

THE PRODUCE BOX

“You must give to get. You must sow the seed, before you can reap the harvest.”

Scott Reed

Nov 9 & 10, 2011	Find us on Facebook! 	Volume 4: Issue 31
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BOX A \$23	BOX B \$22	BOX C \$22	BOX G \$22
<i>Yummy Fall Faves</i>	<i>Raw or Cook Box</i>	<i>Raw/Cook & Honey Box</i>	<i>Bread in this Box</i>
Local Honey (1/2 # jar)	Green Cabbage	Local Honey (1/2 # jar)	Great Harvest's
Fresh cut fall broccoli	Red Radishes	Spinach	<i>Honey Whole Wheat Bread</i>
Field Tomatoes (1 quart)	Butternut Squash	Spaghetti Squash	Fresh-cut fall Broccoli
Romaine Lettuce	Pink Lady apples	Romaine Lettuce (2)	Romaine Lettuce (1)
Apples	Green peppers	Apples (mix)	Mixed Apples (4)
Spaghetti Squash	Roma Tomatoes		Acorn Squash (2)
NC Peanuts	Zucchini		Green Peppers (2)
	Globe Eggplant		

Interested in a box delivered during the OFF season this winter?

Based on LOTS of comments and suggestions from you, we have just about set it up so that we can offer a **CUSTOMIZED box to you all this winter on a periodic basis**. Once a month for sure, and maybe every other week depending on the interest. We did a quick survey with some of you, and over 60% said you'd be interested in ordering at least once a month. And we checked with our coordinators, and there is a group who can deliver. So we're going to try it.

What would a box look like? It's up to you. You will "click" to BUILD A BOX yourself. There isn't a WHOLE lot of local produce, but there IS some. Spinach, sweet potatoes, kale, some greenhouse cukes, strawberries in the greenhouse, and greenhouse tomatoes. Probably not enough to fill up a box, and probably not something you'll order all the time, but you'll be able to add to the box with cheese each time, bread, add ons, etc.

Why only in the winter and not the summer? Most of the items are non-perishable this time of year, but in the height of the season, when we have told farmers what to grow, and they are partnering with us and depending on us to buy their harvest, it would be a LOT riskier to customize and guarantee to you and the farmers what would be in the boxes each week. And harder to negotiate a good price for them AND for you. Make sense? Keep an eye out for more info. coming to you by email once we all take a little break. We'll try it out for sure in December for as many of you as possible. And let me know if you have other suggestions for what we can offer. I'm particularly excited about offering breads and cheeses without having to worry about the heat, you know? Anyway, I'll let you know as soon as we have it all organized. Have a great week!

Courtney Tellefsen, Founder

AREA FARMERS MARKETS in the WINTER

Wondering which farmers markets in the area are open after November 15th? Here's a listing so you can visit on the weeks when we aren't delivering:

Western Wake Farmers' Market: Carpenter Village Marketplace, Cary, NC 27519

Saturday: 10:00-12:00 WINTER HOURS

State Farmers' Market : 1201 Agriculture Street, Raleigh, NC 27603

Monday-Saturday, 5:00 am-6:00 pm

Sunday, 8:00 am-6:00 pm

Open year-round

Charlotte Regional Farmers Market: Tuesday through Saturday - 8:00 AM until 6:00 PM (March through September)

Winston Salem Farmers Market: Dixie Classic Fairgrounds. 6am-1pm. Year Round

THE PRODUCE BOX

Member-able Moments of Magic

Hi Brian- We are thrilled with your delivery! Thank you. **Linda M**

I just want to say that I actually felt guilty this week having those gorgeous, flawless zucchini and green peppers here in my kitchen because they would have won "Best in Show" at the State Fair! Thank you to the farmers! **Liz J**

We are SO enjoying our box! Tonight's stir fry was outstanding! All vegetables (green beans from last week, squash, carrots, green pepper, bok choy, as well as local garlic and ginger!) except a single small onion were from the Produce Box! Mike thought it was GREAT! Just added some chicken, soy sauce, mirin, sesame oil, fish oil, and some chicken broth for the stir fry and served it with rice. YUM! So colorful and it tasted so fresh! Looking forward to the white sweet potatoes tomorrow night. THANK YOU for all you do! **Della M**

Thanks Brian Rosenfeld - You've done a great service for us this season. We have greatly enjoyed our 1st year with The Produce Box. You have made it easy to be a member. With thanks, **Glenda J**

I had a tasty weekend using the produce from last week. The butternut squash add-on was awesome with the arugula. I have a couple of recipes that I take this from one and that from the other to combine for a finished roasted butternut squash/arugula salad. I'm not above substituting ingredients depending on what I have on hand, so each finished product is a little different from the last. Cooking is an adventure! **Diana M, BASF**

I am spoiled now – the local product TASTES so MUCH Better than the store bought produce. I'm eating an apple at my desk from yesterday's shipment and it is just delicious – maybe a honey crisp or gala but no little annoying sticker in the way to tell me. Anywho – just passing along some good vibes about my experience. Look forward to next year's Harvest! **Sarah J**

Hey there, Sarah! Those yummy apples are Mutsu variety- and they are FABULOUS! ~ Laurie



My son Sagan is learning about all about vegetables and fruits through **THE PRODUCE BOX!** He loves it! **Taryn H, Raleigh**

ALL ABOUT SPINACH

- Pick out yellow or wilted leaves from the spinach and discard. Do not wash before refrigeration or freezing; the excess moisture will cause the spinach to wilt prematurely.
- Wrap the spinach loosely in a paper towel. The towel will absorb excess moisture.
- Place spinach in a large plastic bag. Do not pack the spinach tightly; the spinach should remain loose for ventilation and circulation.
- Refrigerate spinach at temperatures below 40 degrees; after seven days, the spinach will begin to significantly lose any amount of folate. Folate is a Vitamin B compound that promotes new cell growth in the body. A Penn State University study found that spinach loses almost half of its nutritional content after seven days of storage.
- Prepare spinach for freezing by dipping spinach in boiling water for 30 seconds, or until just wilted. Remove spinach and dip in a bowl of cool water.
- Place the spinach into an airtight freezer container or freezer bag. Label the storage container using a permanent marker to identify the date frozen. Store spinach in the freezer for up to two months.



Honey- More than a Sweetener

Clean your cuts and scrapes

Honey can actually be used as an antiseptic, like a natural Neosporin. Because of its many antimicrobial properties, it can be used to treat wounds and even burns.

Get rid of your hangover

Forget a morning of popping ibuprofen, spread some honey on your toast or add some to your tea. Because honey is loaded with fructose, it will help speed up the metabolism of alcohol.

Clear up your dry elbows

Nothing's worse than scratchy elbows (no really) so next time, after you've washed and scrubbed, rub some honey on to soften the skin. Leave on for 30 minutes then wash off.

Soften your skin

Honey is an excellent exfoliant. You can pair it with ground almonds and lemon juice for a killer homemade facial scrub.

Find the rest of this article, plus the recipes, on our Facebook page

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Offering a wide range of retail packaging and custom labeled boxes to suit your needs.

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Announcing our newest **North Carolina " Sundae "**

MmmMarmalade made with fresh Strawberries, Pineapple and orange peel. Not bulked out with sugar or fillers and 100% real fruit, true marmalade must be spooned out of the jar and never hold the shape of the jar, use as a topping or an additional ingredient in cooking. Full of Vitamin C and all natural with no preservatives making this a wonderful source of feel good value added Quality, we are proud to boast North Carolina on every jar, wholesale and gift packs available, thank you for supporting local,

Mrs. Picky Fanicky's Foods, LLC
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To Be Sure...That's Good Eatin..

QUICK TIPS

A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.

Bread will stay fresh longer if a celery rib is stored with it in the package.

If you have a problem opening jars ... Try using latex dishwashing gloves. They give a non-slip grip that makes opening jars easy.

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STORAGE & USAGE

Spinach- Place spinach in a large plastic bag. Do not pack the spinach tightly; the spinach should remain loose for ventilation and circulation. Refrigerate.

Broccoli- Broccoli will keep fresh in the refrigerator for up to two weeks, but the longer it is stored, the tougher the stems get and the more nutrients it loses

Collards- Store kale and collard greens in dry plastic bags in the refrigerator for up to three days. You can also cook the greens, and store them in the freezer in sealed plastic bags. They'll keep for months, so you can use them spontaneously in soups or casseroles.

Green Peppers- Store peppers for short-term use by refrigerating them in the produce drawer of your refrigerator. Chop or slice peppers and freeze.

Eggplant- Uncut eggplants will stay fresh for about a week in the refrigerator. Use the eggplant as soon as possible and within 5 days of refrigeration to avoid shriveling and aging.

Summer Squash (Zucchini)-

Field & Roma Tomatoes- Leave tomatoes out at room temperature until cut or cooked, then refrigerate. This is a great time to FREEZE tomatoes: dice tomatoes, sauté in olive oil, cool and pack in sealed containers; freeze for use later in soups, stews or sauces.

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

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.

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.

Green Cabbage- Store whole cabbage in the refrigerator. Shredded cabbage will keep best sealed in a zip-top bag in the crisper drawer; shred or chop it, then freeze it raw and cook it later.

Orange Sweet Potatoes- Store them in a dry, cool (55-60°) place such a cellar, pantry, or garage. Do not store them in the refrigerator, where they will develop a hard core and an "off" taste. At normal room temperature, they should be used within a week of purchase. You may brush off any excess dirt before storing, but do not wash them until you are ready to cook them. It is the moisture from washing that will increase their spoilage.

"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! Spaghetti squash can be cooked in the microwave or oven. Once cooked, seed it and use the tines of a fork to create "spaghetti" strands. Serve with your favorite sauce.