



What's in your box this week:

Box A: Red Radish, Garden peas, Romaine lettuce, Strawberries, Kale, Spring onions
Asparagus

Box B: Garden peas, Strawberries, Asparagus, Round head cabbage, Spinach
Sweet potatoes, Red radish

Box C: Strawberries, New potatoes, small sweet texas onion, cucumbers,
baby bibb lettuce, and a little more, wont' know till it's packed....

News from the farm: Marshall says the strawberries are UGLY! The heat has really "done a number" on them this week and so he's decided to put them in the boxes anyway, but is adding a quart of New Potatoes to make up for any *smooshy ones* in the boxes.

Although the hot weather is hard on strawberries, it ripens tomatoes fast, so they should be ready by next week (hopefully). Not four in a box, but at least one for each of you to start...

Here's a picture of the cucumber house



Did you know that most "fresh" produce at the grocery store travels on average **1,300 MILES FROM FARM TO TABLE?**

Fruits and vegetables shipped from distant states and countries can spend as many as seven to fourteen days in transit before they arrive in the supermarket. Most produce is very fragile by nature and has been bred through the years for transport and to be able to withstand industrial harvesting equipment. That's why you'll NEVER see produce with blemishes and bumps in the grocery stores. In turn, the natural sweetness of the fruit has been eliminated.

It's picked before it ripens....whereas produce grown locally is picked at the peak of ripeness. That allows the fruit or veggie to absorb and develop the most nutrients possible. I'm sure you've noticed yourself the amazing taste of Marshall's cantaloupes.

Buying produce fresh from the fields DOES require a little more time and effort. Making the commitment to BUY LOCAL means setting aside the time to clean, cut and cook "from scratch" all of those delicious veggies. It's a little more work, but hopefully you feel (as I do) that it's worth it.

Remember, our community depends on the surrounding environment for clean water, clean air, and food. Yet most of us have forgotten about the real linkages between ourselves, the land, and the farmers who work it. In the future, as oil supplies decline, food systems will need to adjust.

To conserve energy, to reduce global warming, and to decrease costs, farms and consumers should try to participate in more local food systems. Promoting relationships between consumers and farmers makes these links more apparent and real.

As I've said before, we are recreating our local food system for the better!

Courtney

USING YOUR HERBS!!!! (Deb Orol, North Raleigh Member and Nutritionist)

From a nutrition standpoint herbs rock as far as the antioxidant scale. Besides for antioxidant qualities herbs can offer other health benefits. Cilantro for example is a powerful cleansing agent and helps bind heavy metals from the body. Dill, oregano and thyme all have antiseptic qualities, and basil can be a great anti-inflammatory. But it is for the wonderful flavors they impart to our foods that we embrace these gifts from nature. Use thyme in stews and soups, oregano gives pizzaz to any pasta dish; dill is great snipped in a salad, sprinkled on salmon or to add to your pickles.; Cilantro perks up stir-fry 's and adds flavor to any Mexican favorite. Adding fresh herbs to your meals adds zing to your taste buds and protects your health as an added benefit.

For a light refreshing cabbage slaw

1 1/2 cups shredded cabbage

1/2 a cup shredded Carrots

1/4 -1/3 cilantro

3 tablespoons lime juice

2 tbs olive oil

Chili pepper to taste.

Salt and pepper to taste

Mix all ingredients together and let sit till flavors meld together

Courtney,

I made sweet potato fries that were to die for. I peeled the sweet potato then cut it like fries. I then put some canola oil on some non-stick foil and then put the fries on the foil. I then placed another piece of foil on top to make a package. Put it on the grill for abot 20 minutes. Can't wait to make them again!

Just thought I'd share! MARIBETH BRIDGES, MEMBER

My husband and I have enjoyed our boxes the past two weeks. I have been making some new recipes. Yummo! I told you I would let you know what I did with the spinach. My husband loved this recipe. (TINA SULLIVAN, MEMBER)

I washed the spinach 3 times liked you suggested, thanks.

Stemmed them, did a rough chop as uniform as possible

Diced 2 spring onions

4 cloves of garlic (garlic pressed them) and placed the onions and the garlic in the bottom of a large Dutch oven or large pot with 2 tablespoons of olive oil. Let cook on medium heat for 3 minutes

Add the spinach toss with tongs every few minutes to evenly wilt them

When they are wilted nicely add 1 tablespoon of butter or smart start

Salt and pepper only use sea salt or kosher salt

Toss ingredients a few times

Roll and cut in half a lemon squeeze the juice of half a lemon over the spinach and toss again

The lemon will cut the bitterness of the spinach

I think the key to this recipe is to make sure all the ingredients are mixed well.

This one is a big hit in my household.

Raw radishes are great for snacking, but cooked radishes add a bright, earthy element to any spring dinner. See how easy and delicious they are with this simple recipe. (STEPHANIE SIMPSON, MEMBER)

:

a.. 2 bunches radishes

b.. 1 Tbsp. sugar

c.. 1/2 tsp. salt

Preparation:

Wash and trim radishes. In a medium saucepan bring 1/2 cup water, sugar, and salt to a boil. Add radishes, reduce heat to maintain a steady simmer. Cover and cook until radishes are tender when pierced with a fork. Uncover and cook until liquid reduces to make a glaze and is shiny. Serve hot or warm.