


THE PRODUCE BOX

Agricultural land provides habitat for 75 percent of the nation's wildlife.

Deer, moose, waterfowl and other species have shown significant population increases during the past several years.

Aug 3 & 4, 2011				
BOX A* \$22	BOX B* \$22	BOX C* \$26	BOX O* \$26	BOX F* \$23
Vine ripe tomatoes (new grower)	Cucumbers	Peaches (new orchard)	<i>Most items are organic or pesticide free</i>	<i>(fruit box delivered alone)</i>
4 ears of corn	Watermelon	Squash variety	Red potatoes (certified organic)	2 Oriental melons
Cucumbers	Spaghetti squash	Field tomatoes (new grower)	Cherry tomatoes (certified organic)	2 Sprite melons
Peaches (new orchard)	Okra (heaping quart)	Eggplant (2 medium)	Living basil (hydroponic)	Watermelon
Zucchini/Yellow squash mix	Eggplant variety	Assorted mild peppers	Sweet Honda melon	Peaches (approx 2 qts depending on size)
Stir fry pepper variety	4 ears of corn	Living basil	<i>(sweet deep orange flesh, pesticide free)</i>	2 pts. Blueberries (late season variety)
Watermelon	Red peppers (3)	Jewel melon (oriental)	Cucumbers (pesticide free)	
		Sprite melon	Fresh herb bouquet (trio)	
			Surprise item	
*Box contents listed as Most Persishable to Least Perishable				

Food insecurity, Healthy food access, health promotion and disease prevention in North Carolina

Two weeks ago, I had the privilege of joining 15+ health promotion, nutrition and community advocates from around the state to discuss in depth how to begin addressing the problems of food insecurity in North Carolina, the obesity epidemic, the escalating number of Type 2 diabetes patients and food deserts (geographical areas without access to fresh healthy food except through convenience stores, etc).

This group was headed up by one of my heroes, Alice Ammerman, who is the director for the Center for Disease Prevention and Health Promotion at UNC. WOW! It is just amazing some of the really NEAT programs going on in North Carolina and I think TPB can help. Here are just a few examples:

- A “pennies on the pound program” where people can buy extra produce from the farmers market or other distribution companies for lower than retail prices.
- Two versions of a program where lower income families attend cooking classes and go home with a Box of Produce to use. One is specifically geared towards families in a diabetes program (I bet The Produce Box could REALLY” expand these programs.
- The Carrboro Farmers Market , who puts on cooking classes, pickling classes and accepts SNAP/EBT payments at the market (could TPB accept these payments eventually?)
- The UNC program that grows veggies and distributes it to UNC staff (housekeeping, etc)
- A program near Pittsboro that is working with Burmese refugees to farm acreage owned by the Triangle Land conservancy to feed their families and sell the extra produce. (maybe to TPB??)
- A program started in Warren county that “bundles” produce to correspond to WIC (Women infant and children)requirements for families. They call them Produce Packs. ☺
- A “little red wagon” program, geared towards addressing childhood obesity by bringing fresh produce into communities as well as fitness and nutrition programming

Our conversations continue tomorrow as we start to pull these ideas together and create an action plan for working together. I am especially excited about the fact that TPB has a decent warehouse and cooling rooms that might provide space and distribution opportunities. And wouldn't it be neat if we could have “neighborhood coordinators” in these lower income areas? What a great way to find “connectors” in these communities and have them help us get the word out....Anyway, we'll see what happens but I'm excited to be a part of it!

Courtney

THE PRODUCE BOX



The Produce Box is taking the Backpack Buddies Challenge!



Fast Facts about Backpack Buddies

- Over 1,000 children are enrolled in Backpack Buddies at 38 sites in 7 counties
- \$350 provides a child a Backpack filled with nutritious food each weekend for the entire school year
- The Backpack Buddies Program provides children from food-insecure homes with weekend meals during the school year.
- The children receive a backpack containing six balanced meals and two healthy snacks at the end of every week.
- The children are selected by school principals, guidance counselors, and various after school programs.

If you'd like to bring a filled backpack, here are the items you could fill it with.

Inter-Faith Food Shuttle
 Backpack Buddies
Driving Hunger from Our Community

Fill a Backpack:

<p>Milk - 3 shelf stable boxes</p>  <p>Fruit - 1 can</p>  <p>Breakfast - 2 items</p>  <p>Snacks - 2 items</p> 	<p>Meat/Beans - 2 cans</p>  <p>Veggies - 2 cans</p>  <p>Noodles - 2 items</p>  <p>100% Juice - 2 items</p> 
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IFFS Headquarters
1001 Blair drive
PO BOX 14638
Raleigh, NC 27620
(919) 250-0043



www.foodshuttle.org

Durham Service Center
1720 Guess Road
Suite 14
Durham, NC 27701
(919) 294-6421

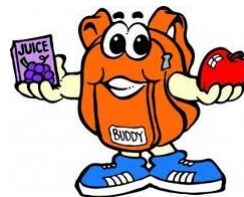
Up for the Challenge? Here's what you can do:

Check out this link for all the important information on how the challenge works:

<http://www.foodshuttle.org/program/backpack-buddies>

Here's how we can collect your donations:

1. Bring donations to Marbles Kids Museum event on August 7th and/or 14th. Items being collected will be new backpacks, food and money.
2. Simply leave a donation inside your empty Produce Box on August 10th or 11th and your Neighborhood Coordinator (either at home or at your workplace) will collect it at that time. Please limit donation amount to what can fit inside your box.



Thank you!

Important Dates!

- August 7 & 14 - Donations collected at Marbles
- August 10 & 11 - Donations placed inside of your empty Produce Box for Neighborhood Coordinator pickup

The group who donates the most funds/food/packpacks will be awarded the coveted 2011 Backpack Challenge Award, experience the great feeling of making a difference in children's lives, an interview on WRAL-FM, and bragging rights!

THE PRODUCE BOX

SPECIALTY ITEMS

<u>This Week</u>	<u>Next Week</u>
Great Harvest 9 Grain Bread	Great Harvest Breakfast Blast Bread
GroWILD Granola 12 oz:	GroWILD Granola 12 oz:
Pecan Spice or Power Packed	Chocolate Cherry Chunk or Power Packed
THE PRODUCE BOX Gift Certificate	

9 Grain Bread

Our 9-Grain bread is made with pure and simple ingredients - our freshly milled whole wheat flour, filtered water, honey, red wheat, white wheat, barley, rye, oats, millet, buckwheat, flax seed, yeast and salt. The result is whole grain bread that is as rich in flavor as it is in nutrition. With its crunchy texture and mild nutty flavor, 9-Grain is a versatile bread to complement any meal or sandwich. Try it lightly toasted with jam or peanut butter.

At Great Harvest, we believe in providing customers with the best tasting products. All of our breads are made from scratch and hand kneaded everyday - no mixes or frozen doughs. You will never find preservatives, additives or dough conditioners in our loaves. Our whole wheat is milled daily to ensure the freshness and flavor that our reputation is built on. Thank you for taking the time to buy fresh, local bread.



HEIRLOOM TOMATOES?? What are they?

These varieties not long ago were found only in the gardens of collectors who saved seeds season-to-season. These are open pollinated, as opposed to hybrid, so the seeds grow true to their parent. You can usually recognize heirloom tomatoes by their imperfections. They are old-fashioned. They tend to have unusual shapes and odd colors. They wear their wrinkles and blemishes as signs of character. But their superior flavor is undeniable. Enjoy these short-lived beauties (?) while they are here and EAT THEM FAST! They don't last long on the vine and aren't as good refrigerated (cooling actually changes the flavor) ENJOY!

From: "How to pick a peach" by Russ Parsons

SPECIALTY ITEMS / EXTRA SHARES

Extra Produce Available

Peach stockup - 6 quarts: \$15.00
2 lb. Heirloom Tomatoes: \$7.50
Spaghetti squash: \$3.00
1 pt. Sungold Cherry tomatoes (certified organic): \$4.00
Fresh herb bouquet (trio): \$4.00

Specialty Items

Donation to help low income families receive produce: \$1.00
1 week Produce Box Gift Certificate- (great for teachers, inlaws, neighbors, friends) : \$25.00
Great Harvest 9 Grain Whole Wheat Bread: \$6.75
Amanda's GroWILD Pecan Spice Granola: \$8.00
Amanda's GroWILD Power Packed Granola: \$8.00

GroWILD
wildly delicious & naturally nutritious



GroWILD Pecan Spice Granola

What better way to celebrate autumn all year round than with a bowl of hearty, healthy Pecan Spice? The combination of pecans, pumpkin seeds, almonds and the blend of warming, aromatic spices will get your day off to a "colorful" start. Indulge yourself! *Vegan*

GroWILD Chocolate Cherry Chunk Granola

Does this flavor really need a description? We combine all natural tart cherries, certified vegan, organic, fair trade semi-sweet dark chocolate chips, and toasted almonds. Who says you can't have dessert for breakfast? *Vegan*

RIPENING FRUIT

One of the biggest mistakes people make when they are shopping for fruit is assuming that what they see is what they get. Many fruits will improve if you leave them alone for a day or two. They won't get any sweeter, since the sugar development is an effect of maturity, but their flesh will soften and they will become more complex in flavor. Here are a few examples:

Apples	Figs	Persimmons
Cantaloups	Nectarines	Tomatoes
Bananas	Peaches	

From: "How to pick a peach" by Russ Parsons

THE PRODUCE BOX

Member-able Moments



Here is Ryan helping me make kabobs with all of our squash. She even snuck some raw pieces in to her mouth! She has found so many uses for our empty **PRODUCE BOX** - boat, bed for her baby dolls, and a stage for her to sing on!
Neighborhood Coordinator Eileen Mueller

Enclosed is a photo of my dog Pita trying to contain herself and staring intently at the wonderful "My Porch Dawg Treats" in peanut butter. She had already eaten THREE by the time I was able to take this photo.



They were a huge hit. When I first saw them I thought they were cookies for myself! I was very happy with the ingredients and my dogs LOVED them. So happy to get some natural treats and support the NC supplier at the same time. I would also like to thank my coordinator Eileen (Apex) for all her hard work in this heat, too. It can't be easy! Thanks very much.
Thanks for all **THE PRODUCE BOX** does to ensure we get fresh and local food!
Regards, *Mindy G, Apex Member*

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

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.

Spaghetti Squash- Like pumpkin and other winter squashes, whole uncooked spaghetti squash is best stored between 50 to 60 degrees, and will last up to six months this way. If you have a room in your home that isn't well-heated, maybe you can use some space in it as a "root cellar" to store onions, squash, apples, and the like. Our guest room often has vegetables on the bed in the cooler months of the year. On the other hand, spaghetti squash will keep several weeks at room temperature.

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. **See last week for how to freeze!**

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, Cantaloupe, 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 scrapping 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.