



[www.TheProduceBox.com](http://www.TheProduceBox.com)

## What's in your Box this week:

**Box A:** Macintosh AND Gala Apples, Peaches, Field Tomatoes, Personal Watermelon, Large Cucumber

**Box B:** Apples (Macintosh, Gala or both), Peaches, Tomatoes, Sweet Potatoes, 1 pint Lee's Farm local pickled okra

**Box C:** Apples (Macintosh, Gala, or both), Fresh Thyme, Tomatoes, Pole Beans or 1/2 Runner Beans, Cabbage, Sprite Melon, Garlic Chive Flowers (edible and delicious!)

*If you are reading this, you are already hooked on the idea of eating locally produced and sourced foods. However, we all know folks who'd like to try eating local, but they're a little unsure how to begin. Here are a few ideas to share with others, or try for yourself. Here's to eating healthy AND local! Together, we CAN change the way our food system works, one family at a time. ☺*

### Ideas for Eating Locally

1. Join *The Produce Box* and get weekly deliveries of the season's local bounty
2. Buy from local grocers committed to stocking local food
3. Throw a "Locally-Grown" party and serve all local food
4. Preserve food from the season, by freezing, canning and/or drying, and enjoy local produce all year
5. Ask your grocer what local foods are carried and try something new
6. Choose restaurants that serve locally grown and sourced foods
7. Support food vendors that offer locally produced food
8. Grow some of your own food in your yard, or start a community garden plot
9. Take a day trip to a local farm to see where and how food is grown
10. Attend the next *Farm to Fork* picnic

~ Laurie Rosenfeld, Area Manager (Raleigh)

### *from the fields...*

Marshall says, "The peaches look real good this week. We'll have 'em in two pickin's, for Wednesday and Thursday. (*Two pickings means they will be as fresh as we can possibly get them.*)"

The pole beans from Joe in the mountains are big-real big. Some are 8 inches or more. Beans grow bigger in the mountains. I'll know more about them Tuesday morning." (*We'll send an email out on Wednesday, if there's more info to be had about the beans.* ☺)

As the spring-summer growing season draws to a close, plants and trees work hard to produce fruits that will bear seeds. For us, that means some produce needs to be used sooner than later. *So what to eat first this week?* Peaches, melons, tomatoes, beans and garlic flowers. *What will keep a bit?* Cucumbers and cabbage. *What will keep longer?* Apples, garlic and sweet potatoes.

**Store the sweet potatoes** in a dark, dry area, in a porous container like a paper grocery bag. A pantry works great. Let them set a month or so. They will get sweeter with time. **Apples** can be stored in the crisper drawer of the fridge. Refrigerate **melons** as soon as you get them and eat first. Ripen **peaches** in a bowl on the counter; ripe ones will hold in the fridge 1-2 days. Avoid refrigerating **tomatoes** until they're cut; eat some fresh- maybe with the **cucumber** ☺ and freeze the rest. Just pop the whole tomatoes into bags and freeze for use later in soups, stews and sauces. Keep **garlic** in a dark, dry area, such as a pantry or cabinet. Eat some **beans** and **cabbage** fresh and chop and freeze the rest. Store **garlic flowers** in fridge for 1-3 days.

### ASKING QUESTIONS in the Fall

When the traditional growing season winds down in November and you head back to the grocery stores for "fresh produce".....Will you be asking yourself some questions before buying any (for example) asparagus in October? How fresh is the asparagus grown in Peru when it is sold in North Carolina? What was the cost of shipping it to North Carolina? What were the chemicals used to grow it, store it, and ship it? Who was handling it? Who has inspected it? What could I eat that was grown closer and is in season near my home? Last week instead of the asparagus at \$3.00 a pound in the grocery store, I bought a butternut squash and a pound of fall harvested green beans from a local farm stand for a total of \$3.00. That squash and beans will last us 2 meals with a bit left over and the taste? Delicious and FRESH! Now, if I had bought extra fresh asparagus to freeze or can when the local farmers had it for sale during April and May, I would not even be at the grocery store looking at asparagus from Peru!

Kris Bore, WITN.com



Thought I'd share this photo of my 2-year-old Noah, enjoying shelling the pink-eyed peas from Box C this week. He loves helping. He is also a big fan of the peaches and watermelon.

Thanks for all the great fun and food you provide us with.

Jenn L,  
member in Cary

### Heirloom Tomato Salad with Fresh Lady Peas

Lady peas are smaller, sweeter, and more tender than most peas. If you can't find them, look for fresh black-eyed, purple-hull, **pink eye**, or Crowder peas. In a pinch, substitute cooked, dried peas and proceed with Step 2. Prep: 10 minutes; Cook: 10 minutes.

**Yield:** Makes 6 servings

#### Ingredients

1 cup fresh lady peas or other fresh shell peas

- 1/4 cup cider vinegar
- Juice of 1 lemon (about 3 tablespoons)
- 1 shallot, minced
- 1 teaspoon sugar
- 1/4 cup olive oil
- Sea salt, to taste
- Freshly ground black pepper, to taste
- 1 jalapeño pepper, cored, seeded, and minced
- 2 pounds assorted heirloom tomatoes, sliced into 1/4-inch rounds
- 4 fresh basil leaves, thinly sliced
- 1/2 cup crumbled soft goat cheese

#### Preparation

1. Cook peas in a large pot of boiling salted water 8 to 10 minutes or until just tender. Drain, rinse until cooled completely, and drain again.
2. Combine vinegar and next 3 ingredients in a small bowl. Add olive oil in a thin, steady stream, whisking constantly. Add sea salt and pepper; stir in jalapeño. Drizzle half of vinaigrette over peas, and toss to coat.
3. Arrange tomato slices on a platter or individual plates. Spoon peas over tomato, and serve with remaining vinaigrette. Sprinkle with basil, goat cheese, and additional salt and pepper, if desired.

Sara Foster, Fresh Every Day: More Great Recipes from Foster's Market,

### That's a Fact!

**Locally grown fruits and vegetables are usually sold within 24 hours of being harvested.**

Produce picked and eaten at the height of ripeness has exceptional flavor and, when handled properly, is packed with nutrients.

### Did you choose Box C? Try these ideas for Garlic Flowers:

- ~ **Finely chop the flowers, place in a small jar**, add a little lemon juice and a pinch of sea salt, cover with olive oil (or half sunflower oil, half olive oil) and refrigerate
- ~ **Broiled tomatoes**- 1 tsp garlic flower oil + half a tomato + Parmesan cheese = A remarkable light first course. Bake 15 minutes at 425°F.
- ~ **Rice**- 1 tsp garlic flowers + 2 cups very hot plain rice = a delicious surprise!
- ~ **Potatoes**- One baked potato + 1/2 tsp garlic flowers + sour cream to taste. Or dare add a touch of garlic flower oil to your mashed potatoes.
- ~ Spread slices of crusty bread with garlic flower oil as you would for **bruschetta**.
- ~ Enliven **salads, poultry and fish**.
- ~ Combine 1 level tsp. of garlic flowers with 1/2 cup cream cheese or plain **goat cheese**.
- ~ Replace the pesto in **pasta dishes** with a little garlic flower oil and grated Parmesan.
- ~ Use garlic flowers to replace garlic in **garlic butter** for a delicious, more subtle and more digestible alternative.
- ~ Add some garlic flowers or garlic flower oil to cooked **vegetables** just before serving

### Members

**How did you choose to use your garlic flowers? Tell us, and we'll print as many as we can! ☺**

### Baked Breakfast Apples

#### Ingredients:

- 2 medium apples.
- 1/2 cup of apple juice.
- 2 tablespoons of snipped, pitted whole dates.
- 1 tablespoon of raspberry spreadable fruit.
- 1/4 teaspoon of ground cinnamon.
- 1/4 cup of low-fat granola cereal.

#### Preparation:

Chop the apples into bite-sized pieces, then combine the apple pieces and dates in two individual casseroles and sprinkle the cinnamon over them. Pour half the apple juice over each apple mixture. Bake, covered, in a 350F oven about twenty minutes or until the apples are slightly tender. Stir spreadable fruit and dollop on top of the apple mixture. Sprinkle with granola and serve warm. Yields two servings.

Printed from Apple Recipes at <http://www.applerecipes.us/>

### Calling All Members

**How did you and your family make the choice to eat local?**

**Share your story with us!**

**We'll feature some in our Newsletter over the coming weeks.**