

Shipping is a terrible thing to do to *vegetables*. They probably get jet-lagged, just like *people*. ~ Elizabeth Berry

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FIVE GREAT WAYS TO USE ROOT VEGGIES! (Five more on our facebook page: check it out!)

Root vegetables are the starchy tubers and taproots of plants. If we let them be they would provide the plant with needed nourishment to thrive. Instead, we pull them up and eat them and all their inherent sweet, starchy, vitamin-laden yummy-ness. Find great ways to use root vegetables - be they potatoes, sweet potatoes, carrots, turnips, rutabagas, celery root, or beets - of all sorts here.

1. Braised Root Vegetables:

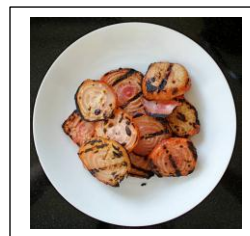
Root vegetables become tender and deeply flavored when cooked slowly in a bit of liquid. You can cook one kind or, better yet, a mixture of root vegetables for a hearty side dish or casual vegetarian main dish.



1. Scrub or peel root vegetables and cut into large bite-size pieces if necessary.
2. Heat a heavy-bottomed pot over medium-high heat. Add oil and root vegetables, sprinkle with salt, and pour in 1/2 to 1 cup broth. Cover, reduce heat to maintain a simmer, and cook until vegetables are tender and starting to brown, about 20 minutes.
3. Add fresh herbs - rosemary, thyme, and parsley are good options - at the end for a bit of fresh flavor

Grilled Root Vegetable:

Root vegetables aren't the first thing most people think to grill, but they can be delicious when cooked over an open flame. They develop a crusty exterior and their starches get a bit sweet and nicely tender (even fluffy!) inside. Cook small root vegetables whole; halve or thickly slice bigger root vegetables. Brush them liberally with vegetable or olive oil, sprinkle with salt, and cook on a medium-hot grill until grill-marked and tender, about 10 minutes per side.



3. Mashed Root Vegetables

Mashed potatoes are well known, as are mashed sweet potatoes (often sweetened with brown sugar). Other root vegetables like parsnips, turnips, and celery root are also delicious mashed - either on their own or with the more traditional potato.



1. Peel root vegetables and cut into large, even chunks. Put them in a pot and cover with cold water.
2. Bring to a boil. Add salt. Cook until vegetables are very tender, about 20 minutes.
3. Drain thoroughly; return vegetables to pot over heat; shake pot to cook off any excess liquid, about 5 minutes.
4. Put vegetables through a ricer or mash with a large fork or masher. Add cream, butter, milk, and/or buttermilk and salt and pepper to taste. Serve hot.

4. Roasted Root Vegetables

Roasting brings out the essential sweetness in root vegetables and creates a crispy brown exterior that's always welcomed. Plus it's easy.



1. Scrub vegetables clean; peel if you like.
2. Cut vegetables into bite-size pieces.
3. Toss vegetables with enough olive oil, vegetable oil, or melted butter to lightly but evenly coat them.
4. Put vegetables in a roasting or baking pan, sprinkle with salt. Sprinkle with freshly ground black pepper, chopped herbs, or spices (such as cayenne) to taste.
5. Roast in a hot oven (375 to 425) until vegetables are tender and browned, about 30 minutes

Root Vegetable Chips

The word "chip" brings to mind potatoes, but all root vegetables can be fried up into crisp, delicious chips for fun, homemade snacks.

1. Peel vegetables and slice as thinly as possible (a mandoline works perfectly for this, but a sharp knife and steady hand works just fine).
2. Rinse starchier vegetables, like potatoes, with cold water. Pat thoroughly dry.
3. Heat oil to 350 -375. Fry chips in small batches (they should form no more than a single layer in the oil) until browning along the edges.
4. Use a slotted spoon to transfer fried chips to a cooling rack or paper towels to drain and let cool. Sprinkle with salt while still warm, but allow to cool (and crisp) completely before serving



THE PRODUCE BOX

Moments of Magic

Brian you are doing a wonderful job - delivering the wonderful produce, such timely deliveries!!! **THE PRODUCE BOX** rocks. Thank you, *Glenda J, Raleigh*



Even finicky eaters love what's in our Boxes!

The new Weight Watchers Points Plus plan (which I began three weeks ago), all fresh fruits and vegetables are 0 points. That means I can eat my entire produce box (minus anything other than fresh produce) and not count it towards my daily point total!!! Sweet! *Kristen S, Raleigh*



I wanted to let you know, that I have really loved having **THE PRODUCE BOX** delivered every week. My family has really loved everything. I think the apples we have been getting are the best apples I have ever eaten. They remind me of the apples I used to get as a child at my uncle's apple orchard. They are so sweet and I have been eating one every day since we have been receiving the **BOXES**. Thank you, *Felicia S*

designbox hosts Veggie Sculpture Contest!



Last month, **The Winning Sculpture** as part of Downtown Raleigh's First Friday arts event, creative folks showcased their sculpting talents in **THE PRODUCE BOX Veggie Sculpture Contest** hosted by **designbox** (www.designbox.us) From eggplant love bugs, to robo-squashes, to gourd guitars . . . the talent was unique and fun! More than 20 fabulous sculptures- and way too much add-on sampling later- First Friday participants finally selected a winner. Be on the lookout for upcoming **THE PRODUCE BOX** events!

What Does Kale Taste Like?

Kale is generally milder in flavor than spinach, with firmer texture. It has a bit of sweetness to it, especially when grown in fall and harvested after a frost.



Tips for Using Kale

- If you are cooking with mature leaves, remove the tough stems before cooking — they are rather stringy and don't add much flavor to the dish.
- Young kale leaves can be eaten raw in salads.
- If you end up with some bitter kale, you can still salvage it. Boil it in a bit of water to draw out some of the bitterness. Toss out the water, then add the boiled kale to soups, stews, or stir fries.
- Store kale in plastic bags in your crisper. It keeps much longer than lettuce or spinach, so is more forgiving if you don't get around to using it right away.

THE PRODUCE BOX

Check out our Upcoming Specialty Items! Stock up on your Favorites!



- Great Harvest Breads
- My Southern Sons Peanut Brittle
- GroWILD Granolas
- Stick Boy Breads
- Lulu's Salad Dressings
- Chapel Hill Creamery Cheeses



The Holidays are coming! The Holidays are coming!

Stock up NOW on delicious, local goodies for stocking stuffers, gifts for friends, neighbors, teachers and coworkers, or just to have something quick and delicious on hand in the pantry, for surprise guests.

Playing with Produce

Q: What did the apple skin say to the apple?

A: I've got you covered.

Q: How do you fix a broken tomato?

A: Tomato paste!

Knock, Knock
Who's there?
Lettuce
Lettuce who?
Lettuce in and you'll find out.



Q: What did the father tomato say to the baby tomato whilst on a family walk?

A: Ketchup.

Q: What do you call a fast fungus?

A: A mush-vroom.

Q: How do you fix a cracked pumpkin?

A: With a pumpkin patch!



Butternut & Acorn Squash

Butternut squash is very popular because it's so easy to use. It's small enough to serve a normal family without leftovers, and the rind is thin enough to peel off with a vegetable peeler. As an added bonus, the flavor is sweet, moist, and pleasantly nutty.



Butternut squash



Acorn squash

Acorn squash are popular because of their small size--one squash can be cut in half and baked to make two generous servings. The biggest drawback to this variety is that the rind is quite hard, and therefore difficult to cut. Select acorn squash with as much green on the rind as possible.

THE PRODUCE BOX

Radishes- not just for salads any more!

Do you find the “bite”, the peppery taste of a radish just a bit too strong for your tender taste buds? Fear not! Sautéing your radishes is the way to go. Really- you’ve just got to give it a try. YUM!



Ingredients

4 bunches radishes, washed & quartered
2 tablespoons butter, unsalted
Salt

Directions

Heat butter in fry pan.
Add radishes and salt.
Sauté until crispy. Enjoy!

STORAGE & USAGE *Remember, all TPB produce is very ripe. If you see a * eat this first!*

Shiitake Mushrooms- Place dry shitakes in a paper bag. Gently fold the top over but do not seal the bag.

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.

Kale- Store kale in a plastic bag in the coldest part of the fridge for 3-5 days.

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.

Swiss Chard- Chard is extremely perishable, so keep refrigerator storage time to a minimum. Store unwashed leaves in plastic bags in the crisper for 2 to 3 days. The stalks can be stored longer if separated from the leaves. Young tender chard leaves can be eaten raw adding a beet-like flavor to salads and sandwiches. Chard can be used in place of spinach in any recipe, although chard will need to be cooked a bit longer. When cooking older chard, the stems require longer cooking time than the leaves.

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.

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

Turnips- If you get turnips with the greens attached, remove the greens when you get them home. Clean, store, and cook the greens as any cooking green. Store turnips loosely wrapped in a plastic bag in the crisper of the fridge or, if you're lucky enough to have one, loose in a root cellar. Like any root vegetable, they want a cool, dark, dry environment. *Use turnips in place of white potatoes in most recipes.*

Sweet Potatoes- Store in a paper bag in a cool, dark place and use within three weeks. Cook and use just like orange variety. Roast them whole or chunked; add butter, cinnamon and sugar, or olive oil, salt and herbs; use in place of white potatoes in soups, stews or hash browns; **slice thick or thin for oven chips or fries, sprinkled with sweet, savory or spicy seasonings. YUM!**

“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.