



# ALLEN MARKET PLACE VEGGIE BOX

With tomatoes, basil, and sweet peppers, along with several other great vegetable varieties, this week's box is the perfect taste of late Michigan summer!

## PRODUCER SPOTLIGHT: WILDFLOWER ECO FARM

Wildflower Eco-Farm is a vegetable and fruit farm and is named for the diversity of wildflowers that bloom year-round throughout the gardens. Owner Phil Throop specializes in growing and marketing of over 60 types of veggies and fruits. He grows mostly open-pollinated and heirloom varieties and a few of the best tasting hybrids. His is a small farm with much diversity. Phil's cultural practices are consistent with organic production (not certified) with more of an emphasis on maintaining ecological diversity and health, and marketing locally. Wildflower Eco-Farm grows year-round although cool season veggie crops are typically left semi-dormant three months out of the year.

## CROP PROFILE:

Tomatoes are an extremely versatile fruit (no, they are not vegetables!) that offer hundreds of varieties to meet many cultures' culinary needs. They are an amazingly rich source of lycopene, which is the strongest antioxidant of the carotenoid family. Tomatoes are also known for their high potassium content and vitamins A, E, and C. When paired with healthier fats, the absorption of the tomato's nutrients can multiply by up to 15 times! The tomato's peel holds the majority of the fruit's nutrients, so try not to peel them if you can help it! Tomatoes serve as a wonderfully savory base or addition to soups, sauces, salsas, and salads. Enjoy them raw, steamed, stewed, sauteed, or pureed.

TOMATOES

## WHAT'S IN THE BOX THIS WEEK?

- 1 bunch Kale, Twin Sprouts Farm, Lansing, MI
- 1 pint Lunch Box Peppers, Smith Floral & Greenhouses, Lansing, MI
- 1 bunch Basil, Twin Sprouts Farm, Lansing, MI
- 1/2 lb Cherry Tomatoes, Hillcrest Farms, Eaton Rapids, MI
- 1 lb Heirloom Tomatoes, Wildflower Eco Farm, Bath, MI
- 1 lb. Potatoes, Wildflower Eco Farm, Bath, MI

### Meat Add-on:

- 1 lb. Ground Beef Patties, Heffron Farms, Charlotte, MI

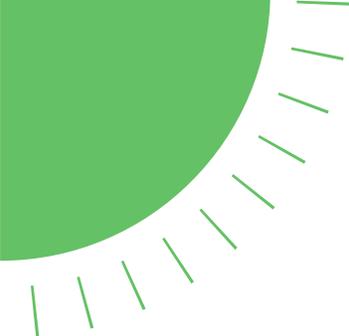
### Egg Add-on:

- 1 dzn. large Brown Eggs, Grazing Fields, Charlotte, MI

### Coffee Add-on:

- 1 lb Guatemala Antigua, Rist Belt Roastery, Lansing, MI





# RECIPES OF THE WEEK

## TOMATO-BASIL CHICKEN

ADAPTED FROM MENU MUSINGS

### Ingredients

- 2 chicken breasts
- kosher salt and black pepper
- 2 Tbsp extra virgin olive oil
- 2 cups chopped fresh tomatoes
- 2 tsp minced garlic
- 4 Tbsp cold butter
- 1/2 cup fresh basil, chopped
- Grated Parmesan cheese, for garnish
- Your favorite pasta, cooked and drained

Season the chicken breasts with kosher salt and fresh cracked black pepper. Add the extra virgin olive oil to your skillet. This may seem like quite a bit, but it will form the base for the sauce. Begin boiling the pasta of your choice. When the oil is HOT, add the chicken breasts. If the oil does not start sizzling immediately, then its not hot enough! Adding meat to cold/cool oil will give you greasy meat. Cook the chicken on each side for 4-5 minutes, or until completely cooked through. After the chicken is cooked, add the tomatoes, basil, garlic, and cold butter into the pan with the chicken. Saute everything together thoroughly. Season the sauce with more salt, pepper, or Italian seasoning, if desired. Serve over your favorite pasta once that has finished cooking also. Add parmesan cheese on top and enjoy immediately.

## BRAISED KALE WITH CHERRY TOMATOES

ADAPTED FROM MAYO CLINIC

### Ingredients

- 2 teaspoons extra-virgin olive oil
- 4 garlic cloves, thinly sliced
- 1 pound kale, tough stems removed and leaves coarsely chopped
- 1/2 cup vegetable stock
- 1 cup cherry tomatoes, halved
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon tamari sauce
- crushed red pepper to taste

In a large frying pan, heat the olive oil over medium heat. Add the garlic and saute until lightly golden, 1 to 2 minutes. Stir in the kale and vegetable stock. Cover, reduce the heat to medium-low, and cook until the kale is wilted and some of the liquid has evaporated, about 5 minutes.

Stir in the tomatoes and cook uncovered until the kale is tender, 5 to 7 minutes longer. Remove from the heat and stir in the lemon juice, salt and pepper. Serve immediately. Makes 4 servings.

### Nutritional analysis per serving

Total fat 3 g	Calories 93
Protein 4 g	Cholesterol 0 mg
Total carbohydrate 15 g	Dietary fiber 3 g
Monounsaturated fat 2 g	Saturated fat 0 g
Sodium 90 mg	

## BREAKFAST POTATOES

ADAPTED FROM ST. LOUIS COOKS

### Ingredients

- 2 cups potatoes, peeled and diced small
- 6 heaping Tbsp small diced red bell pepper
- 4 heaping Tbsp small diced red onion
- 4 Tbsp butter
- garlic powder
- salt & pepper
- 2-4 pinches of fresh chopped parsley

In a saute pan, over medium heat, add in the butter, potatoes, peppers and onions. Season with salt and pepper and a little garlic powder. Cook until the potatoes are fork tender then crank the heat just a bit to crisp up the potatoes a bit. Turn off the heat and stir in the parsley. Serve immediately.