

# ALLEN MARKET PLACE VEGGIE BOX

For our final distribution, we have a delicious array of summer vegetables for you! Please enjoy this delicious taste of what our region has to offer. We thank you all for participating in this first session, and look forward to continuing to provide healthy, locally sourced food to you and other Lansing area residents in the future! Our second session begins next week, and will include even more fresh, healthy food!

## WHAT'S IN THE BOX THIS WEEK?

### PRODUCER SPOTLIGHT:

#### LANSING ROOTS

Lansing Roots, a project of the Greater Lansing Food Bank, is an incubator farm located in Mason, MI. This program was designed to provide underserved individuals with market gardening and farming enterprise resources that they would not have access to otherwise. Individuals who apply and are accepted, each receive their own small plot of land to start their farm business. Various training workshops that center on both agriculture and business are also provided to teach participants marketing strategies and crop/financial planning. While the farmers learn the ins and outs of self-employment in the agriculture business, they are also provided with a CSA to sell to, as well as different wholesale opportunities. This program has been vital to the success of many refugees in our area and continues to be a major contributor in the improvement of our community's food security.

- 1 pint Red & Green Okra, Peckham Farms, Lansing, MI
  - 1 bunch Kale or Chard, Half Barn Farm, Lansing, MI
  - 1 bunch Onions, Half Barn Farm, Lansing, MI
  - 2 Green Bell Peppers, Peckham Farms, Lansing, MI
  - 1 lb slicing Tomatoes, Ten Hens Farm, Bath, MI
  - 1/2 lb Green Beans, Lansing Roots, Mason, MI
- Meat Add-on:  
-1 lb. Ground Beef, Heffron Farms, Belding, MI

### CROP PROFILE:

Okra, once revered by the Ancient Egyptians, is often overlooked in today's society as a nutritional powerhouse. A fantastic source of vitamin C, vitamin K, folate and fiber, okra has the ability to work wonders within us. It is often recommended to help manage diabetes due to these properties. To properly prepare it, use a paring knife to cut the top stem off. Best known for its use in the traditional gumbo dish, okra is a great addition to many other stews, pastas, or steamed/fried to be eaten on its own.

OKRA



# RECIPES OF THE WEEK

## BAKED POLENTA WITH CHEESE & OKRA ADAPTED FROM MY RECIPES

### Ingredients

- 4 cups water, divided
- 6 small fresh okra pods
- 1 cup uncooked quick-cooking grits
- 1/2 teaspoon salt
- 2 large eggs, lightly beaten
- 1/4 cup butter or margarine, cut into pieces
- 1 (8-ounce) block sharp Cheddar cheese, cubed

Bring 2 cups water to a boil in a large saucepan over medium heat; add okra, and cook 10 minutes. Remove okra with a slotted spoon, reserving liquid in pan; cool okra slightly, and coarsely chop. Add remaining 2 cups water to reserved liquid; bring to a boil. Gradually stir in grits and salt; return to a boil. Cover, reduce heat, and simmer 5 to 7 minutes. Gradually whisk about one-fourth of hot grits into eggs; add to remaining hot mixture, whisking constantly. Whisk in butter. Stir in okra and cheese. Spoon into a lightly greased 11- x 7-inch baking dish. Bake at 350° for 55 to 60 minutes or until set.

## RUSTIC BREAD STUFFING ADAPTED FROM OH BON APPETIT

### Ingredients

- 1 (1 lb.) loaf of crusty country style white bread
- 1/4 cup olive oil
- 4 tsp. fresh chopped thyme
- 1 large garlic clove, minced
- 6 tbsp. butter
- 1.5 cups finely chopped onion
- 1.5 cups finely chopped celery
- 1 cup finely chopped green bell pepper
- 1/3 cup chopped fresh parsley
- 1 3/4 cups low-salt chicken/turkey stock, if vegetarian use vegetable stock

Preheat oven to 375 degrees. Preheat oven to 375°F. Using long serrated knife, cut bottom crust and short ends off bread; discard. Cut remaining bread with crust into 1-inch cubes (about 10 cups loosely packed). Place cubes in large bowl. Add oil, thyme, and garlic; toss to coat. Spread cubes out on large rimmed baking sheet. Sprinkle with salt and pepper. Bake until golden and slightly crunchy, stirring occasionally, about 20 minutes. Return cubes to same large bowl. DO AHEAD AND STORE IN FRIDGE: Melt butter in large skillet over medium-high heat. Add onion, celery, and bell pepper. sauté until vegetables are soft, about 10 minutes; add parsley. Preheat oven to 375°F. Butter 11x7x2-inch glass baking dish. Stir vegetable mixture into bread cubes. Gradually add hot broth, tossing to coat evenly. Season stuffing to taste with salt and pepper and transfer to prepared dish. Cover dish with buttered foil, buttered side down. Bake stuffing until heated through, about 25 minutes. Uncover and bake until top is brown, about 25 minutes longer, and serve.

## OVEN ROASTED GREEN BEANS ADAPTED FROM FRUGAL LIVING MOM

### Ingredients

- 1/2 pound green beans
- 1 tablespoons olive oil
- 1/4 teaspoon salt
- About 10 grinds of fresh ground pepper (or to taste)
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder

Preheat oven to 425 degrees. Line a lipped baking sheet with aluminum foil. In a medium bowl combine all ingredients and toss. Spread beans onto baking sheet. Roast for 30 minutes (at 15 minutes remove to stir). Serve immediately.