



Veggie Box Newsletter

Week 1 | November 3

Welcome to the Fall Veggie Box! This is our first week and we are delighted to bring some of our autumn favorites to you. This first newsletter will have many important details, so read it thoroughly! The autumn colors are finally showing and we are looking forward to a wonderful season of the best local produce. Don't forget, we get an extra hour this weekend so use it wisely- create something healthy and delicious with your veggie box...or just sleep in! Thanks for being part of the Veggie Box!

WHAT'S IN THE BOX?

Buttercup Squash, Titus Farms, Leslie
Kennebec Potatoes, Peckham Farms, Lansing
Red Radish, Smith Floral & Greenhouses, Lansing
Empire Apples, Phillips Orchards & Cider Mill, Saint John's
Cilantro, Urbandale Farm, Lansing
Leeks, Urbandale Farm, Lansing
Carrots, CBI's Giving Tree Farm, Lansing
Purple Pac Choi, CBI's Giving Tree Farm, Lansing
Garlic, Michael Grimes Farm, Lansing
Add-Ons:
Bread, Stone Circle Bakery, Holt
Meat Variety, Bacon, Grazing Fields, Charlotte
Coffee, Rust Belt Roastery, Lansing
Cheese, Hickory Knoll Creamery, Onondaga
Pie, Glory Bee Sweet Treats, Mason
Beef, Heffron, Belding
Pork, Grazing Fields, Charlotte



Crop Profile: Buttercup Squash

Buttercup squash is a winter squash belonging to the family Cucurbitaceae. Not to be confused with its cousin, the butternut squash, the squat green buttercup takes its name from its shape, which some say resembles an upside-down acorn with an undersized cap. The flavor of the buttercup squash's flesh is sweet and nutty, with a creamy consistency more in line with that of a baked sweet potato than a pumpkin, which tends to be more fibrous and watery by comparison. The flesh can tend toward dryness, a flaw that is easily compensated for by cooking method. Steaming and baking are preferred methods of preparation, as both will bring out the sweetness of and add moistness to the flesh. For a delicious treat, halve the squash, remove the seeds and "stuff" with diced apples mixed with a squeeze of lemon juice, dash of nutmeg, 2 teaspoons each of butter & brown sugar, cover and bake at 400 for about 30 minutes. A nice warm treat for a chilly autumn evening.

Producer
Spotlight:  PECKHAM
FARMS

Peckham Farms is a 10 acre farm located in Lansing, MI. It is a part of Peckham Inc., a non-profit organization that provides rehabilitation and vocational training to individuals with disabilities and who face other employment barriers. The farm uses eco-friendly farming techniques such as water reclamation and Integrated Pest Management. Peckham Farms specializes in small fruits and is a large raspberry producer in the Mid-Michigan area. Peckham is also known for the beautiful flowers grown annually on the fields and in baskets.



Fall VB Schedule:

Thursday, November 3, Week 1:

Veggie, Bread, Meat Variety, Eggs, Coffee(B/W),
Coffee(M), Cheese, Pie, Pork, Beef, Beans

Thursday, November 10, Week 2:

Veggie, Bread, Meat Variety

Thursday, November 17, Week 3:

Veggie, Bread, Meat Variety, Eggs, Coffee(B/W)
Cheese, Pork, Beef

****Tuesday, November 22, Week 4:****

Veggie, Bread, Meat Variety

Thursday, December 1, Week 5:

Veggie, Bread, Meat Variety, Eggs, Coffee(B/W),
Coffee(M), Cheese, Pie, Pork, Beef, Beans

Thursday, December 8, Week 6:

Veggie, Bread, Meat Variety

Thursday, December 15, Week 7:

Veggie, Bread, Meat Variety, Eggs, Coffee(B/W)

Thursday, December 22, Week 8:

Veggie, Bread, Meat Variety

Veggie Box Etiquette FAQs for a great CSA

When is pickup?

Pickup is at the AMP on Thursdays(except
Thanksgiving Thursday when pickup will be
Tuesday before) from 12pm-6pm.

What if I cannot make it?

Call 517-999-3923 or email
exchange@allenneighborhoodcenter.org

Can someone else pickup for me?

Sure! Just let us know.

How does the box work?

Every subscriber has 2 boxes. The first week,
we give you the box and you can bring back the
empty box the next week and we will give you
the filled box.

Please contact us with any questions!!

Weekly Recipes

Potato Leek Soup

6 c Vegetable Stock

3# Kennebeck Potatoes

1 med leek

2Tbl Butter

1 Empire Apple, peeled and diced

1 tsp thyme

salt & white pepper to taste

1/2c heavy cream (optional)

Peel and quarter potatoes, clean and slice
the leek. Saute potatoes and leeks in a stock
pot in butter until browned and add the stock.
Bring to a boil, add the apple and simmer
until the potatoes are soft. Blend the soup
until smooth and add cream if desired.
Season to taste with thyme, salt, & pepper.

Sesame Pac Choi

For this recipe, just slice off the bottom of the
pac choi and wash thoroughly. Crush a clove
of garlic. Add a tsp of sesame oil to a heated
saute pan, add the garlic and then the pac
choi. Saute quickly and remove from heat,
add sprinkle some sesame seeds on top.

Carrot Salad w/Cilantro

4 medium carrots

1 tablespoon fresh lime juice

1/8 teaspoon finely grated lime zest

2 tablespoons cilantro leaves,
chopped

1 teaspoon vegetable oil

salt and pepper to taste

Finely shred carrots and in a bowl toss
together with remaining ingredients
and . Serve salad garnished with
cilantro.