Let's enjoy this wave of heat while it lasts! We're nearing the end of tomato season, so take some time to cherry-ish it with the cherry tomatoes from Ten Hens Farms. Don't forget to sign up for the Fall Box running from November 3 to December 22, as our current Veggie Box moves into the last couple of weeks.

**What's in the Box?**

Green Pepper, Ubwandale Farm, Lansing  
Swiss Chard, Hunter Park Garden House, Lansing  
Sun Spot Squash, Tomac Pumpkin Patch, Chesaning  
Apples, Phillips Orchards & Cider Mill, St. John  
Cherry Tomatoes, Ten Hens Farm, Bath  
Red Radishes, Ten Hens Farm, Bath  
Eggplant, Peckham Farms, Lansing  
Lettuce Salad Mix, Smith Floral & Greenhouse, Lansing

**Add-Ons:**  
Bread: Stone Circle Bakery, Holt  
Meat Variety: Ground Beef, Grazing Field, Charlotte  
Chicken: Stone E River Ranch  
Pork: Grazing Fields, Charlotte  
Beef: Heffron Farm, Belding  
Cheese: Hickory Knoll Creamery, Onondaga  
Pie: Glory Bee Sweet Treats, Mason  
Dry Beans: Ferris Organics, Eaton Rapids  
Eggs: Grazing Fields, Charlotte

**Producer Spotlight:**

The Hunter Park GardenHouse, a project of Allen Neighborhood Center, is a hub for year-round farm & garden education, where neighbors volunteer to grow food, flowers, and community, and youth develop job and life skills in service to the neighborhood. Launched in May 2008, the GardenHouse was part of a 9-point plan to improve Hunter Park, along with the walking path and the Hunter Park Pool you can find in the park today.

Since 2008, the Hunter Park GardenHouse has empowered neighbors to grow, prepare, and eat healthy food to better their health and become better connected with the community. They are open 6 days a week, and offer a wide assortment of programs, including gardening workshops, a multi season CSA, and youth education programs.

**Crop Profile: Swiss Chard**

Native to the Mediterranean region, Swiss chard is one of the most nutritious vegetables around, ranking second only to spinach in many studies of nutrient richness. Containing at least 13 different antioxidants, eating Swiss chard can help your body regulate blood sugar and reduce inflammation. Aside from multiple health benefits, Swiss chard is simply delicious! When boiled, braised, juiced, steamed, or sautéed, chard leaves have a wonderfully rich flavor while the stems may be slightly sweeter. The plant is a derivative of the beet, so you may find it tastes similar to beet greens or spinach.
Weekly Recipes

Cherry Tomato Sofrito
9 cloves garlic
1/2 C extra virgin olive oil
4 1/3 cups onion, finely chopped
3/4 tsp dried thyme
3/4 tsp dried rosemary
1/2 dried bay leaf
1 C finely diced cherry tomatoes
1/2 tsp salt

Using a small handheld blender or food processor process the garlic to a paste. Heat the oil in a saucepan over medium heat. Fry the garlic paste until browned. Pulse the onion in a blender and add to the pan with the garlic. Add the thyme, rosemary, and bay leaf, then simmer the mixture stirring frequently until the onion has browned. Add most of the tomatoes and cook for thirty minutes. Add the remaining tomato, cook for an additional 30 minutes. Season with salt and pepper to taste.

What can I do with eggplant?
Eggplant is one of those tricky things, it takes some experience with it to prepare the way that you like it. Some methods include salting the cut eggplant which draws the bitter moisture out of the slices. I will salt eggplant when grilling or frying but in other cooking, I will just skip this. The slices can be breaded with flour, egg-wash, breadcrumb and pan fried in oil- be sure to drain and then put a slice of mozzarella and some Parmesan, yum! Another way to eat eggplant is as baba ghanoush, roasting the entire fruit (yes its technically a fruit) in the oven or on a slow grill. The time that I do not usually salt the eggplant is when using in a curry or stew. I will cube the eggplant and slightly caramelize before adding to the pot. Try different things, you may come up with something great!

Tomatoes, Eggplant & Chard Gratin
1 medium eggplant
sea salt
2 tbsp olive oil, plus more for eggplant
1 small finely diced onion
1 lb chard leaves, chopped
freshly ground black pepper
several large basil leaves, torn
1 pint cherry tomatoes, cut in half
4 oz fresh mozzarella cheese, sliced
1 cup fresh bread crumbs

Slice the eggplants into rounds that are about 1/2-inch thick. Heat a large skillet over medium-high heat. Toss eggplant slices with olive oil and cook for about 6 minutes or until a bit charred. Flip and repeat. Remove from skillet and set aside. Heat 1 tbsp olive oil in a wide skillet over medium heat. Add the onion and cook for 3 minutes, stirring occasionally. Add the chard and a bit of salt. Cover and cook until the chard is wilted, about 3-4 minutes. Heat the oven to 350. Cover a gratin dish with half the eggplant slices. Season with salt and pepper. Add the basil and half the tomato slices. Top with half the mozzarella. Scatter the chard over the cheese. Layer the remaining eggplant, tomatoes and cheese. Toss the breadcrumbs with the remaining tbsp of olive oil. Sprinkle over the top of the gratin. Bake until bubbly, about 35 minutes. Let set for 10 minutes before serving.

Pasta with Swiss Chard
1 large sweet onion, coarsely chopped
Olive oil
Small to medium bunch of Swiss chard, leaves torn into large pieces and stalk finely chopped
6-8 ounces Greek style feta cheese
6-8 ounces pasta

1. Saute onion until soft, but not browned. Add Swiss chard and cover. Cook, stirring occasionally, until cooked down.
2. Meanwhile cook pasta until al dente.
3. Add feta cubes or crumbles to chard mixture and stir until completely melted. Add to drained pasta and stir to combine.

Facebook @AllenMarketPlace