

THE PRODUCE BOX

“Nothing would be more tiresome than eating and drinking if God had not made them a pleasure as well as a necessity.” ~Voltaire

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|--|-------------------------------------|--|---|-----------------------------------|--|
| Aug 10 & 11, 2011 | | Find us on Facebook!  | | Volume 4: Issue 18 | |
| BOX A* \$22 | BOX B* \$22 | BOX C* \$25 | BOX O* \$26 | BOX F* \$23 | |
| <i>Double Peaches</i> | <i>Bill Walker's Peppers</i> | <i>Larger Shares</i> | <i>Certified Organic or Pesticide Free</i> | <i>Great for Travel!</i> | |
| Mountain vine ripe tomatoes | Peaches | Heirloom tomatoes (double share) | Fresh Edamame | Honda Melon (sweet orange inside) | |
| 4 ears of SWEET corn (Garry Fuller) | Personal watermelon | Peaches (double share) | Potato medley | 2 Personal watermelons | |
| Potato variety: red, Yukon Gold, white | Fancy Squash Variety | Mixed sweet peppers | Heirloom cherry or grape tomatoes (2 pints) | Sprite Melon | |
| Peaches (double share) | Roma tomatoes | Yellow Squash or surprise item | Red Kale | 2 quarts of peaches | |
| Eggplant variety | Okra (heaping quart) | 2 Sprite Melons | 2 Globe eggplants (larger variety) | | |
| Mixed bell peppers | Mixed Hot Peppers | 6 ears of SWEET corn | cucumbers (varying sizes) | | |
| | Italian Sweet Peppers (Bill Walker) | | | | |
| | | | | | |
| *Box contents listed | as Most Persishable | to Least Perishable | | | |

DID YOU KNOW?

- Hawaii imports 90% of its food.
- In 1866, 1,186 varieties of fruits and vegetables were produced in California. Today, California's farms produce only 350 commercial crops.
- Communities reap more economic benefits from the presence of small farms than they do from large ones. Studies have shown that small farms re-invest more money into local economies by purchasing feed, seed and other materials from local businesses whereas large farms often order in bulk from distant companies. Large factory livestock farms also degrade local property values because of the intense odors they emit and other environmental problems they cause.
- A typical carrot has to travel 1,838 miles to reach your dinner table.
- In the U.S., a wheat farmer can expect to receive about six cents of each dollar spent on a loaf of bread—approximately the cost of the wrapping
- Farmers' markets and direct marketing to consumers enable farmers to keep 80 to 90 cents of each dollar spent by the consumer.
- About 1/3 of all U.S. farms are located within metropolitan areas, comprising 18% of total U.S. farmland.
- Nutritional value declines, often dramatically, as time passes after harvest. Because locally-grown produce is freshest, it is more nutritionally complete.
- Farmers selling locally are not limited to the few varieties that are bred for long distance shipping, high yields, and shelf life. Often they raise and sell wonderful unusual varieties you will never find on supermarket shelves.
- Dependency on far away food sources leaves a region vulnerable to supply disruptions, and removes any real accountability of producer to consumer. It also tends to promote larger, less diversified farms that hurt both the environment and local economies/communities. Regional food production systems, on the other hand, keep the food supply in the hands of many, providing interesting job and self-employment opportunities, and enabling people to influence how their food is grown.

AND DON'T FORGET: When you buy locally produced organic food you cannot help but raise the consciousness of your friends and family about how food buying decisions can make a difference in your life and the life of your community; and about how this basic act is connected to planetary issues.

From: www.thesustainabletable.org

Courtney

WHAT I DID WITH MY BOX

Creative Ideas from Local Chefs

Steven Vagasky, owner of *My Chef Catering* and *Vagasky Truffles*, is an Innovative Award Winning Chef, passionate about catering to perfection your special events. *My Chef Catering* offers custom menus for on-site gourmet catering events throughout the Triangle and beyond, for businesses, organizations and individuals. Catering events include: Breakfast, Brunch, Box lunches, Lunch & Dinner Buffets, Dinner Parties, Receptions, Anniversary Dinners for 2, Birthday Parties, Family Events, Cooking Classes, Tailgating, Pig Pickin' and Oyster Roasts. The possibilities are endless!

Vagasky Truffles, Award Winning handmade chocolate truffles and candies, are made to order; Steven has won 15 Blue Ribbons at the NC State fair and 4 Best of Show Ribbons for these sweet treats! He loves making Vagasky Truffles, Honey Pecan Caramels, Pecan Toffee, Pecan Toffee with Sea Salt, Rocket Fuel Toffee (made with dark roast coffee beans) and Maple Walnut Caramels . . . Yum! A wide range of retail packaging and custom-labeled boxes are available.

Here are Steven's ideas for how to use all the produce in **BOX A** from July 27.

Find the bold-typed recipes in this week's insert!

- Roast Pork Loin with **Thai Peach Chutney**
- **Ratatouille Napoleons**
- Buttered Okra
- **Roasted Patty Pan Squash with Parmesan Cheese**
- **Roasted Pepper, Tomato, Cucumber & Zucchini Salad**
- **Peach & Blueberry Shortcake**

Want more info on Chef Steven Vagarsky, My Chef Catering or Vagarsky Truffles?



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DON'T FREAK OUT!!!!



The critters in your corn mean minimal pesticides were used to grow this sweet, delicious veggie. If 2/3 of the cob is edible, please shuck and enjoy. Of course, if the worms are extra hungry and take more than that, we'll replace it. Thanks for helping us help the farmers!

THE PRODUCE BOX

SPECIALTY ITEMS

| <u>This Week</u> | <u>Next Week</u> |
|--------------------------------|---|
| Stick Boy Bread's Spinach Feta | Fadia's Sweet & Tart Tomato Sauce |
| Chef Bobby Buzz Espresso Rub | Great Harvest Bread's Honey Whole Wheat |
| LILLY'S MAPLE BUTTER | LOCAL HONEY |



SPECIALTY ITEMS / EXTRA SHARES

| <u>Extra Produce Available</u> | <u>Specialty Items</u> |
|--|---|
| Jalapeno Peppers (1 qt) \$2.50 | Chef Bobby's Espresso Rub \$9.00 for 5 oz. tin |
| Mixed hot peppers (1 qt) \$2.50 | Stick Boy Bread - Spinach Feta Loaf \$5.80 per loaf |
| Italian Sweet Peppers (4) \$4.00 | Lily's Gourmet Maple Butter \$6.75 per jar |
| Extra quart of peaches (min of 5) \$3.00 | THE PRODUCE BOX Gift Certificates \$25.00 A great gift idea! |
| | Donation for low income families \$1.00 |



So- what's the white stuff on my Stick Boy Bread????

Flour! (Not mold.) Stick Boy flours their loaves before baking.

Your bread will be delivered to you fresh, tasty and ready-to-eat. Remember to freeze it if it's not eaten by Saturday. We're betting you won't have any left to freeze though. 😊

Member-able Moments

My **BOX** this week makes you want to cook immediately! All items are awesome. ~ Sue M, Raleigh

What's black and white and read all over? ... The inside of my cooler on Thursday waiting for my **PRODUCE BOX** to arrive. On a whim I decided to put a layer of newspaper between the ice packs and the veggies last week. My veggies were cool and dry this time. The newspaper absorbed all the dampness from condensation. This worked so well that I wanted to share the tip with other **PRODUCE BOXERS**. Thanks for all the wonderful food.

~ Cyndi D, Raleigh



Just wanted to show much we're enjoying our first year of the **PRODUCE BOX**. Our little boys are so excited to see "what the farmers brought us" every Wednesday! It's like Christmas opening the **BOX** for them. Their favorite so far has been the blueberries. Keep up the good work. Thanks, *Sandy R, Raleigh*

I just wanted to share photos in case you want to use them in your newsletter. My 2 year old son Ben loves getting his **PRODUCE BOX** each week and seeing what's inside! He even helps me shuck corn! Thanks, *Shana B, Cary*



Thank you so much for bringing us all of this beautiful produce week after week. My kids look forward to the **BOX** every week. My son was so excited this afternoon that he dragged the **BOX** in as far as he could and then when I put it in the kitchen he tore off the top and started reaching for everything. Here he is eating a banana pepper from the **BOX** while eyeing the rest. *Judith D, Wake Forest*

THE PRODUCE BOX

STORAGE & USAGE *Remember, all TPB produce is very ripe. If you see a * eat this first!*

Red, White, Yukon Gold Potatoes- Do not store any that are sprouting, green, that have any soft patches, or damage from harvesting etc. Either throw them out or use what you can. It's important that the air can circulate to as much of the potato as possible. Some people hang them up in old pairs of tights or pantyhose (washed I hope!) but the method is very good at allowing the air to circulate.

***Italian Sweet Pepper-** See Hot & Sweet Peppers below

***Edamame-** Store fresh and cooked edamame in the refrigerator or freezer. Steam in microwave or on stovetop; salt; eat by pulling beans out through pod with teeth. Discard pods.

***Peaches-** Store peaches on the counter at room temperature until they are the ripeness you prefer. When ripe, peaches should be stored in the crisper bin of your refrigerator and will keep for up to five days. **Easy freezing method:** When freezing, peaches should be ripe and soft but not mushy. Wash peaches thoroughly in cold water (ice water is preferable for keeping the fruit firm). Peel and slice a small amount at a time, mixing about 1 teaspoon ascorbic acid (available at grocery and drug stores - is not harmful and will not affect the taste of the fruit) with 1 cup sugar, then sprinkle over sliced peaches. Pack in air tight containers or jars (suitable for freezing), and fill to 3/4 full, then freeze.

***Okra-** Place fresh okra in a paper bag, or wrap it in a paper towel and place inside a perforated plastic bag. Store in the refrigerator for 2 to 3 days. For longer storage, blanch the whole okra then freeze.

Sweet Corn - Eat corn as soon as possible after harvest for maximum sweetness. If sweet corn cannot be eaten right away, leave in husks, remove long shanks and store uncovered in the refrigerator.

Hot & Sweet Pepper- Store peppers for short-term use by refrigerating them in the produce drawer of your refrigerator. Hot peppers can be frozen whole.

***Oriental, Honda, Watermelon or Sprite Melon-** Ripe melons should be stored in the refrigerator. Once the melon has been sliced or cut into chunks, it should be kept in a sealable container in the refrigerator to keep it from drying out.

***Heirloom, Field & Cherry Tomatoes-** Unless you're planning to store your tomatoes for over a week, a windowsill, counter-top or bowl works fine. If you know you won't use them in the next few days, then lower temperatures (a cool entryway, the refrigerator) will help preserve the fruit. Contrary to our common practice in the US, storing in a refrigerator is not otherwise recommended, as the cooler temperatures can reduce flavor and cause mushiness. Your fresh-picked tomatoes will last longer on the kitchen counter than store-bought ones, which are probably a few days old when you get them.

Eggplant- Uncut eggplants will stay fresh for about a week in the refrigerator. Be sure to place them carefully without cutting or scuffing the skin. The skin is an important part of the plant that keeps them fresh for a longer period of time either in or out of the refrigerator. Storing eggplant in the vegetable drawer keeps it away from the freezer compartment so that it stays cool without freezing. Use the eggplant as soon as possible and within 5 days of refrigeration to avoid shriveling and aging.