



ALLEN MARKET PLACE VEGGIE BOX

Welcome to the Allen Market Place Veggie Box! We have a great array of delicious summer vegetables for you this week. We're excited for the next ten weeks of providing the freshest produce mid-Michigan has to offer!

PRODUCER SPOTLIGHT:

THE COUNTRY MILL

For over forty years, the Tennes family has owned and operated The Country Mill, an organic apple orchard located in Charlotte, MI. They are one of only a few certified organic apple growers in the entire state. Working closely with Michigan State University researchers has allowed the Tennes' to develop cutting-edge natural growing methods in order to bring their customers the freshest, tastiest products possible. In addition to many varieties of apples, they also grow conventional blueberries, peaches, sweet cherries, sweet corn, and more. During the fall, The Country Mill is also well-known around Mid-Michigan for their festivities, organic cider, and homemade donuts and wine. In short, it is no secret as to how The Country Mill earned their motto, "Family Fun on the Farm."

CROP PROFILE:

It has recently been discovered that summer squash has been cultivated around the world for over 10,000 years! Members of the Cucurbitaceae family, summer squash has mainly been a staple for those living in the North, Central, and South Americas. Regardless of variety, all parts of summer squash are edible, including the flesh, seeds and skin. Some varieties of squash also produce edible flowers. In contrast to winter squash, summer squash have a shorter shelf life, unless frozen and stored early on. Squash, in general, tend to be overlooked by health experts for their high starch content. However, due to the higher pectin content of summer squash, it is exceptionally useful in maintaining insulin balance, and therefore, managing diabetes.

SUMMER SQUASH

WHAT'S IN THE BOX THIS WEEK?

- 1 bunch Chard or Collards, Twin Sprouts Farm, Lansing, MI
- 1 qt. Tomatoes, Smith Floral & Greenhouse, Lansing, MI
- 1 lb. Potatoes, Wildflower Eco Farm, Bath, MI
- 1 lb. Summer Squash, Lansing Roots, Mason, MI
- 1 bunch Basil, CBI's Giving Tree Farm, Lansing, MI
- 6 Sweet Corn, The Country Mill, Charlotte, MI

Meat Add-on:

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

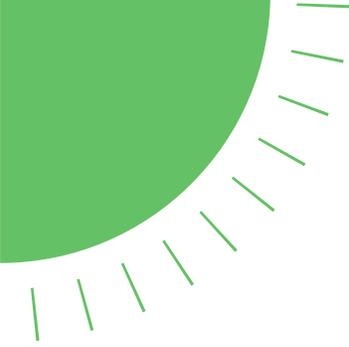
Coffee Add-on:

- 1 lb Ethiopia Beriti, Bloom Coffee Roasters, Lansing, MI

Egg Add-on:

Unfortunately, our egg vendor had an issue with delivery, so eggs will be delivered next week! We apologize for any inconvenience.





RECIPES OF THE WEEK

SUMMER CORN CHOWDER ADAPTED FROM COOKING CLASSY

TACO STUFFED SUMMER SQUASH BOATS

ADAPTED FROM SMILE SANDWICH

Ingredients

- 4 medium summer squash, cut in half lengthwise
- 1/2 cup salsa
- 1 pound lean ground turkey
- 1 tablespoon taco seasoning (or homemade mix)
- 1/2 small onion, chopped fine
- 1/4 cup bell pepper, chopped fine
- 4 oz can tomato sauce
- 1/4 cup water
- 1/2 cup reduced fat Mexican blend shredded cheese
- 1/4 cup chopped scallions or cilantro, for topping

Preheat oven to 400 degrees F. Bring a large pot of water to a boil. Using a spoon, scrape out the seeds of the squash, reserving 3/4 cup and storing the rest for later use. Place the squash in the boiling water for 1 minute, then place on a paper towel to drain. Spoon 1/4 cup salsa into the bottom of a large baking dish and arrange squash face up. Set aside. Brown turkey in a large skillet until no longer pink. Add taco seasoning, onion, pepper, 3/4 cup reserved chopped squash, tomato sauce and water and stir to combine. Cover and simmer for 20 minutes. Fill each squash boat with the turkey mixture, then top with cheese. Cover with foil and bake for 35 minutes or until squash is soft and cheese is melted. Garnish and serve with salsa.

Ingredients

- 8 ears fresh sweet yellow corn, husked and silks removed and kernels cut from cob
- 3 Tbsp butter
- 5 slices bacon, cut into 1/4 to 1/2-inch pieces
- 1 medium yellow onion chopped (1 1/2 cups)
- 1/4 cup all-purpose flour
- 1 clove garlic, minced
- 5 cups water
- 1 lb potatoes, cut into 1/2-inch pieces
- 1/2 tsp dried thyme
- 1 bay leaf
- Salt and freshly ground black pepper
- 1 cup half and half
- 1 Tbsp honey
- 2 - 3 Tbsp chopped fresh chives
- Shredded cheddar cheese, for serving (optional)

Melt butter in a large pot over medium heat. Add the onion and bacon and cook for 8 - 10 minutes, until onion begins to brown. Add in the flour and garlic and cook 1 1/2 minutes. While whisking mixture, slowly pour in 5 cups water. Bring mixture to a boil, stirring constantly, then stir in corn kernels and potatoes. Add in thyme, bay leaf, and salt/pepper to taste. Bring to a light boil, then reduce heat to simmer until potatoes are tender, about 20 minutes. Transfer 2 1/2 cups of the chowder to a blender and blend until smooth. Stir the mixture back into the pot then stir in half and half and honey. Sprinkle each serving with chives and optional cheddar.

HOMEMADE TOMATO SALSA ADAPTED FROM LITTLE BROKEN

Ingredients

- 1/3 cup finely chopped green bell pepper
- 1/3 cup finely chopped red bell pepper
- 1/3 cup finely chopped hothouse cucumber
- 2 1/2 cups chopped tomatoes
- 1/3 cup finely chopped sweet onion
- 4 large garlic cloves, minced
- 1 1/2 fresh jalapenos*, seeded and finely chopped
- 1/2 bunch of cilantro, chopped
- 1 lime, juiced
- salt and fresh ground black pepper
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Combine all the ingredients together in a large bowl. Season with salt and pepper to taste. Cover and refrigerate for at least 30 minutes up to overnight before serving.