



THE PRODUCE BOX

chooses to support local businesses

GROWILD GRANOLA BY AMANDA

Raleigh, NC

~~~~~  
**Great Harvest Bread Company**

Raleigh & Cary, NC

**LEAVE YOUR COOLERS OUT!**

**Leave coolers out each week when it's hot!!  
We'll transfer our most fragile items when we  
deliver. Don't forget the ice packs, though.  
Without them, the cooler turns into an oven.  
NOT GOOD.**

## SPECIALTY ITEMS

This week our feature add-ons come from GroWILD Granola and Great Harvest Bread Company.

GroWILD Granola is made locally by Amanda, who lives right here in Raleigh. We are proud to offer two of her organic, healthy and absolutely delicious granolas: Cherry Chocolate Chunk and Amanda's Power Packed. Visit Amanda at [www.growild.net](http://www.growild.net)

We've also got Great Harvest Bread Company's scrumptious Honey Whole Wheat. It's a whole-grain bread made from freshly milled wheat flour, honey, yeast, filtered water and salt. A perfect bread for your kids' sandwiches or toasted for breakfast with your favorite jam and it's versatile enough to have with most family dinners. Guaranteed to stay fresh for 7-10 days, if it isn't eaten first! Visit Dee & Bernie, in Raleigh: [www.greatharvestbreadraleigh.com](http://www.greatharvestbreadraleigh.com); or Paige, in Cary: [www.greatharvestcary.com](http://www.greatharvestcary.com)



**Emily, checking out our Produce Box.  
So many new things to try!**

**We are excited about our PRODUCE BOX deliveries again this year. My toddler LOVES to help me go through our Boxes each week and often took sample bites of everything! We have lots of great photos of her examining all the colorful fruits and veggies. Her favorites were the strawberries, blueberries and peaches, but it was fun to get her to try new things and we were surprised at how much she loved okra.**

**Thanks for all you do!  
Julie T, Wake Forest Member**

## Playing with Produce

"What did the carrot say to the wheat?"

Lettuce rest, I'm feeling beet."

- Shel Silverstein

Why do potatoes make good detectives?

Because they keep their eyes peeled.

What do you get if you divide the circumference of a pumpkin by its diameter?

Pumpkin pi.

How do you lead a horse to water?

With lots of carrots.

What do you call a stolen yam?

A hot potato.

What vegetable can tie your stomach in knots?

String beans.

**Did you know?** Scallions, green onions and spring onions are all various early growing stages of the yellow onion. At these points they will seem sweeter than a mature onion because they haven't yet developed their full chemical complex, including the elements that give onions their characteristic bite. Really, though, it's probably more accurate to call them milder, since they haven't developed their full sugar yet either.





FAVA BEANS can be served boiled, mashed and spread on crostini, or added to spring stews and soups. They are often paired with artichokes or other spring vegetables such as peas and morels. Favas are nutrition superheroes. They are high in fiber and iron, and low in sodium and fat. They have no cholesterol but so much protein; they are called the meat of the poor. Italians credit the fava bean as a factor in saving Sicilians from starvation during a time of famine. Since then, the fava has been considered good luck.

COLLARDS are often simmered for several hours, which produces a very tender vegetable. For faster preparation, they can be boiled in water or broth for 15-30 minutes. In parts of Africa, collards are often cooked with hot peppers and other spices. Good seasonings for collards include garlic, fresh ginger, dill, parsley, hot sauce, cinnamon, hot peppers, vinegar and curry. Microwave: Place the collards, with just the water clinging to the leaves, in a covered dish. Cook on high until tender, 7 to 10 minutes. Stir after 4 minutes. Let stand covered, for about 2 minutes before serving. **Try this:** Chop, place in large pot with a little water and olive oil, sliced garlic and salt & pepper to taste. Cover and steam, stirring occasionally, about 10-15 minutes. Enjoy! Great for spinach and arugula too!



## Storage & Usage *Visit [www.theproducebox.com](http://www.theproducebox.com) for more info!*

**Fava Beans**- Place them in a plastic bag in the crisper section of the refrigerator right away. The pods will keep for five to seven days in the refrigerator. Store cooked and peeled fava beans in a plastic bag in the refrigerator for up to five days. There are three steps to preparing a Fava Bean: a) removing the beans from the pod; b) blanching the beans to soften for easy removal of the outer shell; c) peeling off the outer shell before eating or cooking to end with a bright-green, soft-scrumptious bean!

**Bok Choy (Pak Choy)** - Wrapped in paper towels and stored in the vegetable crisper section of the refrigerator, bok choy should keep for up to a week. Boiling, steaming, stir-frying and even deep-frying are all possibilities. Separate the leaves from the stalks, as the thick stalks have a longer cooking time.

**Strawberries**- Leave whole berries at room temperature but eat within 24 hours. Refrigerate cut berries. Mix with sugar (1:1 ratio) and pop in freezer. Use as topping for cake, ice cream, hot cereal, waffles and pancakes. Space washed whole berries on a cookie sheet and freeze for one hour. Place in zip-lock bag and store in freezer.

**Sweet Potatoes, Orange or Purple**- Store in a paper bag in a cool, dark place. Sweet potatoes will keep for several months, getting sweeter along the way. Roast them whole or chunked; with butter, cinnamon and sugar; or with olive oil, salt and herbs; use in place of white potatoes in soups, stews or hash browns; slice thick or thin for oven chips or fries, sprinkled with sweet, savory or spicy seasonings.

**Rutabagas**- Store in crisper in paper towels. Keep dry. **COOKED:** Rutabagas can be roasted, boiled, steamed, stir-fried, mashed, or stewed. Cook them with potatoes and mash together. Quarter them and roast along with potatoes. Dice and add to soups. Stir-fry with onions. **RAW:** Peel them with a vegetable peeler. Slice and enjoy as a snack. Chop, dice, or grate and add to salads.

**Romaine, Green Leaf Lettuce, Spinach, Collards**- Wrap greens in dry paper towels, place inside an open plastic bag and place in the crisper drawer. Change towels if they become wet (damp is ok). Wonderful as a tossed green salad or as lettuce wraps. **Arugula (Rocket)** - The leaves of this Mediterranean annual are shaped rather like an oak leaf with hints of red in the veins. The taste is nutty and peppery at the same time. It's a pleasant sharp flavor often combined with raw ingredients but is equally tasty in cooked dishes. Toss the petite greens into salads or soups, pastas or poultry. Store like lettuces.

**Tomatoes**- Leave tomatoes out at room temperature until cut or cooked, then refrigerate. Dice tomatoes, sauté in olive oil, cool and pack in sealed containers; freeze for use later in soups, stews or sauces. Or make a fabulous, fresh tomato sandwich!

**Cucumbers**- Store in crisper or on bottom shelf of fridge. Keep wrapped until ready to use. (English only)

**Spring Onions**- Regular onions can be left out at room temperature for weeks, but because these onions are immature and full of moisture, they need to be kept refrigerated in a tightly sealed plastic bag. They'll last a couple of weeks.

**Asparagus**- Wet a paper towel and wrap around bottom of asparagus stalks. Place in plastic bag. Put in coldest part of refrigerator, preferably the crisper. Store for no more than 2-4 days.