


THE PRODUCE BOX

Did you ever stop to taste a carrot? Not just eat it, but taste it? You can't taste the beauty and energy of the earth in a Twinkie. ~Astrid Alauda

Sep 21 & 22, 2011		Find us on facebook! 		Volume 4: Issue24	
BOX A \$22		BOX B \$22		BOX C \$25	
<i>Fresh Herbs!</i>		<i>Turnips!</i>		<i>Sweet Carrots!</i>	
Fresh Herb Bouquet		Peaches		Double share Apples	
1 share zucchini		Double share Exotic Squash		1 bunch Carrots	
1 share squash		Assorted sweet Peppers		Bell Peppers	
Peaches		Assorted small eggplant		Potatoes	
Sweet Potatoes		Butternut Squash		Acorn Squash	
Roasting Squash:		Turnips			
<i>Butternut, Acorn or Spaghetti, depending on harvest</i>					
				BOX O \$27	
				<i>Surprise Item!</i>	
				Field tomatoes (pesticide free)	
				Okra (organic)	
				Watermelon (organic)	
				One bunch radish (organic)	
				Surprise Item (pesticide free)	
				Assorted Potatoes (organic)	

Apples, Apples, Apples!

Here is a bit of information about the apples in your boxes this week:

RED DELICIOUS: This one's a classic – America's favorite snacking apple. The heart-shaped fruit is bright red and sometimes striped. Crunchy with a mildly sweet flavor, Reds are also great in salads. Washington apple growers have been producing the world's best Red Delicious apples since the 1920s. They're harvested in September and October and available throughout the year

GRANNY SMITH: A rounded green apple, sometimes with light green speckles. Green, extremely tart, crisp, juicy and versatile, they're available year-round. Grannies are a favorite of Washington state pie-bakers. They're also excellent for snacking and salads.

GALA: Pinkish-orange stripes over a yellow background are the signature of this crisp, aromatically-sweet, snappy apple. Galas have gained popularity among consumers in the past 15 years. Snacking and salads are primary uses. Gala harvest begins in the middle of August and lasts through early September. Galas are stocked September to May.

GOLDEN DELICIOUS: It's the all-purpose apple. Mellow and sweet, Golden's are great for eating out of hand, baking and salads. In salads and other dishes, their flesh stays white longer than other apples.

FUJI: This immensely flavorful, new variety was introduced to the U.S. from Japan in the 1980s, but now the U.S. produces more Fujis than Japan. Each year, this big, super-sweet, crisp apple gains new fans. The Fuji holds its texture when baked. It's known for its hard texture and syrupy sweetness. It's also excellent for baking and salads.

WHAT DO YOU KNOW ABOUT TURNIPS??? The turnip has a long history with mankind. It is one of the oldest cultivated foods. Some 5000 years ago—"turnips probably sustained early foraging peoples long before the principles of cultivation were understood". There are even ancient caves in China that have produced evidence of prehistoric man, eating raw turnips—and, later, with the harnessing of fire, eating roasted turnips. There are even ancient caves in France that are decorated with paintings that show turnips being boiled in clay pots. And don't forget the story called "The Turnip" by the Brothers Grimm where the turnip is the main character in a tale of greed nobility and justice. So what are the nutritional benefits of eating this lone vegetable?

"Turnips are a "starch" vegetable, but provide only **one third** the amount of calories as an equal amount of potatoes.

Turnips provide an excellent source of vitamin C, fiber, folic acid, manganese, pantothenic acid, and copper. They also offer a very good source of thiamine, potassium, niacin, and magnesium. In addition, they are a good source of vitamin B6 and E, folic acid, and riboflavin".

FARM CALENDAR: brought to us by Diane Daniel's *Farm Fresh North Carolina's Quick Bites.*

Sept. 24: Terra Vita returns! Grand Tasting on the Green is back, where chefs from across the state are on hand to chat and share samples from 1 to 4 p.m. at Southern Village in Chapel Hill. New this year is the "Sustainable Classroom," a great lineup of speakers and workshops. Tickets are available now.

Sept. 30: Deadline for signing up for TS Designs 4th annual Cotton of Carolinas field trip at Rolling Hills Gin in New London, N.C. The outing is on Oct. 8 from 10 a.m. to 3 p.m.

OCTOBER

Oct. 2: 4th Annual Amazing Pittsboro Pepper Festival, 4 to 7 p.m. It keeps getting bigger and better. (And I keep being out of town for every one of them!) Featuring: music, food, farmers, and, yes, peppers!

Oct. 2: One of my favorite twice-yearly events (spring and fall) is the combo Open Farm Day at Goat Lady Dairy and Rising Meadow Farm in Randolph County, 30 miles southeast of Greensboro. From 1 to 5 p.m. Goats, lambs, cheese, meat, music, pottery, and more! Goat Lady also has a ongoing series of on-farm dinners that come with a deluxe tour, not to mention wonderful food and good cheer.

Oct. 8: TS Designs 4th annual Cotton of Carolinas field trip at Rolling Hills Gin in New London, N.C. The outing is on Oct. 8 from 10 a.m. to 3 p.m. Details and signup here.(Sign-up by Sept. 30!)

Oct. 15: Yam Jam! is an annual gleaning extravaganza in Johnston and Harnett counties sponsored by our friends Society of St. Andrew.

NOVEMBER

Nov. 11: In Durham, Local Foods Feast and speaker Joan Dye Gussow, author of *This Organic Life* and, most recent, *Growing, Older*. You can pay \$45 to benefit Carolina Farm Stewardship Association. (Cost is \$35 if you're part of conference, below.) Event begins at 6:30 p.m. at the Sheraton Imperial.

Nov. 11-13: Carolina Farm Stewardship Association's annual conference, this year in Durham. Speakers, workshops, networking and more! This is an awesome annual gathering, with the location rotating yearly across North Carolina and upstate South Carolina.

For more info: <http://farmfreshnorthcarolina.com/2011/08/veritable-cornupia-of-fall-news-and-happenings>

THE PRODUCE BOX

EXTRA PRODUCE AVAILABLE	SPECIALTY ITEMS
One bunch organic radish: \$2.75	Stick Boy Garlic Cheddar Loaf: \$4.80
One bunch organic beets: \$3.25	My Southern Sons Shortbread Cookies: \$5.25
One bunch organic carrots: \$3.50	Butter Roasted Pecans w/ Sea Salt: \$3.50
	Lula's Lemon Vinaigrette Dressing (16 oz.): \$5.50
THE PRODUCE BOX Gift Certificates: \$22.00 each	Lula's Balsamic Vinaigrette Dressing (16 oz.): \$ 5.50
Donation for low income families:\$1.00	

Moments of Magic...

Wanted to let you know how exceptional the kale has been. I love the dark greens, and especially kale. I believe it has been the best I have ever had. Thanks to our wonderful farmers!! Well done! ~ Kim B, Apex

So this is what a fresh apple tastes like! I am eating one of the apples that were thrown in for good measure this week. It seems all the ones I have been buying from the grocery store taste moldy or old. Looking forward to fall apple season now! ~ Kimberly G, Graham

I just wanted to drop a note to let you know how we enjoyed our box A last night for dinner. I made a Tuscan Vegetable Soup using as many local and homemade ingredients as possible including zucchini, kale, and tomatoes from our Produce Box, homemade turkey stock and homegrown basil, bacon from happy pigs in Louisburg, cheese from Carolina Creamery, and bread from Lionel at La Farm. Thank you for the great meal! ~ Leah G



Leah's Tuscan Soup

EAT YOUR BEETS!!

The difference between a store-bought beet and a local beet is about the same as the difference between a store-bought carrot and a local carrot. NIGHT AND DAY. They are almost meaty in texture but sweet and delicious. The reason people don't like beets is most likely because they have only eaten canned beets. I, too, say UGH to those. The familiar red beet is the only kind most Americans know. Gardeners and farmers are now growing other varieties, the real palate pleasers. Look for Golden Beets; they are beautiful and sweet. Another type that is lovely when served as well as sweet and delicious is a striped variety called Chioggia. The green leafy tops of any of these beet varieties are edible like spinach, only tastier in most cases. And to me, beet greens don't have that squeaky feel on your teeth that spinach has.

USING THE GREENS: A few tips...add them to a smoothie, make CHIPS just like kale chips, or toss them in a salad.

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Area Manager Melanie Underwood has the following suggestion: Frozen water bottles make great ice packs for coolers. Wrapping in a plastic bag prevents leakage and protects **THE PRODUCE BOX**.

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

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.

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

Radishes- Remove the greens from the top before storing, as the greens will sap the nutrients and moisture from them during storage. As with all cruciferous plants, the greens are edible, and can be cooked or used in salads. Greens will store for 2 – 3 days in the refrigerator in a plastic bag. Wrap the unwashed radishes in a moist towel and place in plastic in the coldest portion of the refrigerator to allow storage for up to a week. If they become a bit dried out or lose their crispness, soak them in icy cold water for a few hours to a day, to restore them to their original appearance.

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.

Sweet Potatoes- Store in a paper bag in a cool, dark place. Sweet potatoes will keep for several months, getting sweeter along the way. Roast them whole or chunked, with butter, cinnamon and sugar, or with 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.

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.

Carrots- Cut off greens, leaving stubble of about 2 inches. This is done to prevent rotting. Carrots should be kept away from apples, pears and potatoes, as the ethylene gas they produce will make the carrots taste bitter. Store carrots in refrigerator. For best results wash them only when you are ready to use them.

***Field 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.

“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 in potatoes.

Eggplant- Uncut eggplants will stay fresh for about a week in the refrigerator. Use the eggplant as soon as possible and within 5 days of refrigeration to avoid shriveling and aging.