

# 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:

### APPLESCHRAM ORGANIC ORCHARD

AppleSchram Organic Orchard is a diverse farm out of Charlotte, MI. Owner, Jane Bush (yes, she also owns Grazing Fields Egg Cooperative!), has dedicated 15 acres to an apple and pear orchard, 10 acres to pasturing land, and 5 acres to growing various vegetables. On her pasturing land she farrows and raises heirloom Duroc hogs, as well as cornish cross-broilers (chickens). While best known for their delicious, all-natural specialty pork cuts and homemade sausage, Jane and her family also produce their own apple cider, apple butter, and applesauce. AppleSchram is a regular at many of the area's local farmer's markets, as well as many Mid-Michigan health food stores.

## CROP PROFILE:

Spaghetti Squash is the do-it-all fall vegetable! Harvested at their peak in early fall spaghetti squash can be used in a multitude of ways. The orange and yellow hard outer shell shows the vegetables high beta-carotene level. While the soft insides bear large seeds that can be roasted like pumpkin seeds. Spaghetti squash is low in calories and carbohydrates, but still contains many essential nutrients such as potassium and vitamin A. These squash can be baked, boiled or steamed. Due to the squash's pasta-like texture, a popular preparation method is to bake it and use as a noodle substitute. Spaghetti squash has become a regular ingredient in many gluten-free traditional pasta dishes!

MINI SPAGHETTI SQUASH

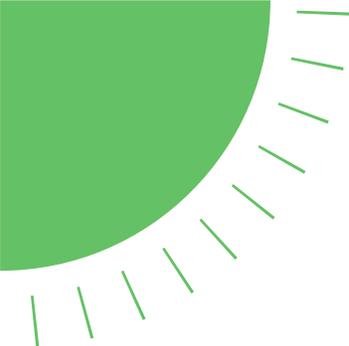
## WHAT'S IN THE BOX THIS WEEK?

- 1/2# Jalapeno Peppers, Lansing Roots, Lansing, MI
- 1 Mini Spaghetti Squash, Tomac Pumpkins, Chesaning, MI
- 1 1/4# Yellow Onions, Hillcrest Farms, Eaton Rapids, MI
- 1 pint Raspberries, Smith Floral and Greenhouses, Lansing, MI
- 1 head of Romaine lettuce, Hillcrest Farms, Eaton Rapids, MI
- 1 bunch Spearmint, Twin Sprouts Farm, Lansing, MI

### Meat Add-on:

- 1# Pork Chops, AppleSchram, Charlotte, MI





# RECIPES OF THE WEEK

## RASPBERRY-JALAPEÑO JELLY ADAPTED FROM BAKERETTE

### Ingredients

- 1/2 cup, finely chopped green bell pepper
- 1 cup fresh raspberries
- 5 jalapeno peppers
- 3 cups sugar
- 3/4 cup cider vinegar
- 3 ounces pectin
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- Prep your veggies by seeding the green pepper and jalapeños (make sure not to touch your eyes!). Finely chop the jalapeños. Wash raspberries and crush with a potato masher. In a large saucepan, mix together raspberries, green peppers, jalapeños,
- sugar, and vinegar and bring to boil. Continue boiling for 1
- minute. Remove from heat and let cool for approximately 5
- minutes. Stir in pectin and remove large chunks of peppers (if
- desired, strain mixture through a fine strainer). Pour into sterilized
- jars. Cover tightly and store in a cool place for up to 6 months. The
- longer you store the jelly, the longer the flavors meld together,
- yielding a fantastically sweet and spicy flavor. Try your
- raspberry jalapeño jelly with cream cheese and crackers!

## HOW TO COOK SPAGHETTI SQUASH (THAT ACTUALLY LOOKS LIKE SPAGHETTI) ADAPTED FROM EAT WITHIN YOUR MEANS

### Ingredients

- 1 spaghetti squash

Preheat your oven to 375 degrees fahrenheit. Slice squash width-wise into 1" rings. Run a knife around the interior of the rings to remove the seeds. Place rings on a cookie sheet lined with parchment paper and bake for 40 minutes. Allow the squash to cool for 15 minutes, then peel the skin away and separate the strands into long "noodles". The squash noodles can be kept refrigerated for up to a one week.

## THINK OUTSIDE THE VEGGIE BOX!

Here are some more delicious recipe ideas for your spaghetti squash. This vegetable is the perfect way to sneak some nutrients into your cooking, and also offers a gluten-free, diabetic friendly, low-carb option for many dishes. Enjoy!

- Sautéed in butter, with parmesan and mushrooms
- Noodle replacement in your favorite Chow Mein recipe
- Sautéed with bacon, spinach, and goat cheese
- Noodle replacement in lasagna, spaghetti & meatballs, fettucine alfredo, or carbonera
- Tossed in the Spinach Mint Pesto

## SPINACH MINT PESTO ADAPTED FROM TASTING PAGE

### Ingredients

- 2 garlic cloves, peeled
- 1/2 teaspoon salt
- 1/2 cup pine nuts, lightly toasted
- 1/2 cup fresh mint
- 1/3 cup olive oil

Place the garlic and salt together in a food processor and pulse until combined. Use a spatula to scrape down the sides and mix. Add the toasted pine nuts, pulse, and scrape down the sides again before throwing in the spinach and mint. Pulse with the greens until blended. Slowly drizzle in the olive oil, using the spatula if necessary to combine all of the ingredients. Adjust the oil or seasoning if desired. Pesto will keep (refrigerated) for 3-5 days.