THANK YOU for purchasing a Farm Fresh Ventures (FFV) subscription. Your subscription will not only provide you with the freshest produce available in our area weekly, but it will also help the local economy by supporting our farmers. A big THANK YOU also goes to our packing, lunch and pick-up site volunteers. We couldn’t do it without you!

Each week you will receive a FFV produce box. Please return your box the following week when you return for your next box of produce. This will help reduce our operating cost.

Do you know anyone else interested in receiving a weekly box? Farm Fresh Ventures will continue to take subscriptions throughout the season. Prices will be prorated on a weekly basis for newcomers. Rates are based on $22 per week, and future subscriptions will be priced accordingly.

What’s in Your Box?

<table>
<thead>
<tr>
<th>Produce</th>
<th>Location</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lettuce</td>
<td>Muddy Boots Farms</td>
<td>Stanly</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Muddy Boots Farms</td>
<td>Stanly</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Triple L Farms</td>
<td>Richmond</td>
</tr>
<tr>
<td>Swiss Chard</td>
<td>David’s Produce</td>
<td>Richmond</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Phillips Farms</td>
<td>Anson</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Triple L Farms</td>
<td>Richmond</td>
</tr>
<tr>
<td>Green Onions</td>
<td>Andrews Farm Produce, Inc.</td>
<td>Richmond</td>
</tr>
</tbody>
</table>

Have You Joined the NC 10% Campaign?

We are a proud partner of the NC 10% Campaign. NC spends approximately $35 billion dollars annually on food. If we spent 10 percent - $1.05 per day – on foods produced locally, $3.5 billion would be available in the community. Join the 10% Campaign today!

How it works?

Join us in support of North Carolina’s farmers, businesses and communities.

- Pledge to spend 10 percent of your existing food dollars locally
- We’ll email you with a few simple questions each week
- We’ll track your progress, and you’ll see our progress statewide

Visit [www.nc10percent.com](http://www.nc10percent.com) for additional information or to sign-up.
Recipe Corner

Fettuccine with Swiss Chard and Mushrooms

Ingredients:
- 2 Tbsp olive oil
- ¼ cup chopped shallots or green onions
- 2 cloves garlic, sliced
- 8 to 10 small mushrooms, sliced
- 1 lb swiss chard, trimmed of stems, washed thoroughly and chopped into 1-inch pieces
- 6 oz uncooked fettuccine
- ¼ cup grated parmesan cheese
- ¼ tsp cracked black pepper

Directions:
In a large skillet, heat the olive oil over medium heat. Add the shallots, garlic and mushrooms. Sauté the vegetables until tender, about 5 minutes. Add the swiss chard, reduce heat and cover for about 3 minutes. Using tongs, turn the chard over so that uncooked leaves are on the bottom and wilted leaves are on the top. Cover and cook until completely wilted, about another 3 minutes. Fill a large pot, ¾ full of water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain thoroughly, reserving ¼ cup of the pasta water. Return the drained pasta to the pot. Add the swiss chard mixture and the reserved pasta water. Toss to mix evenly. Divide the pasta onto warmed plates. Top each serving with 1 Tbsp parmesan cheese and cracked black pepper. Serve immediately.

Makes 4 servings

Nutrition Info per serving: 298 calories, 10g fat, 2g sat fat, 325mg sodium, 3g fiber
Source: www.mayoclinic.com

Farmer Spotlight

Phillips Farms is a multi-generational family farm located between McFarlan in Anson County, NC and Cheraw in Chesterfield County, SC. Established by Peter Phillips, in the 1930’s, as a small cotton farm, Phillips Farms has diversified in the past 80 years to include poultry, beef cattle, peaches, blackberries, and strawberries, due to the collaborative efforts of Calvin Phillips, Jr., Calvin Phillips, III, (wife) Tracie, and their children. Enjoy Phillips Farms’ strawberries in this week’s box! Visit their produce & ice cream stand, Peaches n’ Cream at 2735 Hwy 74, Wadesboro, NC 28170, just west of the Wadesboro city limit, (704) 694-2522 and online at www.peachesandcreamnc.com

Greetings from 3-yr. old, 5th generation farmer, Sam Phillips.

Farm Fresh Ventures Partners & Sponsors

NC Cooperative Extension

Funding & In-Kind Contributions Provided by –
Local Farmers, NCA&T, RAFI USA, South Piedmont Community College

A special THANK YOU to our box sponsors: Pee Dee EMC, Farm Bureau - Anson, Montgomery, Richmond, Stanly and Union Counties & NC Cooperative Extension

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