

THE PRODUCE BOX

Can you feel it? We've certainly turned a corner into early fall. That big 'ol punkin'-colored Harvest Moon rising in the east soon after sunset confirms it. The full moon that occurs closest to the autumn equinox aided farmers in times past to bring their crops in, enabling them to work past sunset to harvest.

Oct 5 & 6, 2011	Find us on facebook! 		Volume 4: Issue 26
BOX A \$22	BOX B \$22	BOX C \$23.50	FRUIT BOX \$22
Romaine Lettuce	Apples: Mutzu variety	Green Beans (approx 1.5 lbs)	2 personal watermelons
Local Chestnuts	Purple sweet potatoes	6 ears of sweet corn	2 shares of mutsu apples
Baby red bell peppers	Poblano peppers	Large Cubanelle Pepper	2 half pints of raspberries
Mix of tart & sweet Apple varieties	Butternut Squash	Cucumbers (3)	Extra Produce Available:
Sweet Potatoes	6 ears of sweet corn	NC Peanuts	
Assorted squash	Cucumbers (2)	Yellow zepher squash	
Cherry Tomatoes		Green Bell peppers (3)	

Thanks to all of you who joined us at our Member Connection Event at Chapel Hill Creamery

on Sunday. A special THANK YOU to Portia and Flo for hosting this event for the second time! Samples were provided of hamburger, Italian sausage and various cheeses. Hot apple cider and lemonade were enjoyed by all. We enjoyed tours of the creamery where we learned how the cows are milked and then watched the cows being milked. Children of all ages enjoyed the hayride, seeing the pigs and the chickens, and face painting. It was a beautiful day, and for those of you that missed it, we will be there again next October, with even more fun activities.



Courtney

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INTRODUCING...

MUTSU APPLE: Producing a creamy, white, juicy taste and firm, crisp flesh this apple is slightly oblong in shape. It is also known as "Crispin". Its skin color is a yellowish green with an orange blush. It is excellent for fresh eating, sauces, pies, and baking. This apple stores and keeps well.



ZEPHER SQUASH: 'Zephyr' is a straightneck summer squash. It has a yellow stem end and is pale green at the blossom end. Faint white stripes run the length of this squash. Zephyr is a hybrid of a yellow crookneck with a squash that is a cross between the Delicata and yellow Acorn squashes. It has a slightly bowed neck about 5 to 8 inches (13-20 cm) long. 'Zephyr' is a firm, sweet-nutty flavored squash perfect for quick cooking.



The Produce Box helps take farming from a hobby to a full-time (plus!) job for Alan and Brian Justice

When Alan Justice started purchasing farm acreage back in 1990, he had planned on farming being a hobby for him when he retired. Well, 240 acres and countless crops later, he realizes plans can change!

Alan retired from Exxon Mobil as an engineer in 2002 and soon he was farming full-time with his son, Brian, (like his father, a former engineer and NC State grad), working by his side. For the past year, the Justice's Cloverfield Farms, located about 20 minutes north of Durham, in Timberlake, NC, has been a supplier of a great variety of produce for The Produce Box Members.

It's pretty amazing to learn though, that Alan and Brian currently only grow produce on about 10 acres of their farm. The Produce Box is their single largest customer and Alan regularly consults with Kevin, our Crop Coordinator, on what we need and what he has to try, to marry the two. Alan learned about The Produce Box from an article in the Raleigh News-Observer. He contacted Courtney and Kevin, told them he thought he might have "a few things" they could use... and the rest has been a great partnership!

Right now the list of produce grown at Cloverfield Farms is very long: asparagus, broccoli, okra, corn, edamame, tomatoes, peppers, cucumbers, apples, (a small orchard of them), beans, (including the long-stem oriental variety in some Boxes recently), and even 21 beehives.

This variety is tough on the Justices though. Growing all of these different types of produce from seed is requiring an enormous amount of time and physical labor – two things Alan thought he had retired from a few years ago! Alan's plan for the coming year is to lessen the variety and provide more of just a few crops. This won't require as much back-breaking work and should hopefully end up being more profitable for them. They also got a grant, and have 800 chestnut trees on order. They plan to plant these on about 10 acres, so that's something to look for in next year's boxes!



Come join us for our Farm to Table Member Connection Event in Cary/Morrisville at Martin's Curry Rice!

Tuesday October 11 for a great evening of local food. We'll have two sessions: one at 5:30pm and one at 7:00pm. We'll be selling tickets on our menu this upcoming week. \$12 will get you your choice of 1 appetizer, 1 main dish and 1 dessert.

Martin has followed his heart and opened up his own restaurant with "Healthy Food, Delicious Indian Flavors, Customized to Your taste!". Please check out his website at www.martinscurryrice.com to read "The Story" and learn more about his business. Every Tuesday is an "All Local Dinner" and we are excited to partner with him!

Check out our Upcoming Specialty Items! Stock up on your Favorites!

- Mrs. Picky Fanicky's Apple Pie
MmmMarmalade and Strawberry
Pineapple MmmMarmalade
- My Southern Sons Absolutely Fab
Frosted Pecans and Peanut Brittle
- GroWILD Granolas
- O'Berry Chocolate Covered Pecans
- Lulu's Salad Dressings

HOW TO ROAST CHESTNUTS!

With a little preparation and attention, it is easy to roast **chestnuts** at home. Peel roasted chestnuts as soon as they are cool enough to handle. Once they cool completely, they are difficult to peel.

Prep Time: 5 minutes
Cook Time: 30 minutes
Total Time: 35 minutes

Ingredients:

- 1/2 pound chestnuts

Preparation:

Preheat oven to 425 F.



Find the flat side of each **chestnut** and cut a large X with a sharp paring knife all the way through the skin.

Place chestnuts on a shallow baking pan and place in the oven to roast for about 30 to 40 minutes, depending on size of nuts. Shake pan several times to rotate chestnuts so they will cook evenly.

If you just want them cooked enough to peel, roast for 10 to 15 minutes.

Peel roasted chestnuts as soon as they are cool enough to handle. Once they cool completely, they are difficult to peel. However, they may be reheated briefly to aid in peeling.

Chestnuts may also be roasted on the outdoor grill. Watch carefully and turn them often.

Another favorite method for small amounts is stovetop, particularly on a gas stove. Place on top of a flame-tamer and cover with a deep lid. Roast over low heat until done, about 10 minutes, turning often to cook evenly.

Yield: 1/2 pound roasted chestnuts

Happy Hayride Day at Chapel Hill Creamery!



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

Chestnuts- Because of their low fat content, chestnuts are highly perishable. To keep your chestnuts fresh, place in a VENTILATED bag in the crisper of your refrigerator or freeze for later use.A

Apples- Store in crisper drawer. Eat fresh, or slice and microwave with cinnamon or nutmeg, for a quick, yummy dessert or snack. Pairs beautifully baked with acorn squash and pine nuts, walnuts or pecans.

***Bell Peppers-** Store peppers for short-term use by refrigerating them in the produce drawer of your refrigerator. *Chop or slice peppers and freeze.*

Turnips- If you get turnips with the greens attached, remove the greens when you get them home. Clean, store, and cook the greens as any cooking green. Store turnips loosely wrapped in a plastic bag in the crisper of the fridge or, if you're lucky enough to have one, loose in a root cellar. Like any root vegetable, they want a cool, dark, dry environment. *Use turnips in place of white potatoes in most recipes.*

Purple Sweet Potatoes- Less sweet than orange. Store in a paper bag in a cool, dark place and use within three weeks. Cook and use just like orange variety. Roast them whole or chunked; add butter, cinnamon and sugar, or 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. YUM!**

Green or Snap (String) Beans- Will keep for about 4 days, wrapped in plastic bag or wrap, refrigerated. String snap beans before cooking/eating. *How: Take stem end, snap off and pull across top of bean to other end. Discard string.* Cook beans tender crisp, for best flavor.

“Keeper” (Winter) Squash- Butternut, acorn, amber cup, pumpkin and spaghetti squash are varieties of winter or keeper squash. They can be stored for several months in a cool, dark, ventilated place, like a cardboard box in the pantry. Acorn and butternut can be roasted with the skin on; the cooking process softens the skin. Try it! It's quite delicious! Spaghetti squash can be cooked in the microwave or oven. Once cooked, seed it and use the tines of a fork to create “spaghetti” strands. Serve with your favorite sauce.

White, Yellow or Red-skinned Potatoes- Wash them gently (leaving the fragile skin on as much as possible); boil, roast or microwave. Add to soups and stews. Store with an apple, to prevent eyes forming on potatoes.