

Allen Market Place Veggie Box Weekly Newsletter

Welcome to the Allen Market Place Veggie Box Program! We're incredibly excited to be connecting you with the great array of fresh, delicious food our local producers have to offer. This week's box is a taste of Michigan spring: asparagus and rhubarb, salad radishes, crisp head lettuce, hearty kale, and green garlic to spice it all up!

Farmer Spotlight: CBI's Giving Tree Farm

Giving Tree started 14 years ago as a community garden for people with disabilities. As the garden grew more people began volunteering. Eventually a heated greenhouse was built which allowed a year round horticultural therapy program to start. That program continues today and the garden has become a productive certified organic and MAEAP verified farm with seven acres of fields, a heated green house and eight hoop houses for year round production.

The farm is now owned and operated by Community Based Interventions. CBI runs a vocational training and rehabilitation program on the farm site. Monday through Friday people who have suffered Traumatic Brain Injuries help grow fresh & healthy produce for CSA members, area restaurants, the East Lansing Food Co-op and local farmer's markets. Emily Nicholls is the farm manager.

For more information about Community Based Interventions, go to the website <http://www.cbirehab.com/>

Crop Profile: Green Garlic

Green garlic is an immature garlic plant, harvested and eaten in the spring. Green garlic is comparable to a scallion, but with a mild garlic flavor that is a wonderful complement to nearly any dish. Prepare similar to a small leek; cut the roots off the end and slice cross wise until you reach the tougher, dark green leaves. The leaf tops may be saved to use in stock or added whole as a seasoning, as you would a bay leaf. Delicious added fresh to salads or sautéed with a little butter or olive oil and added in place of regular garlic to your favorite savory dish!

What's in the Box this week?

- 1 lb **Asparagus**, Hillcrest Farms, *Eaton Rapids, MI*
- 1 lb **Rhubarb**, Wildflower Eco Farm, *Bath, MI*
- 1 **Head Lettuce**, CBI's Giving Tree Farm, *Lansing, MI*
- 1 bunch **Kale**, CBI's Giving Tree Farm, *Lansing, MI*
- 1 bunch **Radishes**, CBI's Giving Tree Farm, *Lansing, MI*
- 1 bunch **Green Garlic**, Half Barn Farm, *Lansing & Eaton Rapids, MI*

Meat Add-on:

- 1 lb **Ground Beef**, Heffron Farms, *Belding, MI*

Egg Add-on:

- 1 dozen **Large Brown Eggs**, Grazing Fields Cooperative, *Charlotte, MI*

Coffee Add-on:

- 1 lb **Rwanda Coffee**, Rust Belt Roastery, *Lansing, MI*



Recipes of the Week

Roasted Rhubarb & Asparagus Pasta Salad

Adapted from The Washington Post

Ingredients:

- 8 oz dried farfalle pasta
- 4 ounces spinach or other cooking green (Try it with Kale!)
- 2 medium rhubarb stalks (aprx. 8 oz)
- 8 oz asparagus
- 2 large cloves garlic
- 2 tbsp olive oil
- ½ tsp crushed red pepper flakes
- ½ tsp sea salt
- 1 small handful basil leaves
- 1 small handful sorrel or favorite fresh herb

Preheat oven to 375F. Prepare pasta according to package directions. Meanwhile, coarsely chop spinach and place in colander in bottom of sink. Trim any coarse or woody ends from asparagus and rhubarb, and cut rhubarb into ½ in chunks, and asparagus into 1 in pieces. Mince the garlic. Combine in medium sized mixing bowl and toss with olive oil, salt, and red pepper flakes. Spread mixture on rimmed baking sheet, roast for 6-8 minutes until just fork-tender.

Drain pasta, pouring cooking water over spinach to wilt the greens. Once drained, transfer pasta and greens to serving bowl. Add the roasted rhubarb mixture. Slice herbs into ribbons and add to dish. Toss ingredients, adding salt and red pepper flakes to taste.

Serve warm or at room temperature.

4 servings

Asparagus with Young Garlic and Horseradish

Adapted from Food52

Ingredients:

- Salt
- 1 head young garlic, with stem
- 1 lb asparagus, trimmed and washed
- 2 tsp freshly grated horseradish root
- 1 tbsp olive oil
- half a lemon

Bring a large pot of generously salted water to a boil. While it heats, trim the root end of the garlic; if it has a stem, cut it 4 inches from the bulb, then slice the bulb and stem in half lengthwise. Remove any tough outer skin. Lay each half cut-side-down and slice as thinly as possible. Gather up the garlic in a bowl, season with coarse salt and work the salt into the sliced garlic using your fingers. Let sit for at least 10 minutes.

When the water boils, add the asparagus and cook for 2 minutes. Drain and plunge into a bowl of ice water to stop the cooking. Drain and dry the asparagus spears, then cut thinly (1/4-inch) on the bias. Arrange the asparagus on a platter (or individual plates). Sprinkle the garlic over the asparagus. Drizzle some oil over the asparagus -- it's ok if it pools a little, especially if it's good oil. Using a vegetable peeler, scrape away about 1 inch of the horseradish skin from the end of the root; give it a rinse. Grate the white root over the asparagus -- about 2 teaspoons of horseradish. Season with more salt, if needed, and serve with lemon wedges.

4 servings

Rhubarb Honey Crumble

Adapted from MyRecipes

Ingredients:

- 5 ½ cups ½ in sliced rhubarb
- ¼ c honey
- 1 tsp lime zest
- Vegetable cooking spray
- 1/3 cup rolled oats
- 1/3 cup all-purpose flour
- 3 tbsp butter, cut into small pieces
- 1 ½ cups vanilla frozen yogurt or ice cream

Combine the first 3 ingredients in a bowl, and toss well. Spoon into an 8-inch square baking dish coated with cooking spray.

Place oats, flour, and sugar in food processor, and pulse 2 to 3 times. Add chilled margarine, and process until mixture resembles coarse meal; sprinkle over rhubarb mixture. Bake at 375° for 40 minutes or until rhubarb is tender. Serve with frozen yogurt.

6 servings