

THE PRODUCE BOX

“Eat food. Not too much. Mostly plants. That, more or less, is the short answer to the supposedly incredibly complicated and confusing question of what we humans should eat in order to be maximally healthy.” Michael Pollan

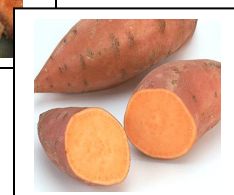
Sep 7 & 8, 2011		Find us on facebook! 		Volume 4: Issue22	
BOX A* \$22		BOX B* \$22		BOX C* \$26	
<i>Fresh-baked Bread!</i>		<i>Potatoes & Chard!</i>		<i>New type of Squash!</i>	
Bill Walker's Italian Sweet Peppers		Butternut Squash		2 quarts Field Tomatoes	
1 bunch kale		Variety Small Potatoes		2 quarts Peaches	
Roma Tomatoes		Cubanelle Peppers		Bell Peppers	
Sweet Potatoes		Organic Red Chard		Eggplant (med-large)	
New Crop of Zucchini		Cucumbers		Amber Cup Squash	
Personal Watermelon		Shelled Peas (1 pint)		Cucumber (2)	
La Farm Bakery Italian Loaf Bread					
BOX 0* \$24					
<i>Beets & Cabbage!</i>					
Organic Cucumbers					
Organic Cabbage					
<i>Spaghetti Squash (conventional)</i>					
Organic Kennebec Potatoes					
Organic Red Baby Beets					

What's coming this Fall in your produce boxes?

As I mentioned in the Friday menu email, we are in the “shoulder season” of the year with the spring planted crops getting older and more susceptible to disease and injury...which some of you noticed with the zucchini last week. The good news is that new crops should be “coming off” starting next week. Here's what you can look forward to in the coming weeks through November 15, our last delivery of the season. (Courtney)



Lots of varieties of apples
 Lots of lettuces
 Spinach
 Sweet Potatoes
 Garlic
 Shitake Mushrooms
 Broccoli and maybe cauliflower
 Cooking pumpkins



LOVING OUR LEAFY GREENS!!!!!!!!!!!!

Long after the “fair weather” members have SKIPPED for the rest of the season, those of us who love leafy greens still order. Cooler weather alternatives like Kale, **Collard greens**, Swiss Chard, are included in a delicious array of nutrition. Grocery stores are reluctant to give space to veggies that don't move quickly, but diversified growers are happy to sell to aficionados who appreciate their fine flavor. Be sure to check the newsletter section of our site for lots of great recipes.



Chard: might be most familiar to shoppers, with thick cream colored ribs and long leaves. Chard's flavor is probably the mildest of them all...never peppery or pungent, but more gentle- even sweet. This is great in almost any sautéed dish.

Kale: It's usually the darkest green in the bunch and both its flavor and texture can be described as meaty. Cook it low and slow (start when the kids get home) if you don't make CHIPS out of it, and the flavor will be downright sweet.



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The 6th Annual Eastern Triangle Farm Tour is happening Sept. 17-18, 2011 from 1:00-5:00 PM on both days. Fun event for the whole family features sustainable farms, gardens, and urban chickens.



This year's tour will be the **largest Eastern Triangle Farm Tour** to date! Just some of the fun things you'll find on the tour:

- 25 sustainably managed, small scale farms, including 5 new this year!
- Urban chicken demonstrations by local expert Bob Davis at the Interfaith Food Shuttle Farm on Saturday and the SEEDS garden in Durham on Sunday.
- A chance to explore farms that produce everything from cheese, veggies and honey to mushrooms, livestock and fiber!
- Urban farms and community gardens and much more!

Tour goers are encouraged to bring a cooler. There will be lots of fresh vegetables, eggs, honey, cheese, meat, and other products for sale at the farms!

Advance tickets are \$25 per carload or cycle group. Tickets are good for both Saturday and Sunday and can be used to visit all of the farms on the tour. Day-of tickets are \$30 or \$10 per farm.

To see complete Google map of the farms, download the farm tour brochure, or buy your advance tickets, visit:

www.carolinafarmstewards.org.

This family friendly event is co-sponsored by the Carolina Farm Stewardship Association and Whole Foods Market!

RECOGNIZING OUR CORPORATE MEMBERS: A big thank you to the following companies, who work with **THE PRODUCE BOX** to encourage their employees to eat more fruits and veggies, and to support our local farm neighbors, at the same time. Our corporate members (depending upon size) enjoy a variety of these benefits: drop-off at the worksite, Tasting Tables for all employees to try our seasonal goodies, Farm Fair events where employees can buy produce individually by item, and gift certificates to use at their discretion. **Interested in learning more? Contact Laurel or Katie at md@theproducebox.com**

SAS Institute (1st to sign up: 2009)
South Elementary
BCBS of NC
WakeMed
Rex Healthcare
Intuit
Biogen
BASF
QUINTILES
Builders Mutual
Precision Biosciences
Bright Horizons: Imperial Center
PGI Non Wovens
Monsanto
Underwood Elementary
Iron Data
Dixon Hughes
Florence Hutchison

Grifols
Barnhill Contracting
Burt's Bees
NC School of Science and Math
The Raleigh School
Red Hat Software
Town of Wake Forest
BBH Design
Applied Research Associates
Gibbs and Soell PR
Rex Surgery
File One, Inc
Raytheon Communications
RDU Port Authority
Cary Christian
Capital Healthcare
Hughes Pittman
Raleigh Ophthalmology

Crescent State Bank
TCDG, Inc. (3rd to sign up: 2009)
Sanderson High
Oberlin Pediatrics
Inner Health Chiropractic
Olive Chapel Elem.
Our Lady of Lourdes
SECU: WFR Operations
Marbles Kids Museum
Grassroots Biotech
Town of Clayton
Lake Norman Regional Medical Center
Merrill Lynch
Modus Link
St. Michaels School
Capital ENT (2nd to sign up: 2009)
Jones Lang Lasalle
Wake Research Associates

THE PRODUCE BOX

ADD-ON FRUIT BOX* \$13	EXTRA PRODUCE AVAILABLE	SPECIALTY ITEMS
<i>Must be ordered with a Box A, B, C or O</i>	Organic Green Kale: \$1.75 per bunch 2 lbs organic Kennebec potatoes \$4.00	Sundried Heirloom Tomatoes (2 oz) : \$5.25 Spicy Sweet Pickles: 4.50
2 quarts peaches	Organic Cabbage: \$3.50	Fadia's Crackers: \$4.99
2 baby watermelons	4 ears sweet corn: \$2.50 2 eggplant (med-large): \$2.50	Dogwood Salsa: \$5.50
		THE PRODUCE BOX Gift Certificates: \$22.00 each Donation for low income families:\$1.00

A RAINBOW of Sweet Peppers: The colorful quantities we've been putting in the boxes put the grocery stores to shame, I think! Thanks to plant breeders and seed savers, we have long skinny ones, heart shaped ones, chocolate colored, violets, yellow, gold and even cream colored.

Some growers say " a green pepper is not a ripe pepper" and technically they are right. All peppers start out green, changing to their final ripe color as they mature. The green peppers you see at the market have been harvested before maturity. They will never be as sweet as a red or gold pepper, but their "greener" taste is good in some dishes

Roasting Sweet or Hot Peppers

Place whole peppers on baking sheet. Broil on low, turning frequently, until blackened on all sides. Pop into paper bag for 15 mins. (Set bag on dish to catch juices.) Peel skin off peppers. Store in fridge for 3-5 days, or freeze.

Try this! Chop sweet roasted red peppers and add to small jar. Cover with olive oil. Mince or slice 1-3 cloves of garlic and add to jar. Cover and refrigerate for several hours or up to one week. Viola! Homemade Italian pimientos! Enjoy on salads, bruschetta or pasta. ~ Laurie

Amber Cup Squash is a winter squash of the kabocha variety. It has bright orange skin streaked with tan. The thick orange flesh cooks dry and sweet. It is similar in texture and flavor to the acorn squash, and can be prepared and cooked in the same way. Try it as a substitute in any acorn squash recipe.



REFRIGERATION 101



Never Refrigerate

Bananas & Plantains
Potatoes & Sweet Potatoes
Storage onions and garlic
Tomatoes (unless cut)

Refrigerate only briefly (no more than three days)

Cucumbers
Eggplants
Peppers
Melons (only if fully ripened)

Refrigerate only after fully ripened:

Peaches
Avocados
Nectarines
Plums
Pears



THE PRODUCE BOX

If you don't know by now that this operation called **THE PRODUCE BOX** is so much more than a way to get healthy fruits and vegetables into our bodies and the bodies of our families. It is about community!! As a Holistic Health Coach I talk to my clients about finding balance in what I call primary foods. We need to eat well to stay healthy, and certainly the healthy Foods from **THE PRODUCE BOX** help us do just that. But Primary foods are those other things that nurture us on a deeper level, those things that feed the mind and the soul. They are things like a sense of community, friends and family. It is things like knowing you are doing a good thing for the world by connecting to sustainably, and it is the wonderful feeling you get from giving charity and knowing you can help those in need.

This weekend I attended the Hops and Roots festival. It was a great time with local music, local food and local beer. Courtney was kind enough to donate a basket of local North Carolina goods: the delicious grape cider many of you have tasted, pickles, salsa, and sweet and spicy pecans to name a few. The basket was raffled and raised over \$100 for CORA the Chatham County food bank. I am honored to be part of the change I want to see in the world!! I am honored to part of **THE PRODUCE BOX** Family- an organization that exemplifies community and giving.

Debbie Orol RN, BSN
Holistic Health Coach
<http://deborol.com>

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

Amber Cup Squash- Amber cup is a winter squash of the kabocha variety. It has bright orange skin streaked with tan. The thick orange flesh cooks dry and sweet. It is similar in texture and flavor to the acorn squash, and can be prepared and cooked in the same way. Try it as a substitute in any acorn squash recipe.

***Peaches-** Store peaches on the counter at room temperature until they are the ripeness you prefer. When ripe, peaches should be stored in the crisper bin of your refrigerator and will keep for up to five days. Easy freezing method: When freezing, peaches should be ripe and soft but not mushy. Wash peaches thoroughly in cold water (ice water is preferable for keeping the fruit firm). Peel and slice a small amount at a time, mixing about 1 teaspoon ascorbic acid (available at grocery and drug stores - is not harmful and will not affect the taste of the fruit) with 1 cup sugar, then sprinkle over sliced peaches. Pack in air tight containers or jars (suitable for freezing), and fill to 3/4 full, then freeze.

Hot & Sweet Peppers- Store peppers for short-term use by refrigerating them in the produce drawer of your refrigerator. **Hot peppers can be frozen whole.**

Watermelon - Ripe melons should be stored in the refrigerator. 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.

***Heirloom, 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.

Chard- Store chard in the produce drawer of the refrigerator. It may benefit the leaves to be gently wrapped in a lightly damp paper towel. To prevent the leaves from rotting, make sure the chard is not too wet. Kept in the refrigerator, the chard can last up to a week. As the leaves wilt, try to use the chard quickly. Once it is very wilted or slimy, throw the chard away. **Use chard** the same way you would use other bitter greens. Try braising or sautéing them, using them in soups or stews, or sliced in a thin julienne for garnish. Though it is a little bitter, chard can be added raw to salads. Use chard leaves in place of cabbage for stuffing and rolling into tight little packaged treats.

Kale- Place unwashed kale in a plastic bag and keep it in the vegetable crisper of your refrigerator for up to a week. Bear in mind, however, the taste becomes stronger with prolonged storage. For extended preservation, wash and dry kale well. Mince or chop by hand or in a food processor. Place kale in a bag or container and freeze. Minced, frozen kale can be used just like raw kale since it thaws almost instantly.

Kennebec Potatoes- Wash them gently (leaving the fragile skin on as much as possible) and then boil them in water with some butter. These will be the tenderest potatoes you have ever eaten.