



Veggie Box Newsletter

Week 11 | August 25

Summer is winding down at last; with fall at the tips of our fingers. That means back-to-school shopping, football games, bonfires, pumpkin patches, floating leaves in varying shades of ember, gold, and ruby, yummy apple cider with sugary doughnuts, flannels, jeans, cooler weather, and, of course, our Fall Veggie Box! Seriously, can it come any sooner? As much as this summer has been amazing; full of some much needed vitamin D and lots of fun in the sun, this upcoming change in the season has got all of us at the Allen Market Place (and hopefully you as well) bursting with excitement!

What's in the Box?

Basil, *Urbandale Farm, Lansing*
Red Pepper, *Ten Hens Farm, Bath*
Corn, *Tomac Pumpkin Patch, Chesaning*
Poblano Peppers, *Ten Hens Farms, Bath*
Green Beans, *Peckham Farms, Lansing*
Peaches, *Phillips Orchard and Cider Mill, St Johns*
Jalapenos, *Smith Floral & Greenhouse, Lansing*
Mixed Greens, *Smith Floral & Greenhouse, Lansing*
Apples, *Phillip's Orchard and Cider Mill, St Johns*
Garlic, *Michael Grimes*
Onion, *Green Eagle Farms, Onondaga*
Cayenne Peppers, *Smith Floral & Greenhouse, Lansing*

Add Ons

Meat Variety: Bacon, *Grazing Fields, Charlotte*
Pork: Bratwurst, *Grazing Fields, Charlotte*
Beef: Beef Brisket, *Heffron Farms, Belding & Grand Rapids*
Chicken: Chicken Wings, *Stone E River Ranch, Eagle*
Bread: Stone Circle Bakehouse, Holt



Producer Spotlight:

What started as a 4-H and FFA project selling a few pumpkins has now grown into an on-farm and traveling market. The Tomac families have been involved in farming in the Chesaning area for the last four generations. For 30 years, the family farm has grown primarily corn, soybeans and wheat. The pumpkins and squash started with a couple different varieties for carving and ornamental uses. Since then, they have grown to include many distinct and unique varieties including almost 100 different pumpkins, gourds and squashes.



Crop Profile: Poblano Peppers

The poblano pepper is a chili pepper originating in the state of Puebla, Mexico. Dried, it is called ancho or chile ancho, from the Mexican Spanish name ancho or chile ancho. Popular in chile rellenos, poblanos are known to be a staple in many mexican dishes, served either roasted or freshly stuffed, and boast a deliciously mild flavor. They can also be frozen or canned for later use. These peppers are iron rich, which help to produce red blood cells as well as hemoglobin and myoglobin proteins that are the key to transporting oxygen within your bloodstream. They are also high in vitamin A; an essential nutrient that keeps your vision in tip top shape and protects against premature aging. Don't worry, that's as far as we will go into the scientific background, however, these facts are not to be overlooked! Depending on what you eat, you are either promoting disease or fighting it, and these little guys definitely fall into that latter category.

Weekly Recipes

Spicy Veggie Stir Fry

This recipe can be toned down if spicy isn't your favorite flavor, and you can add or remove ingredients to suit your preferences and pantry.

Sauce

1/2 Cup Soy Sauce
2 Tbsp Vegetable Broth
2 Tbsp Brown Sugar
2 Tbsp Sriracha (more or less to taste).
Can sub for garlic chile sauce for less spice)
1 Tbsp Minced Ginger

Veggies

1 Onion, diced
2 Red Peppers, seeded and sliced
1 Cup Green Beans
2 Cloves Garlic, Minced
1 Poblano pepper, seeded and sliced
1 Jalapeno, sliced
1 Cup corn kernels

3 Tbsp Peanut Oil

Start by mixing the sauce ingredients and setting aside. Heat oil in a large skillet over medium-high heat. Add onion and peppers and cook for 3 minutes. Add the garlic while stirring for 30 seconds. Add green beans. Cook for 2 minutes. Mix in broccoli and corn, frying the mixture for a few minutes until all veggies are cooked but firm. Mix in the sauce and cook for 2 minutes until the sauce is very thick. If needed add 1/4 cup hot water and a splash soy sauce. Serve hot over rice or noodles, with a sprinkle of sesame seeds.

What can I do with that? Veggie Box Q&A

How do I prep spicy peppers without burning myself?

When I am chopping hot peppers, I like to wear latex gloves. The capsaicin is what makes it hot and also causes minor irritation to the eyes and skin. The hottest part of the pepper is not just the seeds but the ribs. You can cut them out before chopping to temper the heat a bit.

Should I keep the husk on my corn?

Yes! I keep everything on the corn (including the silk) and soak them in cold water for about an hour before I put them on the grill. The husks retain all that moisture and steam in the corn while it is grilling. Don't worry about those char marks- they add a great flavor.



Corn & Poblano Lasagna

adapted from the foodnetwork.com

4 tbsp unsalted butter, divided
3 cloves garlic, minced, divided
2 cups fresh corn kernels (from about 2 ears)
2 cups heavy cream
Salt and freshly ground black pepper
1/2 cup thinly sliced white onion
4 poblano chiles, charred, peeled, stemmed, seeded and cut into 1-inch strips
12 (7 by 3-inch) no-boil lasagna sheets
2 cups shredded Oaxaca cheese, or mozzarella

Melt 2 tablespoons butter in a medium, heavy saucepan over medium heat. Add 2/3 of the garlic and saute for 1 minute. Mix in the corn and saute for 5 minutes. Stir in the cream. Cook over medium-low heat for 5 minutes for the flavors to incorporate. Turn off the heat and let cool slightly. Transfer to a blender and puree until smooth. Season with salt and pepper.

Heat the remaining 2 tbsp butter in a small, heavy skillet over medium heat. Add the onions and saute until translucent, about 5 minutes. Add the remaining garlic and cook for 1 minute. Mix in the poblano strips and cook for 5 minutes for the flavors to incorporate.

Season with salt and pepper. Turn off the heat. Spread about 1/4 of the corn mixture over the bottom of an 11 by 8-inch baking dish. Cover with a layer of 3 lasagna sheets. Spread 1/4 of the poblano mixture and 1/4 of the cheese over the pasta. Repeat the layering 3 more times. Cover with foil.

Bake until the pasta is cooked and tender, about 50 minutes. Remove the foil and turn up the oven temperature to broil. Broil until golden brown and bubbly, 8 to 10 minutes. Let stand for 15 minutes before serving.

Let us know how we are doing! Type this link into your browser and fill out our short Veggie Box 2016 Survey.

Thank you!



<http://bit.ly/2b5LPs9>