



www.TheProduceBox.com

What's in your Box this week:

Box A: Chestnuts, Bell pepper, Field Tomatoes, Irish Potatoes, Garlic, Cucumbers, Apples

Box B: Eggplant, cherry tomatoes, Wax, Pole or Snap Beans, Garlic, Zucchini, Apples

Box C: Yukon Gold or Kennebec Potatoes, Field Tomatoes, Bell Peppers, Yellow squash/Pattypan or Acorn squash, apples, Eggplant, Corn



And you thought 350 shoes was a LOT????

How about a final total of over 900+ pairs donated to SHARE OUR SHOES.....FANTASTIC response from you guys! Thanks SO much! (Courtney)

Where your food comes from:

As some of you may know, we are working with many more small farms this FALL season to expand the variety of what goes in the box and also to try to support a larger number of farms in our state that struggle to get their produce to the consumer. As I've mentioned, we were in Rockingham County a couple of weeks ago, and one of the farmers mentioned to Kevin that he had to plow under his BEAUTIFUL, NON-BUGGY corn because he had no one to sell it to....UNBELIEVEABLE. It just drives me crazy when I hear that! This week, we bought produce from six different farmers in North Carolina:

Eggplant and corn and green peppers: Bill Walker in Randolph County
Eggplant and Tricolor peppers: Strader farms in Rockingham Co.
Chestnuts: Bill Teague in Rockingham (he also had raspberries and pecans!)
Garlic: Jan Jackson in Dunn
Cherry Tomatoes: Bunce Farms in Cumberland County
Cucumbers, Apples, Irish Potatoes, Squash, Beans from Joe Deal

EVER HAD A CHESTNUT??? Probably one of the first foods eaten by man, the chestnut dates back to prehistoric times. The chestnut tree, was first introduced to Europe via Greece. But Native Americans feasted on America's own variety long before European immigrants introduced their stock to America. Many of us have never had a chestnut (myself included) because the American chestnut was decimated by a blight in 1904 and only a few groves in California survived. Richard Teague's chestnut trees are a hybrid of the American and Japanese chestnut that is/was immune to the blight.

Chestnuts contain twice as much starch as potatoes. It is no wonder they are still an important food crop in China, Japan, and southern Europe where they are often ground into a meal for breadmaking, thus giving rise to the nickname of "bread tree."

DON'T EAT THEM RAW!! If you are tempted to eat chestnuts raw, think again. These nuts must be boiled or **roasted** before eating due to the high levels of tannic acid. The nuts are cured for about a week to permit their starch to develop into sugar, thus sweetening the meat. They must be cooked completely in order to avoid digestive discomfort. **(ROASTING recipe on the next page!!)**

The outer thin shell as well as the inner bitter brown skin is removed before eating. Removing the skin in its raw state is virtually impossible, but with patience, the outer shell can be removed from the raw nuts. It is much easier and recommended to blanch or cook fresh chestnuts before removal of the shell and skin.



Runner (Wax, Pole or Green as well) Beans With Tomato And Onions

I let the beans and onions cook down until the onions started to caramelize a bit, and it worked out very well. (Shawn, Raleigh member) Will Serve four as a side dish

Ingredients

- 500g (about 1 lb) of beans
- 1 medium onion
- 1 clove of garlic
- 100ml (about 1/2 cup) of red wine plus a couple of tablespoons just before the dish is finished to deglaze the pan
- 1 tablespoon of fresh chopped basil
- 1 cob of sweet corn (optional)
- 205g (1 tin) of tomatoes or two medium size fresh tomatoes
- 15g of butter
- 250g (about 1/2 lb) of mushrooms (optional)
- salt and pepper

Chop the onion, garlic, tomatoes. Top and tail the beans (and de-string late season beans) and cut into 2cm (3/4 inch) pieces. Slice the mushrooms and the corn off the cob.

Bring a quart of water to a boil and immerse the tomatoes for about 60 seconds and then dip them into ice water to help remove the skins. After peeling them, roughly chop them and remove as many of the seeds as possible (they add a bit of bitterness to the final product). Save as much juice as possible for later. Melt the butter in a large pan and cook the onion and garlic until just soft. Add the mushrooms and cook for 5 minutes. Add the sweet corn, wine and tomatoes with juice (water). We used fresh tomatoes from our box, so had to add a bit of extra liquid (water or red wine) to the recipe. Bring to the boil and simmer gently for 10-15 minutes until reduced. Now stir the beans in to the sauce and cover well. Cook for a further 10-15 minutes until the beans are tender but not soft, letting the beans and onions caramelize a bit and then adding a bit of wine at the end to deglaze adds a lot of flavor to the final product. Stir in the basil and season to taste.

Serve hot or cold and is fantastic with pork and potatoes or just by itself!

Hey all, I just got a new recipe that turned out pretty good, so I thought I'd share in case everyone else is running out of ways to cook their squash. (Sorry its a little roughly written.)

Saute 1/2 a chopped onion and 1/2 a chopped pepper in 2 TBsp butter. Add 1 tsp salt, 1 tsp flour, 1 TBsp sugar (I actually do half that) and pepper to taste.

Cook and stir until all blended. Then add cut up squash and 2 medium tomatoes and stir until tender.

Bethany (Raleigh Area Manager)

Yukon Gold potatoes have a beautiful golden color and a rich, creamy potato flavor. They are more thin-skinned and flavorful than regular potatoes. **They are great mashed, as well as in soups and stocks.**

The flesh of an Irish potato is a creamy white, and it is covered with a white to cream-colored skin which may be mottled with black flecks or marks. Irish potatoes are classified as waxy, which means that they are ideally suited to boiling, as they will hold their shape well. They can also be roasted, broiled, or turned into potato salads and fried potatoes. **They are less suitable for things like mashed potatoes, as they tend to turn gluey and dense when they are mashed.**

WHAT DO I DO WITH THE CHESTNUTS???? YIKES!!

Okay, don't panic. It DOES take a little more effort than our standard peanuts, but Richard SWEARS it is worth the work. Here we go: **Fresh Chestnuts**: Place the vented clam shell containing the fresh chestnuts in the refrigerator. In the refrigerator they remain fresh for 1 to 3 weeks. **Roasting**: Place a Chestnut on a cutting board flat side down, so that it won't roll. Make a short slash in the skin with a serrated knife (any knife will do, but serrated is easier and is safer as it will slip less), or poke them with a fork. Bake on a baking sheet in oven at 400 F (200 C) for 10 minutes or until the skins split and the nut inside starts to brown. Remove from oven, let cool until you can handle them safely and comfortably. Peel both the shell and the brown papery skin underneath, which is bitter. Don't let them get too cold before you peel them, or it becomes very hard to remove the brown skin. **To roast Chestnuts in the microwave**, make a slit in them as per above. Zap a few Chestnuts at first on high for 3 minutes until you figure out the right time for your microwave. **To blanch Chestnuts**, boil for 4 minutes, then drain, wrap in a tea towel and squeeze them hard to pop the skins (excerpted from practicallyedible.com).