


THE PRODUCE BOX

I was SO excited opening [my Produce Box] up after you left. It was like Christmas! Everything looked great! Thank you so much!~ Pam W, Raleigh Member

Jun 29 &30, 2011		Find us on facebook! 		Volume 4: Issue12	
BOX A*	BOX B*	BOX C*	BOX O*	BOX F	SPECIALTY ITEMS / EXTRA SHARES
<i>triple fruit/holiday box</i>	<i>triple fruit/low cook</i>	<i>larger shares, extra fruit</i>	<i>all pesticide free or organic</i>	2 Cantaloupes	<u>Extra Produce Available</u>
TWO pints of blueberries	ONE pint Blueberries	2 pints of blueberries	Cucumber (Iemon or English)	3 pints Blueberries	Blueberry Stock up box:12 pints for only \$20.00
Cantaloupe	2 Cantaloupe	2 cantaloupe	Broccoli	3 (1/2 pints) Blackberries	Corn stock up:20 ears of Devotion corn \$10.00
Six ears of corn	Grape tomatoes	Cucumbers (4)	Red Swiss Chard		1 pint blueberries: \$3.50
Eggplant	Cucumbers (3)	Corn (EIGHT ears!)	Yellow Squash/Zucchini		1/2 pint blackberry: \$3.50
Field Tomatoes (2-4)	Living Basil herb	Field Tomatoes (3-5)	Surprise Item		4 green peppers: \$3.25
Yellow&zucchini squash	Surprise item	New Potatoes (normal share)	Acorn Squash		<u>Specialty Items</u>
Green Peppers (2)	Savoy Cabbage	Red Potatoes (2 quarts)			GroWild Granola - 2 flavors
					Power Packed - \$8.00
*Box contents listed	as Most Persishable	to Least Perishable			Pecan Spice - \$8.00
					Fireside Black Jack BBQ sauce - 16oz \$6.95
					Stick Boy Garlic Cheddar Bread - \$4.80

What do I do with all these kitchen scraps????

Once you decide to start saving kitchen scraps for composting, you are presented with a new quandary: what to do with all of those scraps. Unless you don't mind running out the the compost pile every time you peel a banana or make a cup of tea, you'll need to find a way to store those scraps until you add them to your compost. Here are a few ideas.

1. Compost Crock

If you need to store your kitchen scraps on a countertop, the aesthetics of your container are important. Compost crocks may be the perfect solution for you. They are generally made of stainless steel or ceramic, and are unobtrusive on a countertop or island. More importantly, crocks usually come equipped with charcoal filters to prevent the crock's contents from smelling up your kitchen. Crocks are not necessarily cheap; most models cost between twenty and sixty dollars.

Compost pails are a good solution for those gardeners who have an area in a cabinet or pantry in which to store their kitchen scraps. Pails are a bit larger than crocks, and are usually made of steel or plastic. The plastic options are, obviously, less expensive than the metal ones. Some of the metal pails incorporate filters similar to those used by compost crocks. The plastic ones prevent odors from pervading your home via air-tight lids. Prices for pails run between ten dollars and fifty dollars.

If you don't produce a ton of kitchen waste during the day, a simple plastic or steel coffee can will work for you just fine, and it's free! Be sure to save the lid, and you have a very handy kitchen scrap containment system. Coffee cans can be stored in a cabinet or in the refrigerator. Storing the can in the fridge will help keep odors under control, especially if you make a point of emptying and rinsing the can every day.

If you buy laundry detergent in large bulk-sized buckets or have a five-gallon bucket left over from your last painting project, you have a perfect receptacle for your kitchen scraps. Simply wash the containers out, save the lids, and start adding your kitchen scraps. Because these containers are so large, you may be able to go a couple of days before you have to empty it into the compost. The only problem with this is that odors can build up in the bucket. If you have some Bokashi mix on hand, you can sprinkle some of that in every time you add scraps to control odor.

Plastic bags, whether shopping bags with handles or zipper-type bags, are everywhere. If we can find ways to reuse them around the house, that would be a very good thing. You can store kitchen scraps in plastic bags in your refrigerator and then empty them out into your compost pile or worm bin at the end of the day. Alternately, if you are storing up kitchen waste to start a compost pile in the spring, you can freeze it in a plastic bag and empty the contents when you are ready to build your pile. The nice thing about this is that not only are there no odors, but the kitchen waste breaks down faster in the compost pile after having gone through the freeze/thaw process.

Hope these tidbits help.....let's all do what we can to reduce landfill waste by not putting kitchen scraps in plastic for the trash!

Summer has just arrived at the Wise farm!

"It's the first day of summer TODAY," William Wise happily announced last week (on Tuesday, June 21st to be exact!). Though it has felt like summer with the high temperatures and so many sunny-with-a-chance-of-rain days for the past month, it has only been summer on the Wise farm for a week. And that means a lot to a farm that has about 100 acres dedicated to delicious summer fruits and vegetables!

Some of you may know William from the State Farmer's Market. He has two spaces there and sells his produce there 12 months a year along with his son, Jerry, also a farmer. William was born and raised on a farm in Wayne County that had been in his family for generations. He inherited some of that land from his father and started his own operation.

Through the years, William has seen many changes to farming. "When I started, we didn't use irrigation or plastic on the beds," he said. "We would just wait for and hope for rain, and if it didn't come, things could get real bad, real quick." Now the irrigation helps the Wises have more control over the growth of their produce, and the plastic helps them conserve water.

William Wise and his family were some of the first farmers we started working with at The Produce Box and we've been happy to partner with the Wises for two seasons now. They have brought us countless berries and sweet, delicious corn already this season, among other things. They've also got cucumber, watermelon, cantaloupe, spinach, bok choy, sweet potatoes and some beautiful-looking butternut and acorn squash in their fields ... coming soon to your front door!

HOW TO FREEZE CORN

Ingredients

Stock pot
Water
Fresh sweet corn
Large bowl
Ice cubes
Colander



Method

1. Fill stock pot and bring water to boil.
2. Fill large bowl with ice and water.
3. Shuck the corn.
4. Drop corn cobs into boiling water and return to a boil. Corn can fill pot, but needs a little room to move while cooking. Boil for 2 minutes.
5. Using tongs, remove corn cobs and plunge into ice water to stop cooking.
6. Allow corn to mostly cool in ice water, then transfer to colander to drain.
7. Water in stock pot can be re-used up to three times. Bring back to a boil before adding each batch of corn.
8. Cut kernels from cobs.
9. Store kernels in ziplock freezer bags. Squeeze out as much air as possible before sealing bags. Label and freeze.

Yum! Now you can enjoy farm-fresh corn all winter long!

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THE PRODUCE BOX MARKET STAND

Need a few extra fruits or
veggies?

Supplement your
PRODUCE BOX
with

Farm-Fresh Produce
from our
MARKET STAND

Open Every Thursday, 4-6 pm

Located at **Eclectic Furniture
Garden**

1932 Wake Forest Road
(Across the street from
Snoopy's Hotdogs, on Old Wake
Forest Road)

THE PRODUCE BOX

SPECIALTY ITEMS

<u>This Week</u>	<u>Next Week</u>
GroWILD Granola's Pecan Spice or Power Packed	Great Harvest Bread's Cinnamon Chip
Fireside Black Jack BBQ Sauce: Hot or Mild	O'Berry Center's
Stick Boy Bread's Garlic Cheddar	<i>The Old Log Cabin Mercantile</i>
	Honey Glazed Peanuts 4 oz or
	Cinnamon Sweet Pecans 10 oz
	



Berry Towne Crafts
HANDMADE
from
NORTH CAROLINA



From O'Berry Center The Old Log Cabin Mercantile's

Cinnamon Sweet Pecans

These delicious Brown Sugar and Cinnamon Pecans are a delight, with just the right combination of crunch and sweetness. O'Berry Center has an extensive grove of Pecan trees on our campus and each fall our residents collect thousands of pounds of pecans which are shelled and graded. Using only halves, we prepare the pecans in our certified kitchen using our own recipes. These will be the best tasting pecans you will ever try, guaranteed! Each 10oz jar is packed in a tamper proof jar sealed for freshness. Prepared in our kitchen where peanut products are also prepared.

Honey Glazed Peanuts

Try our delicious combination of fresh Eastern North Carolina Peanuts and our very own Organic Honey. We begin by roasting our peanuts in real butter and sea salt and then add a glaze of our own Organic Wildflower Honey to create a crunchy and tasty snack. Sealed in cello and packaged in our 4oz. craft bags with a decorative calico ribbon. Prepared by the residents of O'Berry Center in Goldsboro, NC.

COOKING YOUR CUCUMBERS??? REALLY???

Cucumbers are unexpectedly good cooked. They have a sweetness that is almost like snap peas. Peel and seed a cucumber and cut into ½ inch pieces. Cook in pan over high heat with a little butter until translucent on the EDGES. About two minutes. Salt to taste

Fireside Foods is a family operation that focuses on creating all-natural sauces with ingredients grown or purchased primarily in the Triad Area. At Fireside Foods, we take eating right seriously. No preservatives or high fructose corn syrup are used in any of our sauces. All products are prepared in small batches creating a sauce that tastes as fresh as if it was made in your own kitchen.



Fireside Foods is a proud member of Goodness Grows in North Carolina and the Piedmont Local Foods Coalition. Manufacturing location is in Summerfield, NC.

PRIORITIZE YOUR PRODUCE!!

When you get your Box, there are ways to use and organize it that will make your life much easier. Washing and drying your produce before putting it away takes time, no question, so wouldn't it be more convenient to just shove it into the fridge and get to it later????

Not necessarily. Let's say you get home late and tired. Which are you more likely to use, the already washed, and ready to go salad greens, or the head of lettuce that needs to be broken up, washed and dried?

One of the things about food that is picked when ripe and ready is that it is RIPE AND READY for eating. Put food that won't keep for long near the front of your refrigerator doors. Or allocate one drawer just to super-perishables like greens and one for veggies that keep, like beets.

Finally, make a physical **note** of what you have. Keep a log on the front of your fridge and mark it off when you use it. It's sad to get to the day before your next **PRODUCE BOX** delivery and realize there is still squash in the back of the fridge!

From "The Locavore's Handbook", Leda Meredith

THE PRODUCE BOX

STORAGE & USAGE *Remember, all TPB produce is very ripe. If you see a * eat this 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. ***See page 2 for how to freeze!

Green Pepper- Store green bell peppers for short-term use by refrigerating them in the produce drawer of your refrigerator. With proper refrigeration, a healthy bell pepper should last from three to five days in the refrigerator.

***Cantaloupe & Honeydew Melon**- Ripe cantaloupes should be stored in the refrigerator. If a cantaloupe has no fragrance and is still quite firm, leave on the kitchen counter for a day or two to ripen. Once the cantaloupe is ripe, slice open down the center. Scoop out the seeds with a large spoon and discard. Slice each half into sections, cutting away the rind. Store cubes or slices of cantaloupe in sealed containers in the refrigerator to keep fresh. Honeydew melons should be refrigerated. 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.

***Blueberries & Blackberries**- Keep berries refrigerated, unwashed, in a rigid container covered with clear wrap. Water on fresh berries hastens deterioration, so do not wash before refrigerating. Berries 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.

***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.

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

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.

Red Swiss Chard- Chard is extremely perishable, so keep refrigerator storage time to a minimum. Store unwashed leaves in plastic bags in the crisper for 2 to 3 days. The stalks can be stored longer if separated from the leaves. Young tender chard leaves can be eaten raw adding a beet-like flavor to salads and sandwiches. Chard can be used in place of spinach in any recipe, although chard will need to be cooked a bit longer. When cooking older chard, the stems require longer cooking time than the leaves.