



let's talk about Scuppernongs

What are they?

Scuppernongs do not look like most grapes you'll find in the grocery store. They were the first grape cultivated in the United States and are the official fruit of North Carolina. The name comes from the Scuppernong River in North Carolina mainly along the coastal plain and the name itself traces back to the Algonquian word ascopo, meaning "sweet bay tree". Scuppernongs are low in calories and exceptionally high in dietary fiber and antioxidants.

How do you eat them?

This skin is thick and bitter, but if you bite the stem end, the skin splits and easily comes off the pulp inside. Juice from scuppernongs is extremely sweet. Once you bite the skin to break it, squeeze the pulp into your mouth, spitting out any skin and 3-4 large, bitter seeds inside.

How do you store them?

Store scuppernongs in the fridge, unwashed, until ready to eat, and they'll keep for a week or so. Scuppernongs freeze well, in general, and these make a terrific snack once frozen and can be tossed that way right into smoothies.

Spicy Pineapple Cucumber Salad



Ingredients

- 1 cucumber, chopped
- 2 cups pineapple cut into chunks
- ½ cup cilantro
- 1 ½ teaspoon Sriracha or red chili paste
- 3 Tablespoons white vinegar
- 1 Tablespoon sugar

Instructions

1. Prepare the dressing by whisking together the Sriracha, vinegar, and sugar until dissolved.
2. Combine the cucumber, pineapple, cilantro, and dressing in a bowl.
3. Serve immediately, or refrigerate until ready to eat.
4. Stir the salad just before eating to redistribute the dressing.

Adapted from budgetbytes.com

NEXT BOX:



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ORDER BY THURSDAY, OCT 1. PICK-UP WEDNESDAY, OCT 7.

Brown Sugar-Glazed Beets

Try a sweet glaze on beets or other root vegetables to help balance their earthy flavor. This recipe will work with steamed carrots, turnips or rutabaga, too.



Ingredients

- 3 Tablespoons brown sugar
- 2 Tablespoons orange juice
- 1 Tablespoon butter
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 3 cups steamed cubed beets, 1/2- to 1-inch cubes

Instructions

1. Steam Beets
 - a. **To steam on the stovetop:** Place in a steamer basket over 1 inch of boiling water in a large pot. Cover and steam over high heat until tender, 10 to 15 minutes.
 - b. **To steam in the microwave:** Place in a glass baking dish, add 2 tablespoons water, cover tightly and microwave on high until tender, 8 to 10 minutes. Let stand, covered, for 5 minutes.
2. Combine brown sugar, orange juice, butter, salt and pepper in a large nonstick skillet. Cook over medium heat until sugar and butter are melted and starting to bubble. Stir in beets and cook until most of the liquid has evaporated and the beets are coated with glaze, 6 to 8 minutes.

Adapted from eatingwell.com

Our Cucumbers this week are from...



Roasted Carrot Dip

This dip is great for bringing out more flavor from carrots and building up healthful consumption of more vegetables! Make a plate of colorful vegetables to try in this healthy dip; celery, radishes, cucumber, peppers and even apples.



Ingredients

- 1 pound carrots, thoroughly washed. Do not peel.
- 4 cloves garlic, peeled
- 3 Tablespoons extra virgin olive oil
- 1/2 teaspoon salt
- 1 (15.5 ounce) can chickpeas, drained
- 1/4 cup peanut butter
- 2 Tablespoons freshly squeezed lemon juice

Instructions

1. Preheat oven to 400 °F
2. Place carrots in a large aluminum foil pouch. Add garlic and 1 tablespoon of oil, season with the salt. Place on a baking sheet and roast until the carrots are tender and a knife inserted goes right through. About 40 minutes.
3. Transfer contents of the foil pouch to a food processor and pulse to chop. Add the remaining two tablespoons of oil, the rinsed chickpeas, peanut butter and lemon juice. Process until smooth, scraping down the sides as necessary. Taste and season with more salt, if needed.

Variations

To add more flavor and spice, when roasting the carrots, add combinations of 1/2 teaspoon to 1 teaspoon of any of the following spices: smoked paprika, ground coriander, ground cumin, and/or pinch of cayenne pepper.

*Adapted from **The Rise: Black Cooks and the Soul of American Food** by Marcus Samuelson*