



FROM THE FIELDS...

"Local food is intrinsically tied to the health of North Carolina citizens. At the end of the day, eating local and supporting our NC food industry brings down our health care costs, puts people to work and makes us all feel better" Governor Bev Perdue, at the 1st annual Farm to Fork summit (held over the last two days) in Raleigh.

You are part of a HUGE movement in North Carolina and the U.S. You recognize the importance of a reliable, local food system that provides safe, delicious food to your community. Over the next few newsletters, I will be sharing some of the ideas that came from this motivating and informative program. In the meantime, let me thank you for helping THE PRODUCE BOX support our local farmers and local economy. We are truly "partners" in supporting the food systems on which we all rely.

Courtney

Box contents for your "surprise box A this week: WOW! Marshall went a little overboard...here's what you've got if you ordered Box A: strawberries, romaine lettuce, tomatoes, a Sweet Texas Onion, Turnips, "Pointy Head" cabbage, Red Radishes, Sweet Potatoes and cucumbers or peas. Since he was able to wait a few days and not "commit" to the contents until Monday, he was able to put more in the box for you...a WIN/WIN for us all!!

What you won't see in your box each week:

You won't find any high fructose corn syrup in your box today. You also won't find any elaborately processed food products. Some items may still have dirt on them, in fact. Nothing to put in the microwave either.

What you will find is fresh, local, "just-picked" produce that is tastier and more nutritious. It's hard to eat badly from your Produce Box...

We carefully put the best of the best from our farms into your box each week. **However, we do allow small blemishes to be included in the box because not all fruits and veggies are created perfectly and we believe it is wasteful to throw out anything that is still in good physical condition.** So please don't throw out blemished produce. Usually there is more to enjoy than to throw away, but if not, your coordinator has a few extras to share or we are happy to add something in your next box to replace it.

A Reminder

Remember to remove all fruits and veggies from your box as soon as you get home. Most "fresh from the fields" items are preserved best in the fridge...except for the sweet potatoes, of course. Store them in a cool dark place and you'll be able to enjoy local 'taters for quite some time!

Cut the leaves off the turnips and radishes and store them in the fridge as well.

RECIPES ON THE OTHER SIDE!!!!



Texas Onions are sweet and very juicy. Here's an easy way to cook them: Cut the top and bottom off the onion and place in the bottom of a covered casserole. Combine wine, butter, vinegar and desired seasonings in a small bowl; pour over onions. Sprinkle with salt and pepper. Cover dish and bake at 375 degrees F for 45 to 50 minutes or until onions are very soft, basting with liquid halfway through cooking time. Halve onion. Pour liquid over onions before serving.

Pointed head cabbage is an interesting alternative to traditional cabbage, with tender, crisp and juicy leaves and a sweet flavor....sweeter than the rounded cabbages we've seen. It lends itself to fresh salad and easily-prepared dishes: the tender leaves cook in a flash!

Cabbage Salad with Lime and Cumin

When temperatures climb, try this salad instead of traditional coleslaw at your barbecue...

1 head cabbage, cored juice from 3 limes

1/4 t ground cumin (or to taste), dash of cayenne (optional)

Slice cabbage into 1/4 to 1/2-inch strips. Add rest of ingredients. Toss. Marinate 2 hours in refrigerator. Add cilantro and/or tomato wedges if desired.

Roasted (Savory) Sweet Potatoes

For those of you who missed this recipe in our first newsletter....I am addicted to these! My children love them as well and they are so easy to make. Just peel and slice the potatoes into medallions. In a plastic bag, toss olive oil, ground rosemary or thyme, and garlic salt or powder. Shake well to coat potatoes. Lay on a baking sheet and bake at 425 degrees until soft (although my husband, Glen, likes them a little more crispy).....DELICIOUS!!



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