

ALLEN MARKET PLACE VEGGIE BOX

Michigan squash has hit the market. Autumn has arrived and brought many of our favorites with it, squash and potatoes to start. We enjoyed working with our farmers to bring you the bountiful fall delight this week!

PRODUCER SPOTLIGHT: RUST BELT ROASTERY

After falling in love over a cup of coffee in Baja, Mexico, Paul and Emily Nichols began their search for their own coffee bean roaster. The couple eventually discovered their antique Italian roaster and immediately began making magic. They roast their coffee beans with hardwood, yielding a deeply rich, unique, and delicious coffee flavor. Paul and Emily also have a strict policy on only purchasing beans that have been grown in humane and environmentally sustainable conditions. They are regulars at many area Farmer's Markets, offering cold-brews, coffee beans, and even their own organic chocolate!

CROP PROFILE:

Delicata squash is a winter squash described as cylindrical fruits, which are cream-colored with green stripes. As the name suggests, it has characteristically a delicate skin that results in a shorter shelf life than other more tough skinned squash. It is also known as peanut squash, Bohemian squash, or sweet potato squash. Although consumed mature as a winter squash, delicata squash belongs to the same species as all types of summer squash in the US.

Delicata squash can be prepared by baking, steaming, microwaving or sauteing. The squash can also be stuffed with meats or grains and baked. It is a good source of dietary fiber and potassium, as well as smaller amounts of vitamins C and B, magnesium, and manganese.

DELICATA SQUASH

WHAT'S IN THE BOX THIS WEEK?

- 1 Delicata Squash
- Tomac Pumpkin, Chesaning
- 1 bunch Italian Parsley
CBI's Giving Tree Farm, Lansing
- 1.5# LaRatte Fingerling
Potato
Wildflower Eco Farm, Bath
- 2 ea Sweet Banana Pepper
Hillcrest Farms, Eaton Rapids
- 1 bunch Swiss Chard
Twin Sprout Farm, Lansing
- 2# Tomato
Lansing Roots, Lansing

Meat Add-On:

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

Egg Add-on:

- 1 dz large Brown Eggs,
Grazing Fields, Charlotte

Coffee Add-on:

- 1 lb Ethiopia Yirga Cheffe
Buufeta Konga, Rust Belt
Roastery, Lansing



RECIPES OF THE WEEK

DELICATA SQUASH SALAD WITH KALE AND CRANBERRY BEANS ADAPTED FROM MARTHA STEWART

GALETTES DU LARATTE

TRANSLATED FROM AUDINETTE

Ingredients

1.5# LaRatte potatoes
10 oz Gouda
2 eggs
7 oz flour
3 cloves garlic
1/2 bunch parsley

Peel, grate, and rinse potatoes and place in a large bowl. Grate cheese and garlic and add to the potatoes. Add the flour and chopped parsley to the potatoes. In a small bowl, beat the eggs and add to the potato mixture. Add salt and pepper to taste. Mix well and when the mixture is combined, form galettes. In a skillet, heat a light oil (such as safflower or vegetable) with a pat of butter and cook the galettes until a light crisp forms then turn and repeat on the other side. Place galettes on a paper towel to drain excess oil.

Galettes are similar to potato pancakes and can be used in a variety of applications, sweet and savory. This recipe can be a base for either; adding more herbs or topping with crème fraîche for the savory and making a compote or jam for the sweet.



Ingredients

- 1 delicata squash
- 1 tablespoon olive oil
- 1 tablespoons balsamic vinegar
- 1 tablespoons honey
- 1/2 bunch kale, cut into 1-inch pieces
- 1 small shallot, finely chopped
- 1 garlic clove, minced
- 2 teaspoons red-wine vinegar
- 1/2 teaspoon coarse salt
- Freshly ground pepper
- 8 oz cooked cranberry or cannellini beans, drained and rinsed
- Preheat oven to 400 degrees. Cut squashes into 1/2-inch-thick semicircles. Toss with 1 teaspoon oil, and spread onto a parchment-lined baking sheet. Bake until just tender, 15 to 18 minutes. Mix together balsamic vinegar and honey. Brush some of the mixture onto squash slices; reserve remaining mixture. Bake for 5 minutes more.
- Meanwhile, place kale in a large bowl. Heat remaining tablespoon oil in a small saucepan over medium heat. Add shallot and garlic, and cook until slightly softened, about 4 minutes. Add red-wine vinegar and remaining vinegar-honey mixture to saucepan, and bring to a boil. Immediately pour hot dressing over kale, and sprinkle with salt. Season with pepper. Add squash and beans. Cover with plastic, and let stand for 5 minutes. Toss until kale wilts slightly. Serve warm or at room temperature.

CHIMICHURRI SAUCE ADAPTED FROM EPICURIUS

Ingredients

- Chimichurri or chimmichurri is a green sauce used for grilled meat, originally from the Rio de la Plata, Argentina. You can also put it on potatoes, rice, home fries, or pasta.
- 1 cup (packed) fresh Italian parsley
- 1/2 cup olive oil
- 1/3 cup red wine vinegar
- 1/4 cup (packed) fresh cilantro
- 2 garlic cloves, peeled
- 3/4 teaspoon dried crushed red pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- Puree all ingredients in processor. Transfer to bowl. (Can be made 2 hours ahead. Cover and let stand at room temperature.)