

Veggie Box Newsletter

Week of June 12

What's In the Box?

- Organic Carrots, CBI's Giving Tree Farm
- Asparagus, Hillcrest Farm
- Mixed Greens, Peckham Farms
- Organic Beets, CBI's Giving Tree Farm
- Sage, CBI's Giving Tree Farm
- Mint, Magnolia Farms
- Oregano, Magnolia Farms
- Thyme, Magnolia Farms
- Garlic Scapes
- Lettuce

Add Ons

- Meat Variety: Ground Beef, Heffron
- Chicken: Whole Chicken, StoneE River
- Pork: Breakfast Sausage, Grazing Fields
- Beef: Beef Brisket, Heffron
- Pie: Raspberry Fields,
- Glory Bee Sweet Treats
- Coffee: Colombia Huila Estate,
- Rust Belt Roastery

Producer Spotlight: CBI's Giving Tree



Community Based Interventions Giving Tree Farm is a seven acre, non profit CSA farm just north of Lansing, MI. The farm originally began as a community garden for people with disabilities then eventually grew into a larger operation with a heated greenhouse and eight hoop houses for year round horticultural therapy programs. The farm provides vocational training for those who have suffered traumatic brain injuries, empowering them to contribute to the cultivation of produce for ELFCO, local restaurants, and CSAs.

Crop Profile: Garlic Scapes

They might be something of a mystery to many, but garlic scapes are worth getting to know. They're twisty, curly, bright green stems that shoot up from garlic bulbs. Scapes are edible and surprisingly tasty with a mild garlic flavor and a slight sweetness. Thanks to their versatility and ease of use, scapes make a prized addition in any kitchen.



EXCHANGE

many thanks

weekly recipes:

Vegan Garlic Scape Pesto

Adopted from vanillaandbean.com

Prep time: 15 minutes

Ingredients

- 10 Garlic Scapes
- 1/3 C Walnuts
- 2 Tbs Nutritional Yeast
- 1/2 Lemon, juiced
- 1/4 tsp Sea Salt
- 1/8 tsp Ground Black Pepper
- 1/3 C Extra Virgin Olive Oil

Trim garlic scapes and cut into 1 inch pieces. In a food processor add scapes, walnuts, yeast, lemon, salt, and pepper. With the processor running, slowly mix in the olive oil until consistent.

Refrigerate in a covered container or freeze.

Asparagus With Mint Butter

Adopted from Martha Stewart

Prep time: 10 Minutes

Ingredients

- 1 stick butter
- 1/2 C Fresh Mint Finely Chopped
- Coarse salt and Ground Pepper
- 1 Pound asparagus

Melt Butter in saute pan and add 1/2 tsp salt, 1/4 tsp pepper, and mint. Remove from heat. In a boiling pot of water, blanch asparagus for 4 minutes. Drain. Toss, and garnish with fresh chopped mint leaves.

We Got the Beet Burger

Adopted from food52.com

Prep Time: 1 Hour

Ingredients

- 3 C grated beets
- 1 onion
- 2 garlic cloves
- 2 tbsp olive oil
- 2 eggs or equivalent
- 1 1/2 C rolled oats
- 7 oz feta cheese
- Fresh basil
- Sea salt and pepper

Peel and grate beets, garlic, and onion with a box grater or in a food processor with proper blades.

In a large bowl mix grated vegetables with feta, olive oil, eggs, and rolled oats. Mix until consistent. Set aside mixture for 30 minutes to allow oats to absorb. This is important for patties to hold together. Try shaping mixture into a patty. Add more oats if needed. Grill or fry burgers until each side is golden brown. Serve with grilled sourdough bread and toppings of your choice! Try a grilled scape for added flavor, just rub the scape with olive oil, salt, and pepper then grill!

Reminder: Please bring your box back so we can reuse them

