



ALLEN MARKET PLACE VEGGIE BOX

WHAT'S IN THE BOX THIS WEEK?

Welcome fall! Cool temperatures are finally here, so we're bringing on the fall produce. With squash, apples, and potatoes you'll have everything you need to make recipes that warm you up from the inside out!

PRODUCER SPOTLIGHT: LANSING ROOTS

Lansing Roots is designed to help limited resource and/or historically under-served individuals from the greater Lansing area begin successful market gardening and farming enterprises through an incubator farm setting.

Lansing Roots serves as a complement to The Garden Project's on-going support for community gardens by both encouraging successful gardeners and interested entrepreneurs to develop farm enterprises, and lowering the barriers to success. Lansing Roots does this by helping individuals start an incubator farm where participants each have a small plot of land to start their own farms. Lansing Roots provides training workshops focused around practical skills in agriculture and business, and provides a collaborative network through which to market and sell the food produced.

• 1 Sweet Dumpling Squash
Tomac Pumpkin, Chesaning

• 1 bunch Sage
Twin Sprout Farm, Lansing

• 1.5 lb LaRatte Fingerling
Potatoes
Wildflower Eco Farm, Bath

• 1 bunch Collard Greens
Lansing Roots Farm, Lansing

• Gala Apples
Country Mill Farm, Charlotte

• 1/2 lb Prisma Shallots
Wildflower Eco Farm, Bath

Meat Add-on:

• 1 lb Ground Beef
Heffron Farms, Charlotte

Egg Add-on:

• 1 dz large Brown Eggs
Grazing Fields, Charlotte

Coffee Add-on:

• -1 lb
Rust Belt Roastery, Lansing

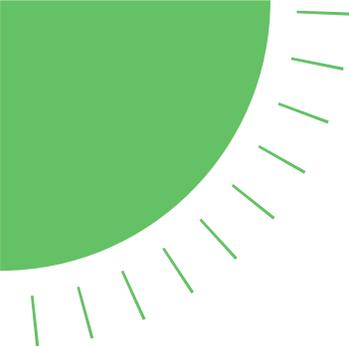
CROP PROFILE:

Sweet Dumpling Squash is known as a Winter Squash. Unlike summer squash (which are picked when immature and skins are tender), Winter Squash have hard, thick skins and only the flesh is eaten. The deep yellow to orange meat is firmer than summer squash and requires longer cooking. Depending on the variety, Winter Squash flavors range from nutty to somewhat sweet. As members of the climbing family known as Cucurbitaceae, Winter Squash is extremely versatile. Once the seeds are removed, Winter Squash can be baked, boiled, mashed, pureed, steamed, simmered or stuffed.

Sweet Dumpling Squash may be cooked whole or split lengthwise (removing seeds). Pierce whole squash in several places, and bake halved squash hollow side up.

SWEET DUMPLING SQUASH





RECIPES OF THE WEEK

MAPLE SWEET DUMPLING SQUASH

ADAPTED FROM FOOD.

Ingredients

- 1 sweet dumpling squash
- 1/2 cup pure maple syrup
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 tablespoons salted butter

Preheat oven to 350 degrees.

Cut the squash in half and remove seeds with a spoon.

Use a fork to poke several holes in the outside skin of each half of the squash. Place squash in baking pan with hollow side up. Add 1" of water to bottom of pan.

Place 1 tablespoon of butter, 1/8 teaspoon of nutmeg and 1/2 teaspoon of cinnamon in the hollow of each squash half. Pour 1/4 cup of maple syrup on each.

Bake uncovered on middle rack for 30-45 minutes or until the flesh is soft.

Serve hot. If using sweet dumpling squash, each half will serve one person and can be served with dinner "as is." Alternately, you may allow the squash halves to cool partially, remove the skins, and mash or puree the squash.

BRAISED COLLARDS WITH APPLES

ADAPTED FROM RENEGADE KITCHEN

Ingredients

- Olive Oil
- 1 Apple
- 1/2 Large Yellow Onion
- 1 bunch Collard Greens (1-1 1/2 lbs.)
- Juice 1/2 Lemon
- 1 teaspoon Ground Black Pepper
- 1/2 teaspoon Cinnamon
- 1/2 teaspoon Salt
- 1 1/2 cup Vegetable Stock

Peel, core and quarter the apple then slice it thinly. Slice the onion thinly as well. Heat the olive oil in a stock pot until it is shimmering and very hot. Add the apples and onions and saute over medium-high heat for 7-10 minutes, or until the onions are slightly translucent and the apples are partly browned. While the apples and onions are cooking, break down the collards. Take one leaf, fold it in half, remove the rib and chiffonade into ribbons of collard greens. Toss the sliced greens into the pot with the apples and onions and saute for 5-10 minutes, or until the greens are wilted and reduced in size. Squeeze the lemon juice into the stock pot and add the pepper, cinnamon and salt. Stir everything to combine. Add the veggie stock and cover the pot. Turn the heat down to low and simmer the greens for 30-40 minutes, or until they're tender and delicious.

SAGED BROWN BUTTER (BUERRE NOISETTE)

ADAPTED FROM COOKIN' THE MARKET

Ingredients

- 4 tablespoons salted butter, cubed
- 8 leaves of sage
- Half of lemon, juiced

Melt the butter in a heavy bottomed saute pan; add sage. When the butter begins to bubble, and continue to cook until the butter turns a golden brown color. You'll have a small window of time when the butter turn from a noisette to black. Make sure to utilize all your senses and your undivided attention to master this versatile sauce.