


# THE PRODUCE BOX

**\*6 Food should be fun \*9\*** Thomas Keller

Jun 15 & 16 , 2011		Find us on facebook! 		Volume 4: Issue 10
BOX A*	BOX B*	BOX C*	BOX O*	SPECIALTY ITEMS / EXTRA SHARES
1 pint Blueberries	1 pint blueberries	<i>This box has LARGER PORTIONS</i>	<i>All pesticide free</i>	<u>Extra Produce Available</u>
Cherry Tomatoes	Savoy or Napa Cabbage	1 pint blueberries	Green Beans or Wax Beans	1 pint blueberries: \$4.00
Fresh Garlic Bulb (just dug!)	Sweet onions (no tops)	4 ears of corn	Cucumbers	1/2 pint blackberries: \$3.00
6 ears Sweet Corn	Greenhouse tomatoes	Greenhouse Cucumber2	Greenhouse Tomatoes	<u>ADD ON FRUIT BOX</u>
Savoy Cabbage	Fresh Garlic	2 lbs greenhouse tomatoes	Sweet Onions	\$18.00 for six Pints of blueberries
Baby Eggplants (3-5)	Yellow Squash (2 lbs)	Zucchini (1.5 shares)	Early Potatoes	<b>OR</b>
Greenhouse cucumbers	Early Potatoes	Sweet Potatoes (6)	Fresh Garlic Bulb	\$18.00 for three pints blueberries, AND
		Baby Eggplant (6-7)	Hydroponic Basil	3 containers of blackberries (1/2 pint)
				<u>Specialty Items</u>
				1 pound jar of local honey : \$9.00
				1/2 pound jar of local honey: \$5.75
				Pecan Toppers from Oberry center: \$6.50
*Box contents listed	as Most Persishable	to Least Perishable		6 sweet onions in bag: \$2.50
				2 lbs squash variety: \$2.00

Hey Ya'll,

SUMMER VACATION!!!! Woo Hooo! It's official, almost every school system in the state that's on a traditional calendar is OUT for the summer. That means trips to the beach, to the pool, to the mountains, to the museums, to the lake and to the rivers. **We'll start offering more "beach boxes" and "low-cook boxes"** beginning next week to help you keep your kitchens cooler and give you extra goodies to take with you on your trips.

AMY is freaking out at all the entries for the "WHAT I DID WITH MY BOX" CONTEST. You guys are really excited about this **MONTH of FREE PRODUCE** prize!! Remember, we need a few paragraphs outlining how you used the ENTIRE contents of one box you received. Just so we can prove to some of you (not naming names) that it CAN be done. ☺ Deadline is JUNE 24th. Send entries to amy.saltmarsh@theproducebox.com

**We're opening Knightdale and Garner for deliveries within the next two weeks**, as more members begin to skip a week here and there, go on vacation, etc. This gives us a bit more room for new members and is exciting because we have a number of families waiting for delivery in those areas.

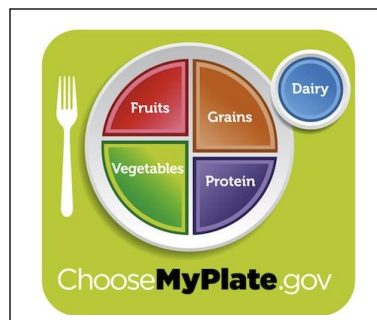
**We are working on a number of activities planned for families with kids this season:** blueberry picking, hopefully, a Marbles KIDS MUSEUM event for members only, and even a "treasure hunt"! Local wine tastings will be back in a few weeks and we are working on an ADULT member connection event in all areas: Wilmington, Charlotte, Winston Salem and the Triangle. .

Thanks for all of your support and enthusiasm for the program. AND I'm passing on **a BIG THANK YOU from our farm-partners** for referring your friends, neighbors and co-workers. It's an exciting time for farmers in North Carolina and I'm glad we're a part of it!

*Courtney Tellefsen, Founder*

## Tired of Hiking Up That Pyramid?

### Grab a PLATE of Food!



Have you heard the news? An official farewell was given to the food pyramid. It's been a long hike UP, but despite all of the walking... America was still not seeing the results it desired. It's time to switch up the routine and try something new. As of last week, government officials dished out nutritional advice on a simple, more appetizing plate.

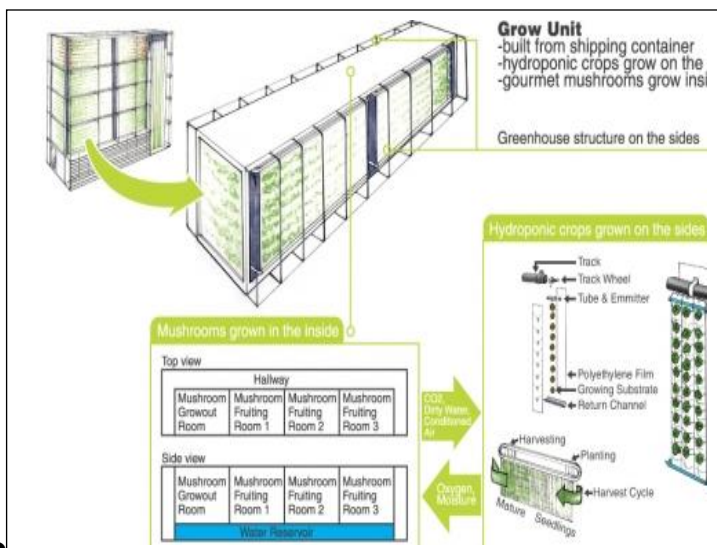
This new design consists of a divided, colorful plate representing the different portions of food groups that make up a meal; including vegetables, fruit, protein, grains and a glass of dairy on the side. The key is that it gives you a quick idea of what your meal should look like proportionally when you sit down at the table. Sounds simple, right? Yep, it is that simple! And what a relief! The weight of the food pyramid has been taken off of the shoulders of society, as well as the little ones who may have had trouble comprehending it in the past. After learning this model, your kids can easily help you decide what to have on their plate! What a way to effectively get the family involved. "My Plate", the administration of USDA, wants to show that nutrition really doesn't have to be complicated.

With the goal being "enjoy your food, but eat less," experts are hoping that this new replacement icon in the shape of the dinner plate will prove to be a more effective tool for helping Americans make those healthier food choices. And with fruits and veggies taking up half of the plate, you're already on the right track with your **PRODUCE BOX!**

Veronica Simile: TPB Intern, University of Georgia

### .Welcome to our newest Farm Partner, Ben Greene of THE FARMERY

I visited Ben earlier this spring and he has a REALLY neat operation going! ....he uses a tiny bit of land belonging to James Taylor, . and here's a diagram of how Ben is growing his lettuces, herbs and mushrooms....IN A SHIPPING CONTAINER!! The BASIL some of you are getting this week are grown hydroponically without chemicals, using nutrients derived from seaweed, kelp and other natural sources. They have the root still attached so they will last much longer than cut Basil (because basil has to be put in a vase anyway, the root allows it to last longer). Each unit is about 2 ounces of Basil. Ben grows them so the root is constantly air pruned, so the root is only about 1.5" long. These are intended as a better alternative to cut basil so they will probably not live if planted



# THE PRODUCE BOX

## SPECIALTY ITEMS



This Week	Next Week
Local Barton Creek Honey	Fadia's Sweet & Tart Tomato Sauce
The Old Log Cabin Mercantile's	Lilly's Maple Butter
Sweet Pecan Salad & Dessert Toppers	



Question: *Can you ask your providers to clean their vegetables? Many come dirty and sandy.*

**Answer:** There are several reasons our items aren't washed. One is health regulations - to process properly, it would move the program into a whole new set of regulations and institutional definitions. Washing increases potential for bacterial spread on a wider scale, esp. in the case of greens. Better that you do the rinsing in your own home. Another reason is produce quality. Washing *accelerates* bacterial and fungal breakdown of many plant tissues unless one takes certain complicated measures or immediately places the items into a refrigerator or cooler such as grocery stores have. Once veggies go in your box, no more cooler. Commercial vegetable processing plants use other methods to increase shelf life, such as waxes, chemical inhibitors, injecting sealed clam shells with special gases that slow this breakdown down as well. Obviously, this is beyond our scope. We understand convenience, we surely do. However, if we're to strengthen our local food systems, we have to work within the policy and health parameters we're given.

**Barton Creek Apiaries** is run by Matt Flint and Mike Hinton who have been keeping honey bees in Wake County since 2005. They take pride in the craft of making a distinct and wonderful honey like none other. They only sell what they make from their own hives- so you know your farmer and you know where the food comes from. These guys focus on making a healthy, safe food so their honeycombs are never exposed to hive medications, or feed supplements. The Barton Creek hives are kept at several locations across Wake County and take advantage of the wide variety of flowering plants found in varied habitats. The name comes from one of their largest bee-yards in the headwaters of the Fall Lake watershed. This year, they have added great new hive location at Hilltop Organic Farm, in Willow Springs.



**Please leave your coolers out!**

*I found out the hard way,*

*another reason to leave a cooler out for the deliveries each week! I meant to leave one out and forgot. When I got home, ants had already checked everything out for me!!! What a pain! I will definitely try to leave a cooler out every week from now on! They loved the blueberries and cherries! Ashley V, Cary*

We want those veggies to be nice and fresh when you get off work, so grab a hose and a sponge and be sure to put a couple of ice packs in there on your delivery day. We'll transfer the most fragile items to a cooler environment (NO PUN INTENDED..ha ha) As always, we guarantee the quality of all our produce, and replace when needed, but not if it sits outside in the heat all day, of course. Help us keep your veggies delicious and put a cooler out before you leave for work.



Remember that you can SKIP your order for the week anytime between Friday and Sunday or FUTURE SKIP at any time for an upcoming vacation by logging into the site. However, we can't accept skip requests that are emailed to us. Many of us are MOMS, busy with kids and families during the weekends and can't guarantee that we will see the request. So our policy has to be that we will only accept skips through the website. This way you KNOW it's been done because you get an EMAIL CONFIRMATION afterwards.

# THE PRODUCE BOX

## STORAGE & USAGE

Visit [www.theproducebox.com](http://www.theproducebox.com) for more info! *\*Eat first!*

**\*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. When refrigerating, cool rapidly to below 40°F to retain sweetness and tenderness because the sugar in corn turns to starch quickly at higher temperatures.

For best eating quality, do not store sweet corn in the refrigerator for more than two days. For longer storage, preserve by freezing, canning or drying.

**Young Garlic** - "Young wet" or "new season" garlic is immature garlic that is harvested in early summer. Immature garlic needs to be stored in the refrigerator and used within a week or so. It has a fresh, mild flavor and can substitute for onions and leeks or lend a subtle garlic flavor to a recipe. Some cooks consider this the best, most flavorful garlic. As an added bonus, it may be more easily digested than dry garlic. Experiment with some of this "fresh" garlic and see how you like it.

**Sweet Onions** - When storing sweet onions, it's important to keep them cool, dry and separate. Place in a single layer, wrapped separately in foil or paper towels, in the vegetable bin of the refrigerator. If it is not possible to store them in the refrigerator, store them in the coolest area of your home with good air circulation.

**Savoy Cabbage** - Cabbage will keep for about 2 weeks in the vegetable drawer or in a perforated plastic bag in the refrigerator. Cut cabbage should be stored away from other foods. Cook cabbage until it is just tender-crisp. Cabbage that is cooked tender-crisp will remain sweet. Overcooked cabbage will lose texture and flavor. **RECIPE** Slice savoy cabbage into 1/4 inch strips. Heat 2 cloves garlic and a quarter cup extra virgin olive oil in a nonstick pan. When the oil is hot, add the cabbage and a dash of salt. Cook and stir until the cabbage is just tender.

**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.

**Green or Wax Beans** - Wax Beans are edible-pod beans (eaten with their shell or pod). The Wax Bean is a pale yellow or purple variety of the more familiar green bean. Easily cooked by simply steaming or simmering. Store in the refrigerator, unwashed in a tightly covered container for up to 5 days.

**Sweet Potatoes** - Sweet potatoes should be stored in a cool, dark and well-ventilated place, where they will keep fresh for up to ten days. Ideally, they should be kept out of the refrigerator in a cool, dry, dark place not above 60°F /15°C, which would fit the characteristics of a root cellar. Yet since most people don't have root cellars, we'd suggest just keeping your sweet potatoes loose (not in a plastic bag, but if desired, a brown paper bag with multiple air holes punched in it will work) and storing them in a cool, dark, and well-ventilated cupboard away from sources of excess heat (like the stove)

**\*Blueberries** - Keep blueberries refrigerated, unwashed, in a rigid container covered with clear wrap. Water on fresh blueberries hastens deterioration, so do not wash before refrigerating. Blueberries are highly perishable so do try to use them as soon as possible.

**\*Summer Squash** - To store summer squash, place unwashed in plastic bags in the crisper drawer of the refrigerator. Wash the squash just before preparation. As with most vegetables, water droplets promote decay during storage. The storage life of summer squash is brief, so use within two to three days.

**Napa or Chinese Cabbage** - Unwashed, Napa cabbage will keep for about five to seven days in the vegetable crisper drawer of the refrigerator. Keep the whole head sealed in a plastic bag. Do not cut the leaves or ribs until ready to use them. Cut leaves begin to oxidize rapidly, and the cabbage will lose some of its vital nutrients and will spoil faster.