

# ALLEN MARKET PLACE VEGGIE BOX

We hope everyone enjoyed their long holiday weekend! This week, we bring you a rainbow-esque mix of produce. If you're feeling creative, check out our new featured recipe!

## PRODUCER SPOTLIGHT: THE COUNTRY MILL

The Tennes family has been farming their 120 acre orchard in Charlotte, MI for 42 years. They are one of only a few certified organic apple growers in Michigan. Working closely with Michigan State University researchers has allowed the Tennes family to experiment with various all-natural, environmentally-friendly growing methods to produce the highest quality fruit in the area. They are famous around Mid-Michigan for their juicy blueberries, peaches, and sweet cherries. The Country Mill's hard work and continuous dedication has transformed the farm into one of the most popular fall attractions in Mid-Michigan. Stop by for freshly baked donuts, organic apples, and homemade apple cider!

## CROP PROFILE:

SAGE

Salvia officinalis, more commonly known as Sage, is a perennial that is closely related to rosemary and mint. Sage is known for its natural antiseptic, preservative and bacteria-killing abilities in meat. Volatile oils (distilled from the blossoms) contain many phenolic flavonoids which can be easily absorbed into the body. Medicinally used for muscle aches, rheumatism, and aromatherapy, these oils also contain ketones which enhance mental clarity and upgrade memory. This knowledge has been extremely useful in treating cognitive decline and patients suffering from Alzheimer's. In fact, sage, made into a drink from the leaves, has been called the "thinker's tea" and even helps ease depression. Sage can be found three ways: fresh, ground, and "rubbed." While dried sage keeps for a long time, its nutritional properties do decrease with age. Try it fresh in breads, stews, stuffing, or with your favorite meat dish!

## WHAT'S IN THE BOX THIS WEEK?

- 1 lb. Heirloom Tomatoes, Wildflower Eco Farm, Bath, MI
- 1/2 lb. Jalapeno Peppers, Hillcrest Farms, Eaton Rapids, MI
- 1 bunch Sage, Twin Sprouts Farm, Lansing, MI
- 2 Sweet Italian Long Peppers, Smith & Floral Greenhouses, Lansing, MI
- 1 bunch Swiss Chard, Twin Sprouts Farms, Lansing, MI
- 1 lb. Red-Gold Potatoes, Wildflower Eco Farm, Bath, MI

### Meat Add-on:

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

### Egg Add-on:

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

### Coffee Add-on:

- 1 lb. of Mexico Chiapas & 1 lb. Columbia Excelso, Bloom Coffee Roasters, Lansing, MI





# RECIPES OF THE WEEK

THINK OUTSIDE THE VEGGIE BOX!  
TIRED OF THE SAME OL' TYPES OF FOOD?  
LOOK NO FURTHER! OUR NEW FEATURE IS HERE TO STIMULATE  
YOUR CREATIVE SIDE, GASTRONOMICALLY, OF COURSE.

## JALAPENO CORNBREAD

ADAPTED FROM CLOSET COOKING

### Ingredients

- 1 cup buttermilk (or milk)
- 1/4 cup oil, butter or bacon grease
- 2 eggs
- 1 cup cornmeal
- 1 cup all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 2 jalapeno peppers, seeded and finely diced

Preheat your oven to 375 degrees fahrenheit. In a large bowl, whisk the buttermilk, oil and eggs. In a separate bowl, combine the cornmeal, flour, baking powder, baking soda and salt. Mix the dry ingredients into the wet, and add in the jalapeno peppers. Pour the entire mixture into a greased 9x5 inch loaf pan and bake for 30-40 minutes, or until a toothpick pushed in the center comes out clean. Serve with butter or enjoy on its own.

## MUHAMMARA (SYRIAN RED PEPPER AND WALNUT DIP)

### Ingredients (Adapted from 101 Cookbooks)

- 1 tablespoon crushed red pepper flakes or 1 small red chile
- 1/2 teaspoon ground cumin
- 3/4 cup walnuts, toasted
- 1/4 cup whole-grain bread crumbs
- 1/4 cup extra-virgin olive oil, plus more to serve
- 2 tablespoons pomegranate molasses
- 1/4 cup tomato paste
- 2 to 3 roasted red peppers
- 1/2 to 1 cup warm water
- 1/2 teaspoon fine-grain sea salt

- Using a food processor, puree the chile flakes, cumin, most of the walnuts, bread crumbs, olive oil, pomegranate molasses, tomato paste, and red peppers to a smooth, even consistency. Mix in the warm water
- in increments to achieve an easily spreadable consistency. If you're going to use it for dipping, you might want to leave it a touch thicker.
- Stir in the salt and adjust the seasonings if needed. Serve topped with torn basil, the remaining walnuts, and a thick thread of olive oil. Pro tip: roast this week's red peppers over a gas burner, on the grill, or under the broiler. Also, pomegranate molasses is available at Woody's Oasis in Jerusalem, Bakery of American International Bulk Food.

SAGE  
ADAPTED FROM KEVIN AND AMANDA

### Ingredients

- 2 boneless, skinless chicken breasts
- salt and pepper
- 1/2 cup fresh sage leaves
- 2 tablespoons butter

Cut chicken into bite-sized pieces (about 1-inch cubes), season generously with salt and pepper. Melt butter in a large, nonstick skillet over medium-high heat. When butter turns brown and fragrant, add the chicken in a single layer and arrange sage over the chicken. Set the timer for five minutes. Cook the chicken on one side without moving for 2 minutes and 30 seconds until golden brown. Stir and toss chicken and sage, making sure to coat all in brown butter, then flip the chicken to the other side and cook for the remainder of the time. Serve with your favorite side dish, make quesadillas, or add to pasta.