

What's in your box this week:

Box A: 6 ears of corn, 2 quarts peaches, Personal Watermelon, Sprite Melon, Bell Peppers, Tomatoes (Field)

Box B: 6 ears of corn, 2 qts potatoes, Field tomatoes, Yellow Squash or Zucchini or both, Bell Pepper, Sprite Melon, Acorn Squash

Box C: 6 ears of corn, Eggplant, Cherry Tomatoes, Jalapeno Peppers (for poppers), Personal Watermelon, Blueberries

Deliveries for Wednesday/Thursday, June 30th and July 1st. www.theproducebox.com. (919) 803-1608

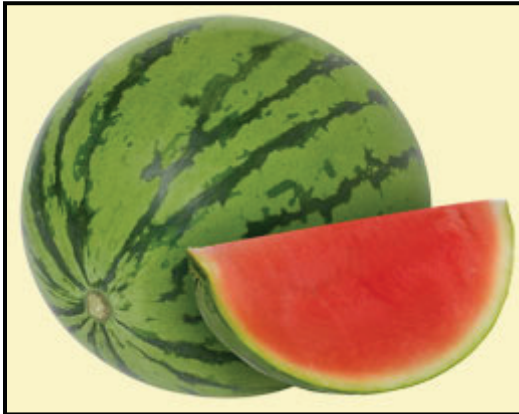
ANNOUNCING OUR THIRD ANNUAL "WHAT I DID WITH MY BOX THIS WEEK" CONTEST!!

With all the veggies and fruit coming hard and fast off the fields, it may be a challenge using up the entire contents of the boxes each week. So let's help each other and get rewarded for it as well....

Submit a brief summary of how you USED UP your whole box this week. We'll pick the top three and award a prize of one free week's box plus an add-on of your choice the following week. You can use this box for yourself or give it to a friend.

Submit all summaries to me at Courtney@theproducebox.com. Deadline is next Monday, July 5th at 9pm.

GOOD LUCK!!



PERSONAL WATERMELONS>>>>THE PERFECT SIZE!!

All those delicious melons you receive are coming from "Fresh Pik Produce": a farm in Wilson county, NC. James Sharpe and the rest of his crew are committed to the customers and grow under the certification of GAP (Good Agricultural Practices), to ensure the best quality products. You can also check out their website www.freshpik.com to learn more about their farm and the other crops they grow. The peaches are from Al Bundy in Beulahville, and we heard from him last week that freestone peaches are almost here...

Trying to eat healthier?

Use your produce box to help make your diet healthier. Instead of reaching for artificial sugars or boxed snacks, grab something from your box. Every item is beneficial in it's own way, packed with vitamins and minerals. By making fruit pops and smoothies, you can get rid of that sweet tooth in a healthier way while still enjoying your summer favorites!

CRITTERS IN THE CORN? Don't FREAK OUT! Ronald and Marshall are doing their best NOT to spray the corn much or not at all in some cases. This means that there "may" be a tag-a-long worm or two as you shuck the corn. Just cut off the end that he/she (?) has been munching on and wash the rest well. Of course, if more than an inch or so is eaten, let us know and we'll replace it. ☺

Watermelon Basil Vinaigrette

- 4 cups fresh watermelon, chopped and drained
- 1/4 cup red onion, diced small
- 2 Tbsp honey
- 1/4 cup champagne vinegar
- 3/4 cup canola oil
- 2 Tbsp fresh basil chopped
- 1 Tbsp fresh parsley, chopped
- Salt and pepper to taste

Combine watermelon, red onion, champagne vinegar, canola oil, basil, and parsley in a blender. Pulse on and off about 30 seconds until combined. Add salt and pepper to taste.

Serve over mixed salad greens and garnish with watermelon slices.

Delicious Peach Cobbler

- 4 cups peeled, sliced peaches
- 2 cups sugar, divided
- 1/2 cup water
- 8 tablespoons butter
- 1 1/2 cups self-rising flour
- 1 1/2 cups milk
- Ground cinnamon, optional

~Preheat oven to 350 degrees F.

~Combine the peaches, 1 cup sugar, and water in a saucepan and mix well. Bring to a boil and simmer for 10 minutes. Remove from the heat.

~Put the butter in a 3-quart baking dish and place in oven to melt.

~Mix remaining 1 cup sugar, flour, and milk slowly to prevent clumping. Pour mixture over melted butter. Do not stir. Spoon fruit on top, gently pouring in syrup. Sprinkle top with ground cinnamon, if using.

~To serve, scoop onto a plate and serve with your choice of whipped cream or vanilla ice cream.

Mediterranean Wrap

What You'll Need...

- 1 red onion, sliced
- 1 zucchini, sliced
- 1 eggplant, sliced
- 1/4 pound fresh mushrooms, sliced
- 1 red bell pepper, sliced
- 1 tablespoon olive oil
- salt and ground black pepper to taste
- 4 whole grain tortillas
- 1/4 cup goat cheese
- 1/4 cup basil pesto
- 1 large avocado, sliced

Easy Steps...

1. Place the onion, zucchini, eggplant, mushrooms, and bell pepper into a large container with a tight fitting lid. Drizzle the olive oil over the vegetables and season with salt and pepper. Close the lid and shake to coat.
2. Heat a grill pan or skillet over medium heat. Place the seasoned vegetables on the preheated pan, stir and cook until tender, about 10 minutes.
3. Spread each tortilla with 1 tablespoon goat cheese and 1 tablespoon pesto. Divide the sliced avocado among the tortillas and top with the mixed veggies. Fold in the bottom of each tortilla and roll each up into a snug wrap.

Fresh Corn Salad

- 5 ears of corn, shucked
- 1/2 cup small-diced red onion (1 small onion)
- 3 tablespoons cider vinegar
- 3 tablespoons good olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup julienned fresh basil leaves

In a large pot of boiling salted water, cook the corn for 3 minutes until the starchiness is just gone. Drain and immerse it in ice water to stop the cooking and to set the color. When the corn is cool, cut the kernels off the cob, cutting close to the cob.

Toss the kernels in a large bowl with the red onions, vinegar, olive oil, salt, and pepper. Just before serving, toss in the fresh basil. Taste for seasonings and serve cold or at room temperature.

Jalapeño Poppers

- 1 8 oz package of cream cheese, softened
- 1 cup shredded Mexican blend cheese
- about 8 – 12 jalapenos
- all purpose flour
- 1 cup milk
- plain bread crumbs
- 1 teaspoon southern spice blend, or other southern or Cajun spice blend
- Oil for frying

- ◆ WEAR GLOVES. Prepare jalapenos while wearing gloves. Cut them in half lengthwise, and remove seeds and the white ribs inside the peppers. DO NOT AT ANY TIME TOUCH YOURSELF WITH YOUR GLOVED HANDS. The heat from the peppers will also clear your sinuses while you are preparing them, so be warned, you may have to take a break, or periodically turn your head away from the peppers. Place prepared peppers on a cookie sheet.
- ◆ Mix softened cream cheese, shredded cheese, and seasoning blend.
- ◆ Don't remove those gloves just yet. Place cheese in peppers and mound up a little.
- ◆ Prepare your bowls of milk, flour, and bread crumbs. You can remove the gloves now. Dip each pepper in the milk, then flour, then milk, then breadcrumb, then milk, then breadcrumb. Repeat the milk and bread crumb if needed to cover up the pepper and cheese.
- ◆ Place each breaded popper back on the baking sheet and preheat the oil to 375 degrees. Fry each pepper for 2-3 minutes, until browned, but not so much that the cheese starts to escape.
- ◆ Serve with sour cream, salsa, guacamole and enjoy!