

# ALLEN MARKET PLACE VEGGIE BOX

Enjoy the first of the fall crop of these beautiful yellow raspberries from Peckham Farms, as well as a delicious blend of summer and early fall vegetables! This period of late summer has the most diverse array of locally produced fruits and vegetables available, and is a great time to preserve bulk foods for winter.

## PRODUCER SPOTLIGHT: APPLESCHRAM ORCHARD

Appleschram Orchards, owned and managed by Jane Bush, has been a fantastic source of organically raised pork and organically grown apples and other produce for almost 20 years. This 30 acre farm along Mt. Hope Hwy. has designated 15 acres to organic apple and pear orchards, 10 acres to grazing pastures, and 5 acres to growing fields and a hoop house. Jane raises heirloom Duroc hogs, sheep, and cornish cross broilers on biologically diverse pastures, to ensure each animal become as healthy as possible, without ever using growth hormones or antibiotics. She even encourages the hogs to eat up the fallen apples in her orchards! Appleschram Orchard offers homemade sausage and specialty cuts of pork year-round, as well as many specialty apple items. Jane is also the mastermind behind Grazing Fields, Mid-Michigan's egg cooperative.

## CROP PROFILE:

Most of us recognize parsley as the bright green garnish found on dinner plates at fancy restaurants; however, parsley's variety of health benefits warrants much more attention than a passing glance. The first major component of parsley, known as the volatile oils, are referred to as a "chemo-protective food," meaning that they work to neutralize carcinogens we may inhale or ingest. The second major component of parsley is the flavonoids, which prevent oxidative damage and actually work to increase the antioxidant power of the blood. It is also an incredibly rich source of vitamin K and C. Try blanching parsley to reduce its crunch while still preserving its nutrients. Just run the sprigs under very hot water for approximately one minute, then pat-dry with a paper towel. Parsley is a wonderfully zesty addition to any savory dish!

PARSLEY

## WHAT'S IN THE BOX THIS WEEK?

- 3/4 pint Yellow Raspberries, Peckham Farms, Lansing, MI
- 1 lb. Onions, Half Barn Farm, Lansing, MI
- 1 Slicing Cucumber, Half Barn Farm, Lansing, MI
- 1 bunch Swiss Chard, Lansing Roots, Mason, MI
- 1 bunch Parsley, CBI's Giving Tree Farm, Lansing, MI
- 1 lb. Beets, CBI's Giving Tree Farm, Lansing, MI
- Meat Add-on:  
-1 lb. Bratworst, Appleschram Orchard, Charlotte, MI
- Egg Add-on:  
-1 dzn. large Brown Eggs, Grazing Fields, Charlotte, MI





# RECIPES OF THE WEEK

## RED VELVET CAKE SMOOTHIE

ADAPTED FROM SWEET ROOTS

### Ingredients

- 1 1/4 cup milk of choice
- 2 beets
- 1 cup raspberries
- 1/2 banana
- 3-4 tbsp. cocoa powder (use raw cacao for even greater antioxidants)
- 2 Dates
- 1 big scoop nut butter + vanilla extract OR 1 scoop vanilla protein powder of choice

Cut the beets into quarters. Steam them until they are tender. Pro tip: cooking them with the skins on helps to keep the colors vibrant. After the beets have cooled, the skins should be able to be easily removed by rubbing them with a paper towel. Blend all ingredients in a high-speed blender until completely incorporated. Enjoy immediately.

## SWISS CHARD AND ONION FRITATTA

ADAPTED FROM WILLIAMS-SONOMA

### Ingredients

- 1 bunch Swiss chard
- 4 Tbs. olive oil
- 1 small yellow onion, thinly sliced
- Sea salt and freshly ground black pepper
- 6 large eggs
- 4 cloves garlic, finely chopped
- 1/4 cup freshly grated Parmesan cheese
- 1-2 pinches cayenne pepper

Position a rack in the upper third of the oven and preheat to 350°F. Separate the stems from the chard leaves by cutting along both sides of the center vein. Cut the chard stems crosswise into slices 1/4 inch thick and coarsely chop the leaves. Set aside separately. In a large frying pan, heat 2 tablespoons of the olive oil over medium heat. Add the onion and saute until tender, about 6 minutes. Add the chard stems, season with salt, and saute until they start to soften, about 4 minutes. Add the chopped chard leaves and saute until all of the chard is tender, 3-4 minutes longer. Transfer to a plate and set aside. In a large bowl, lightly beat the eggs with the garlic and Parmesan. Season with cayenne, salt and black pepper to taste. Drain the liquid from the plate holding the chard, squeeze the leaves gently to remove any excess liquid, and stir into the egg mixture. In an 8-inch ovenproof frying pan (cast-iron skillet), heat the remaining 2 tablespoons olive oil over medium-high heat. Add the egg mixture, reduce the heat to medium, and cook without stirring until the eggs are set around the edges, about 5 minutes. Transfer to the oven and bake until completely set, 7-9 minutes longer. Remove from the oven and let cool briefly, then serve immediately.

## SPINACH AND PARSLEY PESTO

ADAPTED FROM GIRL GONE GOURMET

### Ingredients

- 1/4 cup pine nuts
- 2 garlic cloves
- 5 cups fresh spinach (Or try chard or beet greens!)
- 2 cups fresh parsley
- 1/4 cup asiago cheese, grated
- Zest from one lemon
- Juice from 1/2 a lemon
- 1/2 teaspoon salt (or more to taste)
- 1/3 cup olive oil, plus 1 tablespoon

In a food processor first chop up the pine nuts and garlic, pulsing several times. Add in the spinach, parsley, asiago cheese, lemon zest and juice and salt. Blend until smooth. Slowly drizzle in 1/3 cup of olive oil while blending. Add more/less oil depending on the thickness you desire. Serve tossed in pasta or with bread.