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What's in your Box this week:

Box A: Lots of Sweet Potatoes, 1/2 lb Salted "ready to eat" Peanuts, Tomatoes (grape or cherry), assorted Apples (6-8 depending on size), Cucumbers 4-5 (depending on size)

Box B: Large Onion, 1.5 oz Fresh Basil leaves, Local Muscadine Grape cider, Tomatoes (grape or cherry), Butternut Squash, Sweet Potatoes, Cucumber

Box C: Sweet Potatoes, One bunch Fresh Oregano, One bunch Fresh Thyme, Large Onion, Peaches 4-6, Cucumbers 4-5, Tomatoes (cherry or grape)

OUR TWO WEEK BREAK STARTS NEXT WEEK!!

We'll be back with lots of fall goodies on October 6 and 7thsee you then!

WOW! WE HAD SOME "Shoes to Share" this past week!

I'm just flabbergasted....we had over 350 pairs of shoes donated last week (and more coming this week) and believe it or not, more than 500 members donated .50 each towards shipping costs. THANKS SO MUCH!! (Courtney)

STORING YOUR FRESH HERBS:

FRESH THYME: Store fresh thyme in a plastic bag in the vegetable crisper drawer of your refrigerator or stand sprigs in a glass of water on the refrigerator shelf. When cooking with thyme, be aware that one fresh sprig equals the flavoring power of one-half teaspoon of dried thyme.

FRESH BASIL: The key to keeping basil fresh and fragrant for days (and even weeks) after purchase or harvest, is to not store it in the refrigerator. Basil leaves quickly turn black and slimy and lose their signature spicy sweet flavor when refrigerated

FRESH OREGANO: Store fresh oregano in plastic bags in the refrigerator. Freeze oregano to retain the most flavor and aroma. Freeze entire branches on cookie sheets, or mix them with just enough olive oil to bind and freeze into ice cubes.

From the Lees' Farm...

Marshall says, "This week's **sweet potatoes** are fresh dug and can be cut up and fried, right now. They can be baked now too, but if you lay 'em up for a couple weeks, they'll get sweeter. Just set 'em somewhere dark and don't turn or move 'em."

Marshall's wife, Ellen, loves to bake sweet potato pies and casseroles. Here, she offers us a great tip for storing cooked sweets. Ellen says, "Did you know sweets can be boiled? Boil 'em in a big of water or bake 'em. When they cool, skin 'em and measure out three cups. Freeze the three-cup portions and you'll have the right amount for one pie, or you can defrost more for a casserole."

Sweet Potato Casserole

From Ellen Lee (Marshall's wife)

Filling:

3 cups cooked sweet potatoes
2 eggs, beaten
1 cup sugar
1 tsp vanilla
1/2 cup melted margarine
1/3 cup milk

Combine all ingredients and mix well. Pour into a 2-quart greased casserole dish.

Topping:

2/3 cup packed brown sugar
5 Tbsp melted margarine
1/2 cup flour
1 cup chopped nuts

Mix well the topping ingredients together and sprinkle over potato mixture. Bake at 350 F for 30-40 minutes

Watermelon Fire and Ice Salsa

Bethany Stempien, Area Manager

3 cups chopped watermelon (I just used one whole personal melon, didn't measure)
1/2 cup chopped green bell pepper
2 tablespoons lime juice
2 tablespoons chopped fresh cilantro
1 tablespoon chopped green onions
1 tablespoon chopped jalapeno pepper
1/2 teaspoon garlic salt

In a large bowl, combine all the ingredients. Mix well and serve.

Notes: I have a drawer full of assorted peppers in my fridge. I am unsure what most of them are and whether or not they are hot. I pulled one out thinking it was a sweet one to use as the green pepper. Luckily I decided to taste it when I added it. I think it was a habanero so I decided to not add the jalapeno. I think the salsa turned out well with a good balance of sweet and hot. I also did not have garlic salt, so I added a little garlic powder and a little salt.

I have a soup recipe for butternut squash that is to die for. I have a standing order for this soup each Thanksgiving. I would like to share it with you. Bon Appetite, Glenn Fuller, Member in Cary

Butternut Squash Bisque Soup

Seasoning Mix
3 heaping TBS dark brown sugar
1 1/2 tsp salt
1 tsp dry mustard
1 tsp white pepper
3/4 tsp onion powder
3/4 tsp cinnamon
1/2 tsp garlic powder
1/4 tsp mace
1/4 tsp nutmeg

1 large or 2 medium butternut squash – peeled, seeded and all membrane removed
3 TBS unsalted butter
1 c chopped onions
1 c chopped celery
5 c chicken stock
3c heavy cream
3 TBS chopped fresh parsley

Combine the seasoning mix ingredients thoroughly in a small bowl.

Makes 5 TBS of mix

Grate enough squash in hand grater to make 3 cups. This step is hard so I use my mandolin with the fine shred setting to make this or chop finely with a knife. Cut 1/2 remaining squash into a small dice and 1/2 into a medium dice. There should be 4 cups of this larger cut squash. Set the medium and small diced squash aside.

Melt butter on high heat in bottom of a heavy large soup pot. When butter sizzles add onions, celery, and the grated squash, and cook, occasionally scraping the bottom of the pot, about 15min. You are looking to get a browned mixture accumulated on the bottom of the pot scraped off to accumulate more. After the 15 min of cooking, you have a mush in the bottom of the pot. Stir in 4 TBS of seasoning mixture and cook, scraping the pot bottom once or twice, cook 3-4 minutes more.

Add chicken stock, diced squash and rest of seasoning mixture. Bring to boil. Reduce mixture heat and simmer, scraping bottom of the pot from time to time until the squash has disintegrated somewhat. About 40 min.

Turn up heat to high and stir in the heavy crême. Bring to boil, then reduce heat to low and simmer for 15 min.

Remove from heat let cool a few minutes. Place soup in bowls. Sprinkle



This week's **fresh-cooked, salted peanuts** come from

Jim Williamson, in Halifax. Twenty-four years ago,

Jim's granddaddy planted the family's first peanut crops. Jim still cooks up the peanuts in the 'old time style' of his granddaddy: when an order is placed, their high grade NC peanuts are deep-fried in small batches, in 100% natural peanut oil; and then tossed with salt.

That's it! Small batch cooking preserves the natural flavor of the peanuts. The peanuts in this week's Produce Boxes have all been cooked in the last few days. We're betting they're the best you've tasted.

Share your opinions with us and we'll pass them on to

Jim. ☺

Grilled Cheese with Butternut Squash, Caramelized Onions & Balsamic Syrup

Adapted from He Cooks, She Cooks (Box B)

1 small butternut squash, peeled and sliced thinly
Olive oil
Sage (fresh or dried)
1 small onion, cut in half, then sliced thinly
1/3 cup balsamic vinegar
1/2 tsp maple syrup
Gruyère or Swiss cheese, sliced or grated
4 slices of sandwich bread
4 tbsp butter

Preheat oven to 400. Arrange squash slices in a baking dish, drizzle with olive oil and season with kosher salt, ground pepper and sage. Cook for 20-25 minutes.

In a small pan over medium heat, cook onion slices with some olive oil and kosher salt. When they start to soften, turn down heat & allow to caramelize slowly.

In a small saucepan, add balsamic vinegar and syrup, and bring to a boil. Reduce heat, stir in 1 tablespoon of butter and cook until mixture has reduced by half.

Melt the remaining 3 tablespoons of butter. Evenly brush the outer side of each slice of bread with the butter. Put half the cheese on two slices of bread. Add sliced squash and onions. Brush with balsamic syrup. Add remaining cheese. Top with buttered bread. Cook sandwiches on the griddle until cheese is

A FUNNY STORY FROM A COORDINATOR:

I forgot to give one of my customers her honey last week when she picked up her box at Wake Med. But I realized it before I left so she asked me to leave it at the front desk of the labor & delivery wing. She said she got a call later that her husband was at the hospital to see her. Puzzled she said "I don't have a husband!" The person relaying the message said "I don't know they just said your honey was here." So she went out to the lobby fetched her bottle of honey and returned to woman and exclaimed while showing her the bottle, "Meet my husband- my bottle of honey!"

Bonnie, Member Wake Med