


THE PRODUCE BOX

“[Farming] is just like any other business. You work as hard as you can and then you just have to hope for the best.” - *James Sharp, TPB Farm-Partner*

June 1 & 2, 2011		Find us on facebook! 		Volume 4: Issue 8	
BOX A	BOX B	BOX C	BOX O	BOX F	SPECIALTY ITEMS / EXTRA SHARES
Two Fruits	Traditional Spring	Broccoli or Surprise	Pesticide Free!	TWELVE PINTS	Garlic Cheddar Bread: \$4.80
1 quart Strawberries	1 pint blueberries	1 pint blueberries	Snow Peas/Sugar Snaps	Blueberries	Local Strawberry Preserves: \$3.99
1 pint Blueberries	Green Squash (2 lbs)	Small Broccoli	Swiss Chard		Thunder Mountain Swiss Cheese: \$9.35
1.5 lbs tomatoes	Cone Cabbage	Cucumbers	Red Potatoes		1 pint Blueberries: \$4.00
Napa Cabbage	1.5 lbs tomatoes	Mixed Fresh-cut herbs	1.5 lbs tomatoes		1 quart Strawberries: \$3.00
Squash Variety (2 lbs)	Kale	Red Potatoes	Bok Choy		
Red Potatoes	Red Potatoes	NC Peanuts (in the shell)	Cucumbers		
	Cucumber				

Project Paleo: Taking Local to the Next Level (Amy Saltmarsh, TPB Intern)

It's dinner time, and you just walked in the door from a report due yesterday, presentation didn't go quite as well as you expected and your boss is . . . less than pleased. The kids are screaming, you're all hungry, and the house is a wreck. When did life get so crazy and where are you going to find the energy to get it all done? Sounds like it's time to go Paleo! The Paleo Diet, or lifestyle as many are preferring to call it, was founded by Gastroenterologist Dr. Walter Voeglin in the early 70's. It's designed to boost energy, improve mood and digestion, and practically cure acne. In Paleolithic times (yes that means caveman, fire, the rock wheel, grunt), food was hunted and gathered. Cavemen ate a range of fruits, vegetables, nuts, seeds, and lean meats- whatever could be hunted or foraged. The majority of a caveman's time was spent finding food. Vegetables and fruits, like those found in your PRODUCE BOX, made up a large portion of cavemen's diets and provided high levels of fiber, antioxidants, phytochemicals, low glycemic carbs- which don't spike your blood sugar- and other top-notch nutrientsand those cavemen's bodies were rockin'!

Today, the typical American diet consists of foods high in sugar, saturated fat, and processed grains, (hello diabetes, heart disease, autoimmune disorders). Ever seen an overweight caveman? Didn't think so. The whole idea behind eating like our ancestors is to get our bodies back to those lean, mean, fighting machines they once were. Let's think about this, if the earliest agriculture practices began in the year 9,500 BCE, that's the introduction of grain, corn, and other harvested crops we can crunch the numbers and see that food production has evolved much more quickly than our genes. Biologically speaking, our bodies aren't ready to digest processed foods. But . . . you say, processed foods are everywhere- they're convenient, backed by science, so how can processed be a bad thing? The answer: not all processed foods are bad, but when you are unable to identify half the ingredients in your dinner and the kids are asking if carrots grow on trees, it may be time to take a step back and ask: are we as individuals, families, societies connected to our food? Do we know where it's coming from, what it is we're putting in our bodies?

By this point, you might be thinking, what foods aren't Paleo? Grains, of any kind (wheat, rye, barley, corn, cereals, breads, pastas), dairy products and processed foods. That's it. Grains are highly processed, over fertilized, low in nutrients, and difficult to digest. What caveman wants to risk a bellyache over gnawing on a stalk of rye? Milk, cheese, and other dairy products were rarely if ever consumed by cavemen because, well, they just weren't that easy to find. In Paleolithic times (remember this is before agriculture), there were no *dairy* cows or goats. Processed foods are a whole different ball game. Obviously these weren't around for our caveman counter parts, so for Paleo's sake, they're out completely. Limit your grocery shopping to the outer aisles of the store or just stick to the farmer's market and your BOX, and avoid products with more than 5 ingredients, specifically things you can't pronounce, and you should be good to go.

Interested in learning more? Host a Paleo Class at your workplace! Paleo 101, led by Daniel Whittaker, Chief Creator of Green Planet Catering Company and Amy Saltmarsh, Agritourism Master's student at NC State, covers the basics of the Paleo, local lifestyle. Classes are 1 hour, include free Paleo snacks, and the chance to win a free Produce BOX. Contact Amy at amy.saltmarsh@theproducebox.com for more info!

Check out our FACEBOOK page today to get some tasty Paleo recipes using PRODUCE BOX fruits and veggies . .

Amy is in her first season as with TPB and has a serious passion for local foods. She was first drawn to the local foods movement after finding out about several food allergies. Reading food labels, watching documentaries like Food Inc. and Fresh, and reading all of Pollan's works, she transformed her diet completely and focused on eating as many fresh, local, whole foods as possible. Seeing drastic changes in her mood, health, and general wellbeing, Amy took the local foods kick one step further and began interning on farms. Planting, harvesting, building greenhouses, processing chickens, herding cows, and nursing sick pigs back to health; Amy found her calling in the fields and has never looked back! Currently, Amy is working toward her Master's degree at NC State and a degree in integrative nutrition, in hopes of someday owning a non-profit that assists farmers with their marketing needs and teaches kids about farming and the importance of healthy active living and eating and local foods systems. Amy is an advocate for the Paleo Diet, loves her gym, CrossFit Raleigh, and has yet to come across a baby pig she didn't want to take home. Amy is so excited to be working with The Produce Box this season, spreading the message about local, sustainable, and supporting small farms!

From family garden to 300 acres...

Meet James Sharp of Fresh-Pik Produce

Farming ran in the family for James Sharp. Five generations of Sharps before him had specialized in tobacco, cotton and soybeans. That's what he grew up working and living. But it didn't take long for James to make his mark in farming in a different way. "I was about 10 years old when I started farming on my own," James said. "I started in our family garden."

Are you thinking about your kids out there picking weeds and using their Dora the Explorer watering can? Think again! James really was farming *on his own* at that age. He realized his interests tended more toward fruits and vegetables than traditionally grown crops, and soon James was selling his produce to the local grocery stores. His parents graciously provided his delivery transportation, since he wasn't yet old enough for a driver's license!

After graduating from NC State with a major in Agricultural Businesses, James came back to start his own farm. "I started with just three things – cantaloupe, watermelon and tomatoes – and just one row." Today, the Sharp's Fresh-Pik Produce in Kenly has many more acres of produce and grows everything from sprite melons and lettuce to strawberries, along with those original three. James has already provided us with most of this spring's Romaine lettuce. This week's strawberries are also from James, as well as those of the last three weeks. We're sure to have some of his ju seedless sugar baby watermelons, in our summer Produce Boxes.

James has expanded his business and his family, and is passing his won year-old Alyson goes out with him every afternoon to check the fields a old Kynslee is out there helping Daddy too! James has a philosophy that any other business. You work as hard as you can and then you just have family's hard work and delicious produce. We are proud to say that we' now.



James Sharp's strawberries!!

They look beautiful don't they? That's the trick, though. To find the right grower, who grows the right variety, and then picks the right fruit at the right time. I think we may have found him!

HOW IS THE PRODUCE HOLDING UP IN THE HEAT???

We did a random survey of 100 members last week after the 95 degree days. It sounds like the re Fridgeration overnight is doing the trick. We had almost NO fruit replacements last week and 99% of those who responded said their produce looked fantastic. WHEW! I think we may have figured out the trick. Let us know if you have a problem of course, but be sure to leave a cooler out, too. That's the best way to keep your produce fresh in the heat of the day!



Gary Fuller, one of our farm partners, with his beautiful cornfield in Granville County near Creedmoor.

Here is (IMHO) a very cute picture of our daughter enjoying! By the way, we didn't stage or pose this at all... She likes to grab things out of the Produce Box, especially tomatoes. We closed it here so she wouldn't pull them all out and take a bite. She decided to sit down on the Box. I just took the picture. :-)

Luke, Cary Member



THE PRODUCE BOX

SPECIALTY ITEMS

This Week	Next Week
Stick Boy Bread Company's Garlic Cheddar Bread	My Southern Sons' Lemon Blueberry Teacake
Chapel Hill Creamery's Thunder Mountain Swiss	The Bread Shop's Nine-Grain Bread
Local Strawberries Preserves	Yah's Best Herbal Delight



Yah's Best Herbal Delight

Many of you received a small packet of this in Box A a couple of weeks ago. We'll offer a LARGE packet of it next week as an add-on. Paige and her mom grow most of the herbs themselves on 3 acre plot about an hour from Raleigh. Try it as a bread dip with extra virgin olive oil; as a dip, with mayonnaise and sour cream; or as a spread, with cream cheese.

Our Herbal Delight blend is shelf stable and is a special blend of dry herbs and by using Kosher Salt, we accomplished a lower sodium seasoning.

The Produce Box tip:

**Try the dip or spread on raw veggies, baaels. crackers. or pretzel sticks!*

***PSST! And the WINNERS are...**

AMANDA BARBULESCU

ELENA JOHNSON

Elena and Amanda have each won a FREE Produce Box!

Did you spot our contest planted in last week's newsletter? No? Well, keep your eyes peeled- there will be more contests sprouting as our season grows! You can be-leaf it!

WESTWARD HOE!!

TPB is growing again, this time a bit farther to the WEST into Greater Charlotte and the Mooresville/Matthews area. And hopefully we'll have a second HUB there next year. We'll grow slowly this season and invite new members there as our skips increase here with vacations, etc. We have a LARGE amount of more rural counties to the west and a good number of farms we can support. So let your friends/relatives know..we're ready to serve them!



Wilted Greens



Cold Water Overnight



Greens Revived

A Trick to Revive Your Wilted Greens or Lettuces

1. Wilted greens and lettuce are often just dried out which can still occur even if the greens remain in constant refrigeration.
2. Submerge the wilted greens in cold water by placing them in a dish, filling it with water, and putting it in the refrigerator overnight.
3. This is what these chard greens looked like after 12 hours in the refrigerated water. Now you never need to compost your wilted greens or lettuce.

THE PRODUCE BOX

STORAGE & USAGE

Visit www.theproducebox.com for more info! **Eat first!*

Mixed Herbs- Snip off the bottom of the stems. Make sure the leaves are completely dry. Better to hold off rinsing them until you're about to use them. Fill a jar or a water glass partially with water and place the stem ends of the herbs into the water in the jar. If you are storing the herbs in the refrigerator, cover loosely with a plastic bag. Cilantro loves cool temperatures and should be stored in the refrigerator. Parsley can be stored at room temperature or in the refrigerator. Basil is ideally stored at room temperature and not in the refrigerator, because it is susceptible to damage from cold. Change the water after several days if the water starts to discolor. Fresh parsley, cilantro, basil, and other fresh herbs can last up to 2 weeks or longer when stored this way.

***Blueberries-** Keep blueberries refrigerated, unwashed, in a rigid container covered with clear wrap. Water on fresh blueberries hastens deterioration, so do not wash before refrigerating. Blueberries are highly perishable so do try to use them as soon as possible.

Red Beets- wrap in plastic and store for several days in the refrigerator. **Beet roots:** may be washed but should be allowed to dry before being stored. Cut off the tops two inches above the root, and refrigerate beets in plastic bags. They will keep for one to two weeks.

***Beet Greens-** Store the unwashed greens in a separate plastic bag squeezing out as much of the air as possible. Place in refrigerator where they will keep fresh for about four days.

***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.

Red Potatoes- Do not wash raw red potatoes before storing - washing them speeds development of decay. Store red potatoes in a cool (40 - 50° F), dry, well ventilated, dark place to protect them from light exposure and to inhibit quick sprouts from growing. If your potatoes do begin to sprout or grow, cut off the sprouts. If you don't have good storage available, buy in smaller quantities and more often. Do not refrigerate or freeze uncooked potatoes as this changes the potatoes' starch into sugar. This alters the taste of potatoes and causes the flesh to darken when cooked.

***Kale-** Place kale in a plastic storage bag removing as much of the air from the bag as possible. Store in the refrigerator where it will keep for 5 days. The longer it is stored, the more bitter its flavor becomes. Do not wash kale before storing because exposure to water encourages spoilage.

Napa or Chinese Cabbage- Unwashed, Napa cabbage will keep for about five to seven days in the vegetable crisper drawer of the refrigerator. Keep the whole head sealed in a plastic bag. Do not cut the leaves or ribs until ready to use them. Cut leaves begin to oxidize rapidly, and the cabbage will lose some of its vital nutrients and will spoil faster.

Cone Cabbage- Green cabbage is sometimes called Dutch White. The outer leaves are dark green and the inner leaves are smooth and pale to medium green. If you plan to eat the cabbage raw, use within a few days. Cabbage that you plan to cook can be stored in the refrigerator for about two weeks. Or shred or chop, wash and drain well, then freeze in ziplock bags. **Cooking:** the notorious odor problem is a result of over cooking. Cabbage contains isothiocyanates that break down into smelly sulfur compounds during cooking. The reaction is even stronger in aluminum pans. The longer the cabbage is cooked the more smelly the compounds become. The solution; a brief cooking time. Cook just until tender and use stainless steel pots and pans.

***Broccoli-** Refrigerate fresh broccoli for short-term storage. Freeze it for long-term storage. Refrigerate store-bought broccoli by placing it in a plastic bag. Seal the bag and poke holes in it to allow air to circulate. This should be done within 30 minutes of purchase. Broccoli will store fresh in the refrigerator for 2 weeks. Freeze harvested or store-bought broccoli by first cutting the heads into bite-size pieces. Immerse the pieces into boiling water for 3 minutes. Stop the cooking process by immediately placing the broccoli into icy water for 3 minutes. Drain the broccoli and then place it in a sealed bag. Broccoli will stay fresh in the freezer for 6 months.

***Tomatoes-** Leave tomatoes out at room temperature until cut or cooked, then refrigerate. Dice tomatoes, sauté in olive oil, cool and pack in sealed containers; freeze for use later in soups, stews or sauces. Or make a fabulous, fresh tomato sandwich!

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