



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: PECKHAM FARMS

Peckham Farms, a project of Peckham Inc., is a 10 acre farm located in Lansing, MI. Peckham Inc. is a non-profit organization that specializes in providing rehabilitation and vocational training for those with disabilities and other employment barriers. While their projects range from manufacturing to call centers, their employees have reached great success through their work. The farm uses Integrated Pest Management (IPM), emphasizing common sense practices, scientific concepts and natural techniques to control pests without using harmful chemicals. Peckham Farms now specializes raspberries, strawberries, tomatoes, and a wide variety of vegetables. They also have built over one acre of headed and passively heated greenhouse space to keep their operation going year-round.

CROP PROFILE:

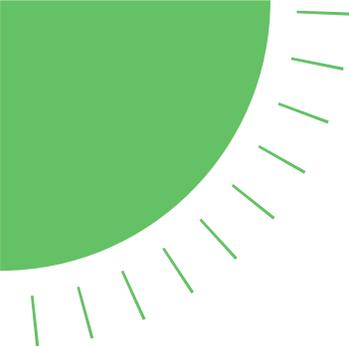
Apples are a delicious, and also very healthy, autumn fruit. "An apple a day keeps the doctor away," stems from apples' high fiber and vitamin C content. Both nutrients, when eaten regularly, can work to fix many common ailments. Also, an apple won't replace your toothbrush, but biting and chewing an apple stimulates the production of saliva in your mouth, reducing tooth decay by lowering the levels of bacteria. Scientists from the American Association for Cancer Research, among others, agree that the consumption of flavonol-rich apples could also help reduce your risk of developing pancreatic cancer by up to 23%. Apples are wonderful raw, baked, in salads, dehydrated, jammed, or baked into a pie.

APPLES

WHAT'S IN THE BOX THIS WEEK?

- 2 bunch Kale, CBI's Giving Tree Farm, Lansing, MI
- 18 Macintosh Apples, The Country Mill, Charlotte, MI
- 1 bunch Rosemary, CBI's Giving Tree Farm, Lansing, MI
- 1/2 lb Sungold Cherry Tomatoes, Hillcrest Farms, Eaton Rapids, MI
- 6 Peppadew Peppers, Dennis Propst, Leslie, MI
- Meat Add-on:
-1 lb. Ground Beef Patties, Heffron Farms, Charlotte, MI





RECIPES OF THE WEEK

ALL IN THE VEGGIE BOX KALE SALAD JOHN MCCARTHY

Ingredients

For the vinaigrette:

- 1/3 cup balsamic vinegar
- 1 tablespoon Dijon mustard
- 1 small garlic clove
- 1 teaspoon fresh lemon juice
- 1 tablespoon fresh rosemary leaves
- honey to taste
- 1/2 teaspoon coarse salt
- 1/4 teaspoon ground pepper
- 1/2 cup extra-virgin olive oil

In a blender, add all ingredients except the olive oil and blend. Gently stream the olive oil into the blender while it is running to create an emulsion.

For the rest of the recipe, chiffonade the kale, thinly slice or dice the peppers, shallot, and apple and toss. The kale will start to break down slightly with time or enjoy it right away.

APPLE CRISP

ADAPTED FROM DELICIOUSLY ORGANIZED

Ingredients

For the filling:

- About 4 cups of peeled and sliced apples (or enough to fill the dish you are using)
- 1/2 cup sugar
- 1 tbsp flour
- 1/2 tsp. cinnamon

For the topping:

- 1/2 cup oatmeal
- 1/2 cup brown sugar
- 1/2 cup flour
- 1/4 cup butter
- 1/8 tsp baking powder
- 1/8 tsp baking soda

Preheat your oven to 375 degrees fahrenheit. Toss the apples with the white sugar, flour, and cinnamon. Make sure each apple is completely coated. Add the coated apples to a greased pie pan. Combine all of the ingredients for the topping of your apple crisp. Sprinkle the contents over apples, making sure the mixture is spread evenly. Bake the apple crisp for 40 minutes. Serve with ice cream or whip cream and enjoy!

HOW TO: DRY YOUR OWN ROSEMARY

ADAPTED FROM MY SWEET MISSION

Steps:

- 1. First, rinse and air-dry the rosemary you intend to dry.
- 2. Cover a microwavable plate with paper towel. Place a small amount of rosemary evenly around the plate.
- 3. Place in a microwave and cook on high power for 30 seconds, toss the rosemary and place it back in the microwave. Repeat this process every 30 seconds, until the rosemary is brittle and crumbly. This should take approximately 2-4 minutes, depending on the amount of rosemary you're drying.
- 4. Allow to cool and crush the dried rosemary or store the leaves and crush when needed. Store in a cool dark place in an airtight container, like a mason jar or a ziplock bag with the date on it. Dried rosemary will keep for 1-3 years!