

ALLEN MARKET PLACE VEGGIE BOX

We hope you enjoy the first September Veggie Box!

This week's beginning-of-Autumn harvest brings you collards, cherry tomatoes, rosemary, sweet banana peppers, sweet corn, and red beets.

PRODUCER SPOTLIGHT: HILLCREST FARMS

Hillcrest Farms is a four season farm in Eaton Rapids that offers an extensive selection of fresh produce. Owner, Mark Kastner, started farming in 2008 after gaining inspiration from his grandmother, a fantastic chef and farmer with whom he spent summers with as a child. Nowadays, he is known around town for his deliciously unique spinach and salad mix, as well as for the impeccable quality of the rest of his produce. Kastner utilizes strictly organic farming practices to ensure that all of his products are of the highest quality. Try one of his famous salsa kits! You can catch Kastner at many of the area's local farmer's markets, or contact him directly for year-round produce.

CROP PROFILE:

Belonging to the Labiateae family, rosemary grows on a small evergreen shrub and has dark, green leaves that resemble pine needles. Native to the Mediterranean, rosemary has spread in popularity across Europe and the Americas, becoming a vital component to many savory dishes. Rosemary was traditionally used to help alleviate muscle pain, improve memory, boost the immune and circulatory system, and promote hair growth. It contains large amounts of calcium, B6, vitamin A, and iron. Rosemary is best kept in the refrigerator, wrapped in a slightly damp paper towel. Another option is to place a few sprigs in an ice cube tray, cover with stock or water, and freeze for later use in soups or sauces.

ROSEMARY

WHAT'S IN THE BOX THIS WEEK?

-1 bunch Collards, Twin Sprouts Farm, Lansing, MI

-1/2 lb. Sungold Cherry Tomatoes, Hillcrest Farms, Eaton Rapids, MI

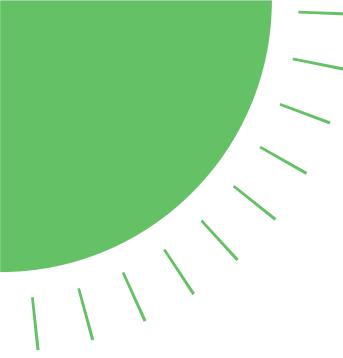
-2 oz. Rosemary, CBI's Giving Trees Farm, Lansing, MI

-1/2 lb. Sweet Banana Peppers, Hillcrest Farms, Eaton Rapids, MI

-8 ears of Sweet Corn, Country Mill Farms, Charlotte, MI

-2 lbs. Red Beets, CBI's Giving Tree Farm, Lansing, MI





RECIPES OF THE WEEK

SWEET CORN SALSA

ADAPTED FROM NAMELY MARLY

Ingredients

- 3 ears of fresh corn, still in the husk
- 2 teaspoons fresh jalapeños, finely chopped (and rinsed to remove seeds)
- $\frac{1}{4}$ cup red onion, minced
- $\frac{1}{4}$ cup fresh cilantro, chopped (or if you're not into cilantro, try fresh parsley)
- Juice from one lime
- $\frac{1}{2}$ teaspoon sea salt

Place the 3 ears of corn, still in the husk, in the microwave and cook for 12 minutes. That may sound crazy, but trust us, it works. When the time is up, remove the ears of corn from the microwave (be sure to wear gloves to protect your hands from getting burned). Place the hot ears of corn on a cutting board. Chop off the bottom of the corn, and then use your gloved hands to press the corn out of the husk from the other end. No silk! Do this to all 3 ears and then allow them to sit on the cutting board to cool. Use a serrated knife to shave off the corn from each ear. Place the corn in a dish and add the finely chopped jalapeños, red onion, and chopped cilantro. Then squeeze the juice from one lime, add the salt and stir until well-combined.

SLOW-COOKER ROSEMARY CHICKEN

ADAPTED FROM ERIN CHASE

Ingredients

- 3 rosemary sprigs
- 2 pounds bone-in chicken thighs
- 6 small red potatoes, quartered
- 1 small yellow onion, diced
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon garlic powder
- Salt and pepper
- 1 pound green beans, stems removed
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- Using a sharp knife, crush the leaves of the rosemary sprig to release its aromatic oils as it cooks. Place the crushed rosemary sprigs around the edges of the bottom of a 5-quart or larger slow cooker. Arrange the raw chicken thighs in the bottom of the slow cooker. Spread the potatoes over the top of the chicken. Drizzle the olive oil over the top of the chicken and potatoes, and season with the garlic powder, salt and pepper. Set the slow cooker on low and cook for 8 hours. When there is 1 hour remaining in the cooking cycle, place the green beans on top of the chicken and potatoes to steam. Complete the cooking cycle and serve immediately alongside potatoes or rice. This is a great option for those who work all day and want to come home to a freshly prepared meal.

STUFFED BANANA PEPPERS

ADAPTED FROM DEBBIE-DEBBIEDOOS

Ingredients

- 2 cups of grated parmesan cheese {any kind your taste buds prefer}
- 1 Cup of Bread crumbs
- 1 cup of Blue cheese
- 1 cup of extra virgin olive oil
- 3 T garlic minced
- 1 T Crushed red pepper {optional}
- Provolone

Mix all of the above ingredients in a large bowl. Using rubber gloves stuff the peppers. Again, DO not forget to de seed and clean out the inside. Top with provolone and Bake at 450 degrees until the cheese is lightly browned, NOT burned. Ovens vary so just be sure to watch but it roughly takes around 20 minutes. Once removed from oven let stand for a few minutes and slice a few to make pieces.