

# THE PRODUCE BOX

*Autumn is a second spring when every leaf is a flower. ~ Albert Camus*

Oct 26 & 27, 2011		Find us on facebook! 		Volume 4: Issue 29	
<b>BOX A \$22</b>	<b>BOX B \$22</b>	<b>BOX C \$22</b>	<b>BOX O \$24</b>		
<i>Salad Box</i>	<i>Stir Fry Box</i>	<i>Fruit &amp; Napa Cabbage</i>	<i>White Potatoes &amp; Carrots</i>		
Raspberries	Baby Bok Choy	Raspberries	Organic Carrots		
Romaine(2)	Green Bell Peppers	Zucchini	Arugula		
Arugula	Beta Sweet Potatoes	Poblano Peppers (mild)	Kennebec Potatoes		
Field Tomatoes	Yellow Squash	Napa Cabbage	Surprise Item		
Apples (Pink Lady & Rome)	Organic Carrots	Fresh Rosemary bunch	Butternut Squash		
Indian River Cooking	Radishes	Granny Smith Apples	Conventional Apples (Pink Lady)		
Pumpkin (3-4 lbs)	Cherry Tomatoes				

## NC FOOD DAY: Monday, October 24, 2011

This past Monday morning, we had the opportunity to pop over to the NC Legislature building to see and hear all about what's going on in North Carolina as it relates to supporting our local farmers and our communities. I was excited to see many of my favorite people, including Jill Stanton Bullard, with Interfaith Food Shuttle, who spoke eloquently about the need for a comprehensive, collaborative effort towards reducing the number of people who are not "food safe" in North Carolina. Food Safe usually relates to whether or not people have "access" to fresh produce in their community, as well as the presence of AFFORDABLE produce there. This may be because of proximity of food sources to the neighborhood, traffic patterns, and neighborhood characteristics.

But the SAFETY of food is a whole other concern for us all....Jill told us that in the space of time she was at the event, IFFS had notice of FIVE food recalls come through their email. FIVE!! All from national sources, that they will need to be removed from the shelves of their outlets. All the more reason to source as much as they can locally. And that's where YOU come in. Because of your generous donations, TPB is able to provide a large amount of fruits and veggies every Friday to IFFS. We'll have a final tally in a couple of weeks, but rest assured, it's appreciated. **Thank you!**

## WHERE IS THE HUB ANYWAY? WHAT'S THERE??



The hub is located at 1053 E. Whitaker Mill Rd. It's an OLD warehouse, (but nice and clean inside) that used to be an A&P warehouse, I think, many years ago. There's even an old railroad bed at the back where trains used to pull in and get the groceries to take to the stores. Pretty cool, huh?

As we wind down our season (scheduled to end the week before Thanksgiving), we are clearing out **LOTS of wooden slat boxes and cardboard apple boxes. I think we may have more than 500 of each.** The slat boxes are .25 each, and the apple boxes are free. Both are great for storage, and the wooden ones might be a neat decorative item.



We also have a good inventory of many of our **add-ons from the season available for purchase.** (Maple butter, salsas, jellies, dog treats, grits, etc) Kevin, myself or the managers will be there Monday-Thursday each week from 10-4pm. Feel free to stop by anytime to stock up on add-ons or grab some boxes. Just be sure to drive to the LAST bay and that's where we'll be. Come by on Tuesday or Wednesday and you can see the operation in full swing...pretty neat to check out. Email us with questions/comments or a list of what's for sale: [info@theproducebox.com](mailto:info@theproducebox.com).

# THE PRODUCE BOX

*Raspberries are delicate.*

Here's a tip on how to prevent them from getting moldy:



Wash them with vinegar - it really, really works. In a small, non-reactive bowl, prepare a mixture of one part white or apple cider vinegar to ten parts water. Place the berries into the mixture and gently swirl around. Drain and rinse the berries. Dry on paper towels, place in small bowl or container, and pop in the fridge. The vinegar kills mold spores and other bacteria that might be on the surface of the fruit. Raspberries, strawberries and blackberries can last a week or more, without getting moldy and soft. So go forth and stock up on those little gems with confidence!

*From the Fields...*

**Richard Teague, High Rock Farm**

<http://www.highrockfarm.net>

High Rock Farm was built in 1807 by John McCain's great-great-great grandfather. The house had several owners before purchased by the current owner, Richard Teague. At High Rock, you can find beautiful Chestnuts and Pecan trees that line the breath taking grown of this historic farm. Richard's delicious chestnuts have been offered in this season's **PRODUCE BOXES!**



## *This week's Snow Peas Shoots are from Jan Jackson*

Here are some recipes:

### 1. Pea Shoot Salad with Soy Vinaigrette

For the soy vinaigrette, blend 1/2 cup of grapeseed oil, 1 teaspoon of dark sesame oil, 3 tablespoons of unseasoned rice wine vinegar, and 1 tablespoon of soy sauce.

### 2. Pea Shoot Salad with Coconut Curry Vinaigrette and Toasted Sea Vegetables

For the coconut curry vinaigrette, blend 1/2 cup of coconut milk, 3 tablespoons of rice vinegar, and 2 teaspoons of curry powder. Sprinkle your salad with crumbled, lightly toasted nori, to taste.



Check out our Facebook page for a [Vietnamese-Style Stir-Fried Vegetables](#) recipe!

## Creating connections at the HUB this season results in an award for our crew!

The Produce Box had the great privilege to attend the Raleigh Mayor's Committee for Persons with Disabilities Award Banquet. The Raleigh Mayor's Committee for Persons with Disabilities embraces the Americans with Disabilities Act of 1990 and therefore in fulfillment of its mission is a strong supporter of the choices made by people with disabilities to participate in the employment, economic, social and political life of Raleigh.

As a demonstration of its commitment to its mission the Raleigh Mayor's Committee for Persons with Disabilities annually acknowledges employers, businesses, agencies and individuals in the Raleigh community whose work reveals an understanding of the value and full meaning of access to employment, **business**, local government services and the community as defined by the Americans with Disabilities Act.

For the partnership that our **Crop Coordinator, Kevin O'Connell** has developed through Wake Enterprises, The Produce Box received an award. Kevin spearheaded our work with Wake Enterprises and acted as liaison with the job coaches for the employees we contracted with from Wake. Pretty quickly he identified several contractors who we wanted as permanent fulltime employees at the HUB and was instrumental in helping these contractors to graduate from the Wake Enterprises program to independent employment with us. Kevin accepted the Small Business of the Year award for TPB and spoke briefly on how enriching this experience has been for him and all of us at The Produce Box. Thanks to Kevin for all of the hard work that went into developing this relationship.



Looking for a healthy crunch? Need something to wrap, wok or roll? Have you tried

***napa cabbage***? Napa cabbage is an Asian vegetable that resembles regular green cabbage, but is longer and oval-shaped. Napa cabbage has slightly more protein and fewer calories than regular cabbage and a unique taste like a mild celery or bok choy.

### **NAPA CABBAGE SOUP**

Warm up with a hearty bowl of Napa cabbage soup. Add a few cups of chopped Napa cabbage to your favorite vegetable, chicken or beef soup; it will give your soup a lot of body and for fewer calories than most other ingredients.

**Find 7 more ways to use Napa Cabbage on our Facebook page!**

When the time comes to start cooking, you'll find that

***bok choy*** is extremely adaptable. Boiling, steaming, stir-frying and even deep-frying are all possibilities. With full-sized bok choy you'll want to separate the leaves from the stalks, as the thick stalks have a longer cooking time. Rinse both well and drain, then shred or cut across the leaves, and cut the stalks into small slices along the diagonal or as called for in the recipe. When stir-frying, a good basic method is to stir-fry the bok choy for a minute, sprinkling with a bit of salt, then add a small amount of water or chicken broth (about 3 tablespoons per pound of bok choy) cover, and simmer for 2 minutes. Adjust the seasonings if desired, adding a bit of sugar during cooking, or stirring in sesame oil at the end. Whichever cooking method you choose, be sure not to overcook the bok choy - the stalks should be tender and the leaves just wilted.



## FRIED WHITE SWEET POTATO



1 white sweet potato, peeled and sliced thin  
Soy oil for frying (or any oil with a higher smoke point)  
Salt, optional

1. In a large skillet, pour about ½” of oil; heat it at medium-high heat. Add the sweet potato. (The sweet potato will start to get dark after being exposed to the air a few seconds. It’s normal and will not change the texture or taste of the sweet potato.) Thinly slice potato.
3. Frying: The sweet potato will take a while to fry because of its moisture content. The thinner it’s sliced, the faster it will cook and the crispier it will be. Slices should be golden brown, without any burned spots.
4. Drain on paper towels, newspaper or brown paper bag; sprinkle with salt (optional)

## STORAGE & USAGE

**Fresh Rosemary**- Store fresh rosemary in a plastic bag, or in a glass of water in the refrigerator. To dry your own rosemary, hang fresh sprigs in a warm, dry place. Be sure to strip off the leaves before storing. This is easily done after the sprigs are dry by putting them in a plastic bag and rubbing them off the stem. Store in an airtight container in a cool, dry place, away from light, to preserve freshness and flavor.

**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.

**Romaine Lettuce**- Wrap greens in dry paper towels, place inside an open plastic bag and place in the crisper drawer. Change towels if they become wet (damp is ok). Wonderful as a tossed green salad or as lettuce wraps.

**Arugula**- Arugula is best cleaned in a large bowl or basin of cool water. Gently swish leaves in the water, letting any dirt fall to the bottom of the bowl. Lift clean leaves out of the water and transfer to a salad spinner or several layers of paper towels or a clean kitchen towel. Dry in the spinner or by rolling in the towels. Transfer leaves to a layer or two of paper towels (or clean, dry ones if you dried the leaves with towels), gently roll them up, and store in a loosely closed plastic bag in the fridge.

**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.

**Napa Cabbage**- Store whole cabbage in the refrigerator. Shredded cabbage will keep best sealed in a zip-top bag in the crisper drawer.

**Bok Choy (Pak Choy)** - Wrapped in paper towels and stored in the vegetable crisper section of the refrigerator, bok choy should keep for up to a week

**White Sweet Potatoes**- )- Store them at room temperature and use them soon after your purchase them, since they tend to spoil quickly. The white sweet potato, or batata blanca, is much sweeter than its orange counterpart. Try it baked in the oven, or fried (see box above).

**“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!