



# Veggie Box Newsletter

Week 13 | September 8

What do United States Senator Bernie Sanders and three-time Grammy winning singer-songwriter Pink have in common? Today's their birthday! Treat today like your birthday and let this week's veggie box be our gift to you! Speaking of gifts, if you've got a hard to shop for loved one, consider signing them up for our 8 week Winter Veggie Box! It's the perfect gift for for anyone who loves food and wants fresh, locally produced fruits and vegetables throughout the winter! We have a link to sign up at our website ([allenmarketplace.org](http://allenmarketplace.org)) and we have sign up packets at pickup and have included one with the deliveries today! If you have any questions, just ask, we love talking about Veggie Box!!

## What's in the Box?

**Rainbow Carrots**, CBI's *Giving Tree Farm*, Lansing  
**Orange Tomato**, *Swallowtail Farm*, Mason  
**Raspberries**, *Smith Floral & Greenhouse*, Lansing  
**Cherry Tomatoes**, *Ten Hens Farm*, Bath  
**Corn**, *Tomac Pumpkin Patch*, Chesaning  
**Paula Red Apples**, *Phillip's Orchard and Cider Mill*, St Johns  
**Leek**, CBI's *Giving Tree Farm*, Lansing  
**Thyme**, *Smith Floral & Greenhouse*, Lansing  
**Lunchbox Peppers**, *Swallowtail Farm*, Mason  
**Kale**, *Titus Farms*, Leslie

### Add Ons

**Meat Variety: Chicken Leg and Thigh**, *Stone E River Ranch*, Eagle  
**Chicken: Whole Chicken**, *Stone E River Ranch*, Eagle  
**Beef: Ground Beef**, *Heffron Farms*, Belding  
**Pork: Pork Breakfast Sausage Patties**, *Grazing Fields*, Charlotte  
**Eggs**: *Grazing Fields*, Charlotte  
**Bread**: *Stone Circle Bakehouse*, Holt  
**Coffee**: *Rust Belt Roastery*, Lansing  
**Beans**:



## Producer Spotlight: Grazing Fields

Grazing Fields is a Michigan, multi-farm cooperative and wholesaler of natural free-range brown eggs, meats and dairy. Based out of Charlotte, they've been delivering great products to Mid and Southeast Michigan Grocery stores and restaurants every week since 1997. With a focus on being local, natural, and sustainable, Grazing Fields offers zero antibiotic hand harvested eggs, and hormone and antibiotic free meats and dairy products.



## Crop Profile: Leek

As a cousin to the onion, leeks offer a similar but more subtle taste when used in your kitchen. Leeks have been cultivated since the time of Ancient Egyptians and have been regarded as a superior vegetable throughout history. Associated with anything from improving your singing voice and purging your blood, to curing nosebleeds, the leek is commonly viewed as a healthy and virtuous plant. According to an old Welsh legend, St. David advised the Britons to wear leeks in their helmets as a clever way to distinguish themselves from an enemy army on the battlefield. They emerged victorious and to this day Welsh Guardsmen wear a special green and white plume in their helmets as a tribute. If you don't want to wear them on your head, you can use leeks in place of an onion in most roasts and stews to add a dose of vitamins A, B, and K, magnesium, and dietary fiber.

# Weekly Recipes

## Braised Rainbow Carrots with Leeks

*adapted from foodnetwork.com*

- 1 Bunch rainbow carrots
- 1 large leek, halved lengthwise and cut into 1 1/2 inch pieces
- 2 Tbsp Butter or vegan equivalent
- Kosher Salt
- 1 tsp finely grated lemon zest
- 2 I kale leaves, stem removed, massaged, chopped
- 1/2 tsp freshly grated nutmeg
- 1/2 cup chopped thyme (can be mixed with tarragon, or basil)
- 1 Tbsp fresh lemon juice

Trim the tops of the carrots but do not peel. Cut in half lengthwise. Melt butter in a wide pot over medium heat. Add leeks 1/4 tsp salt and toss to coat. Cover and cook for 8 minutes, stirring occasionally until tender. Add carrots, kale, zest, nutmeg, 1/2 tsp salt, 1/4 tsp pepper, and 1/2 cup water. Cover and cook for 15 to 20 minutes stirring occasionally. Add half of the herbs, lemon juice, salt and pepper to taste, then toss. Transfer vegetables to a platter and top with remaining herbs.

## Loaded Lunchbox Pepper Poppers

- 6 Lunchbox peppers, halved lengthwise, stem intact
- 2 Tbsp Butter or vegan equivalent
- 1 bunch green onion, including greens thinly sliced
- 2 1/2 cups kernels from 4 ears of corn
- 2 tomatoes, peeled, seeded, and diced
- 1 cup grated cheddar cheese or vegan equivalent
- 2 tbsp finely sliced thyme
- 2/3 fresh bread crumbs
- salt and pepper
- paprika

Preheat the oven to 375. Lightly butter a baking dish just large enough to hold the peppers.

Melt butter in a large skillet. Add green onions, corn, and tomatoes while cooking for 3 minutes over medium heat. Turn off the heat and stir in cheese, thyme, and 1/2 of the bread crumbs. Season with salt and pepper.

Fill pepper halves with mixture and top with remaining bread crumbs. Set them in the prepared dish, add a few tbsp of water, and cover. Bake for about 25 minutes until corn is hot and peppers are cooked. Uncover and brown the tops under the broiler adding more cheese to taste. Dust with paprika and serve warm.

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

Why does every recipe insist on wasting the outer green part of a leek? Is the green top edible? What can I do with it?

- leek greens are actually used to wrap herbs for braises: it's called a "bouquet garni"
- they're great when pureed with garlic, olive oil and other fresh herbs of your choice like curly parsley and or marjoram, into a pesto or chimichurri-esque sauce. you can add some lemon juice or a touch of sherry vinegar to brighten it up.
- mince them very finely and use as garnish on clear soups where the heat of the broth will soften them and release their fragrance.
- use them as a bed for fish "en papillote" style in the oven

How about a little savory with that sweet?

Sometimes when I am feeling adventurous, I like to think outside of the sweet rule...how about some thyme with your raspberries? It sounds exciting to me! I like to experiment with different flavors crossing the lines of sweet into savory. Making a sauce to go on fish with thyme and raspberry or how about a basil and strawberry for your pork. Think about an apple compote- using the apples to compliment the garlic and onions sounds strange but it is amazing. The basic compote uses apples (I like a pear in there too), onions, garlic, salt, pepper and raisins. I like to rummage through the cabinet and toss in some dates or a couple of dried figs. Don't be shy about having robust flavors..you might find something you really enjoy!