



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

## What's in your Box this week:

**Box A:** 1-qt basket of Scuppernong Grapes, 2-lb Raw, Shelled Peanuts, Cucumbers, Tomatoes, "Sugar Baby" Personal Watermelon, Zucchini and/or Yellow Squash

**Box B:** 3-6 Tomatoes (depending on size, )2-qt Apples (variety), Cucumbers, 2-qt basket Peaches (8-12 depending on size)

**Box C:** 2-qt Apples, 1-pt fresh Okra, Tomatoes, Cucumbers, 4-6 Peaches, Zucchini and/or Yellow Squash, Jar of the Lee's local Pickled Squash

*Last year*, three families and ours went in together and adopted six chickens: Tebow, Chesney, Lulu Belle, Victoria, Veruca and Omelet. My daughter enjoyed pushing them around in her baby stroller when they were chicks and we have all enjoyed getting to know their personalities as they grew. There are the rulers, like Victoria, and the followers, like Tebow. We have thrilled to watch them devour too ripe watermelons that didn't make the cut for your boxes, and they were equally thrilled to peck into the overly wormy corn – fighting excitedly when they found one of those gluttonous worms. Never have I been more pleased with our decision to raise this brood than now, in the wake of the recent salmonella scare. It is extremely reassuring to know where the eggs I am feeding my daughters come from.

All of that has also led me to think about the produce that comes in our Boxes and the relationship that we have with that produce. Two years ago, there was the national scare with tomatoes and last year, the cantaloupe scare. The worst part of it all was the time it took to figure out where the offending items were coming from and where they might have gone. This is a fear I have never felt, nor been tempted to feel, with the produce in my Boxes each week. Not only do we know exactly where every item is coming from, most of the time we are personally acquainted with the farmer who went into the field to pick those items, just for our Boxes. We have been to many of those fields ourselves and seen the plants growing. This relationship, with the farm and the food, is one that allows me comfort and confidence when placing my daughters' plates before them each night. They may question my decision of sautéed squash, but I do not.

~ Bethany Stempien, Area Manager (Raleigh)

### Peach Salsa

from Bethany Stempien

4 cups fresh peaches – peeled, pitted and chopped  
1/2 cup chopped onion  
1/2 cup chopped red bell pepper  
4 jalapeno peppers, minced (or to taste)  
1/4 cup chopped fresh cilantro  
3 gloves garlic, minced  
1 1/2 teaspoons ground cumin  
1/4 cup distilled white vinegar  
1 teaspoon grated lime zest  
Juice of half to whole lime (to taste)  
1 tablespoon – 1/4 cup of sugar (to taste, if peaches are fresh and sweet enough, I don't use any at all)

Canning jars – if canning, or can be stored in fridge for up to 1 week.

Directions:

1. Sterilize jars and lids by boiling them in water for at least five minutes. Jars should stay hot.
2. In a large saucepan, combine all the ingredients. Bring to a boil, and boil for 1 minute, stirring constantly. Remove from heat, and stir for 5 minutes.
3. Pour peach salsa into prepared jars, leaving 1/4 inch air space. Seal, and process in a boiling water bath for 15 minutes (jars should be covered with at least an inch of water.). Will hear "pings" of lids as they cool after removing from water.

### 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.



**Peach Facts:** Peaches are a good source of vitamins A, B and C. A medium peach contains only 37 calories. The peach is a member of the rose family, distinguished by its velvety skin. It is classified as a *drupe*, a fruit with a hard stone. Varieties include cling and freestone. The juice from peaches makes a wonderful moisturizer and can be found in many brands of cosmetics. ☺

## Asian Pear Gorgonzola Salad

from Laurel Bandiero, Area Manager (Raleigh)

Lettuce greens (I prefer a mix)  
1 cup sugared pecans  
1 or 2 medium pears, chopped  
¾ cup Crumbled blue cheese or Gorgonzola  
Good Seasons Italian dressing (follow directions on packet)

Take pecan halves or pieces and place in a sauce pan.  
Pour 1/2 cup of sugar on top. Over medium-high heat, keep stirring as the sugar begins to melt. Once the sugar has melted and the pecans are covered, pour out in a single layer onto wax paper to cool.

Add cut-up pear to greens. Just before serving add cheese, pecans, dressing and serve.

## THE PRODUCE BOX

is hosting a  
**SHOE DRIVE!**

...using the Boxes you leave out for us each week. **Share Our Shoes (SOS)** - formerly *Shoes-4-Soles* - is a group of motivated women (and men) dedicated to getting shoes to those who need them...in Haiti, around the world and here, in Raleigh as well.

Check out their website at this link (and a great video) for more info:

[www.shareourshoes.org](http://www.shareourshoes.org)

So check your closets and if you have adult or children's shoes you feel you could donate, place them in a bag in your empty Produce Box and we'll collect them next Wednesday and Thursday.

What a simple way to make someone else's life easier!!

## CAROLINA SWEET POTATO & APPLE SALAD

from the NC Sweet Potato Commission website  
([www.ncsweetpotatoes.com](http://www.ncsweetpotatoes.com))

submitted By Katie Johns, Area Manager (Cary)

### Ingredients:

4 medium sweet potatoes, cooked and cubed  
1 apple, cored and diced  
1/2 cup diced celery  
1/2 cup coarsely chopped walnuts  
1/2 cup mayonnaise  
1 Tbsp. grated orange rind  
1/4 cup fresh orange juice  
1 Tbsp. honey  
1/2 tsp. mace  
1/2 tsp. salt  
Salad Greens

### Preparation:

Cook sweet potatoes in lightly salted boiling water to cover, about 20 minutes or until just tender. Cool, remove peel. Cut sweet potatoes into 1/2-inch cubes. Combine sweet potatoes, apples, celery and walnuts in large bowl. Combine remaining ingredients in small bowl; pour over sweet potatoes mixture, toss lightly. Chill at least 1 hour. When ready to serve, line serving plate with greens. Spoon sweet potato mixture onto greens.

*Thought maybe my fellow Produce Boxers might find these tips useful, since we've gotten lots of cucumbers in our Boxes lately. I'm going to try out the faucet cleaning tip myself. ~ Rhonda Birch, member in Raleigh*

1. **Cucumbers** contain most of the vitamins you need every day- just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon? Put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror. It will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans, but it will drive garden pests crazy and make them flee the area.

5 Looking for a fast and easy way to remove cellulite before going out, or to the pool? Try rubbing a slice or two of cucumber along your problem area for a few minutes. The phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache- free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, and avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries to curb appetite. European trappers, traders and explorers often ate cucumbers as quick meals to fend off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. Out of WD-40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge and – voila! the squeak is gone!

10. Stressed out and don't have time for a massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students, during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds. The phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean. Not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing. Also works great on crayons and markers that the kids have used to decorate the walls!!