

# THE PRODUCE BOX

"Despite their artistic pretensions, sophistication and many accomplishments, humans owe their existence to a six-inch layer of topsoil and the fact that it rains."  
-Anonymous

<b>Sep 28 &amp; 29, 2011</b>		<b>Find us on facebook!</b> 		<b>Volume 4: Issue25</b>	
<b>BOX A \$22</b>	<b>BOX B \$22</b>	<b>BOX C \$25</b>	<b>BOX O \$23</b>	<b>FRUIT BOX \$23</b>	
<i>Last chance for Corn!</i>	<i>Yum! Butterbeans!</i>	<i>Green Beans!</i>	<i>Some conventional produce</i>	Apples	
Apples	Unshelled Butterbeans	Double share of apples	APPLES (conv.)	1/2 pint raspberries	
3 ears of Sweet Corn	4 Bell Peppers	Okra	Surprise Organic Item ( <i>carrots,</i>	Peaches	
Eggplant	Squash/Zucchini Mix	Organic Green Beans	<i>Oriental snap beans or green beans)</i>	1 qt scuppernong grapes	
Spaghetti Squash	Apples	Assorted Squash	2 cucumbers (pesticide free)	Personal Watermelon	
2 sweet or bell peppers	2 English Cucumbers	Organic Yukon Gold Potatoes	Field Tomatoes (pest free)		
Purple Sweet Potatoes	Heaping quart of Turnips	Cucumber	2 Acorn Squash (conv)		
Sugarheart Personal Watermelon			Purple Sweet Potatoes (conv)		
Cucumber (long variety)					



The CNP volunteers with their sample recipes using the veggies/fruit!

## The Veggie Van/Produce Box initiative has started!!

On Saturday morning, I made a trip to an apartment complex in Chapel Hill off Dobbins St. Community Nutrition Partnership has a relationship with the community there and chose that location to kick-off our trial veggie van/box delivery program for lower income areas. It was a HIT! We had many families stop by so the kids could plant romaine lettuce and take it home and everyone tasted the Baba Ganoush and Apple salad the crew from CNP had made. More than twenty boxes of fresh, local produce were sold to the families that live there, at a **greatly** reduced price, with a great variety of veggies and fruit.

Those families were SO excited! Although I have to admit that many could not identify the radishes, or eggplant. We've got a bit of educating to do. Your donations for the last two weeks were given to CNP to help jump-start this program and reduce the cost of the boxes to these families. And it was appreciated!

What we love about this program is that CNP is asking the families to shoulder a portion of the cost of the food, instead of giving it away. This allows the program to be sustainable and not rely on grant donations only. We're really trying to create a self-sufficient model that can be duplicated across the state.

So we're not donating food, we are just helping to increase availability and affordability of fresh produce that would not otherwise be purchased by this population. And YOU are the reason we're able to get it started.....THANK YOU!



The crew sharing info about the produce boxes and how to use what's in them....

*Courtney*

## JOIN US FOR A VISIT WITH THE COWS AT CHAPEL HILL CREAMERY THIS SUNDAY, OCTOBER 2 from 3:30-5:30pm!!

We'll meet the mamas, the babies, the oxen, the chickens, the dogs, and the pigs, plus have a tasting of the Creamery's delicious cheeses, with opportunities to stock up! Yummy and Fun!



### WHAT'S NEW AT THE HUB?



Core Sound Seafood was started as a way to connect the fishermen of Down East Carteret County, North Carolina to a viable, local market. Most of the fishermen that make up this coastal community have been fishing all their lives – often they can trace their fishing heritage back four or five generations. Sadly, these fishermen are increasingly leaving their life on the water as global markets, community economic loss, rising fuel prices and decreasing buying prices threaten their livelihood.

Our goal is to provide a market to these fishermen and their families by offering locally caught, fresh seafood to the Triangle community. We believe that North Carolina fishermen are a tremendous resource in our state's diverse agricultural offerings, and including them as producers in our local food shed is vital.



Fresh and local translates into delicious. Imagine including crispy fried flounder, clams cooked in a white wine butter sauce, pan-seared scallops and grilled triggerfish drenched with lemon, to your weekly menu repertoire. Interested in your own weekly share of fresh seafood delivered to downtown Raleigh? See [www.coresoundseafood.org](http://www.coresoundseafood.org) for more information.

**Core Sound Seafood offers a Thursday pick-up at the HUB,  
1053 Whitaker Mill Road, Raleigh, from 4 pm to 6 pm.**

**Check out our upcoming  
SPECIALTY ITEMS for next week!  
Stock up on your favorites!**

- Dried apple packs (perfect for lunchboxes)
- Sweet potato bread (YUM!)
- Dried herbs for dips



"Courtney- Getting my teacher & neighbor gifts together for Christmas. They all loved the jalapeno salsa from last year! I attached a recipe for pork tenderloin with the salsa and it was a big hit. You are the BEST!" *Mary Ruth P, Raleigh*

Hey there, Mary Ruth- That's a GREAT idea! Maple Butter, local Honey, O'Berry nut products, this week's Peanut Butter and Granola, all make fantastic teacher gifts and stocking stuffers. You are so clever to stock up now! Thanks for suggesting it.

*Courtney*

Post your stories  
& photos to our  
Facebook page!

Or send your contributions to:  
**Laurie Rosenfeld, Newsletter Editor**  
laurie@theproducebox.com  
with *newsletter* in the subject line.

## **Yummy Butter Beans!**



There are two common varieties of lima beans — the baby lima bean and the Fordhook — but don't confuse them as the same bean in different stages of development. The Fordhook is larger, lighter in color and has a stronger taste than the baby lima, but it is not a grown-up baby — it is a separate variety. In the southern United States, Fordhook lima beans are commonly called Butter Beans.

***Find a crock pot recipe for Butter Beans in the recipe insert.***

## **It's noon on Friday, WHERE'S THE MENU?**

The Menu goes up each week on Friday afternoon. This gives Kevin, our Crop Coordinator and 25-plus-years Chef by trade, a chance on Friday mornings to make his final calls to the farms.

As we move into fall, it's been a little harder to nail down what and how much will be available, by the time the farmers are ready to pick the crops just before we pack your fresh **PRODUCE BOXES** on Tuesday and Wednesday. Cooler nights, more or less sun and rain- it all has bearing on what the crop yields will be. Predictions on yields can change from Friday to Monday, when the orders with the farms are placed.

Kevin has been working those phones like a madman on Friday mornings, and the Menu has been a little later going up. If you visit the site and don't see the option to skip, or see no Box contents listed, plus \$0 for the costs on the Menu, please check back around mid-afternoon. The Menu is usually up by then.

### **Do you have MindSpring or EarthLink?**

Both have blocking software that prevents delivery of our Menu email. If you're missing the Menu email week after week, please contact MindSpring or EarthLink and tell them about the problem. They are the only ones who can change the software parameters to allow delivery of our Menu email. We've asked for their help, but both companies respond to members only. Thanks!

## PURPLE SWEET POTATOES?

The Stokes Purple sweet potato plant is in the same family as the morning glory. It produces a large sweet tasting tuberous root classified as a root vegetable. This potato has a purple skin as well as purple flesh which maintains its rich color when cooked. Years of development have produced a plant that yields high quality purple sweet potatoes that are unusually healthy and nutritious.

Since the Stokes Purple is locally grown in the USA, it is NOT irradiated before it reaches the consumer. Other varieties of purple sweet potatoes that are imported from overseas must be irradiated when they enter the USA. Also, Stokes Purples have not been genetically modified in any way and are classified as Non-GMO sweet potatoes.

**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 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!**

**Shiitake Mushrooms**- Place dry shitakes in a paper bag. Gently fold the top over but do not seal the bag.

**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.

**\*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.

**“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.

**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.

**Peaches**- Firmer variety, even when ripe. Ripen on countertop for 2-3 days. Peaches are ripe when they develop sweet smell, even if still a little firm. Great for peach salsa, or a fruit crisp or cobbler!