

# Allen Market Place Veggie Box Weekly Newsletter

As the weather warms up- and stays warm- more and more delicious Michigan produce will come into season. This week we have a nice mix of nutritious spring crops and flavorful herbs bring great flavor to your meals!

## Farmer Spotlight: Green Eagle Farm

Steve and Chela of Green Eagle Farm are 20-year veteran farmers and stewards of the land. They take great joy in growing a wide variety of crops and experimenting with new and unique products, all while being earth-friendly in their practices and their care for the environment. You know they are passionate about what they do when you see the lemon tree and mature fig tree carefully protected from the Michigan winters in one of their hoop houses.

Steve began farming on his 20 acres in 1987. He met Chela when a mutual friend invited her to visit Steve's farm. Steve served a delicious meal made from the fresh produce he had grown. Chela was so taken by the amazing food, she could not resist coming back anytime Steve held a farm social event. Not long after, the two knew they were destined to be together as life partners and land stewards. Since then, they have been busy raising their two wonderful daughters (now teenagers) and truly living off their land.

## What's in the Box this week?

- 1 **Head Lettuce**, Hillcrest Farms, *Eaton Rapids, MI*
- 1 lb **Rhubarb**, KJM Biodynamic Produce, *Lansing, MI*
- 1 lb **Carrots**, CBI's Giving Tree Farm, *Lansing, MI*
- 1 bunch **Chard**, Green Eagle Farm, *Onondaga, MI*
- ½ lb **Shallots**, Green Eagle Farm, *Onondaga, MI*
- 1 bunch **Thyme or Oregano**, Half Barn Farm, *Lansing & Eaton Rapids, MI*

### Meat Add-on:

- 1 lb **Bacon**, Appleschram, *Charlotte, MI*

## Crop Profile: Shallots

Shallots, with their mild flavor somewhat between that of an onion and garlic, are a favorite in fine cooking. Shallots look like a small onion, but are generally slightly elongated and will separate into cloves when peeled. They are highly valued in gourmet cooking as their mild, slightly sweet flavor adds a nice depth to savory dishes. Being sweeter and more tender than onions, they are perfect for lighter, more subtle dishes such as quiche. Make a batch of caramelized scallions and add them to your favorite sauce or try them on toast for a simple yet upscale treat!



# Recipes of the Week

## Rhubarb Shortcakes

Adapted from Bon Appetit

### Ingredients:

- 1 lb Rhubarb, trimmed, sliced 1 in thick
- ½ cup sugar
- ¼ cup red wine
- 1 vanilla bean, split lengthwise
- favorite biscuit or shortcake
- ¾ cups chilled heavy cream, divided
- 1 tablespoon unsalted butter, melted

### Roasted Rhubarb

Preheat oven to 350°. Combine rhubarb, sugar, and wine in a medium baking dish or ovenproof skillet. Scrape in seeds from vanilla bean; add bean and toss to combine.

Roast until rhubarb is very tender and juices are syrupy, 30-40 minutes, depending on thickness of stalks. Let cool. Discard vanilla bean.

### Assembly

Beat cream in a bowl until soft peaks form. Slice biscuits in half and brush each half with melted butter. Fill biscuits with roasted rhubarb and serve with whipped cream.

Serves 4

## Caramelized Shallots

Adapted from Mother Earth News

### Ingredients:

- 1 tbsp extra-virgin olive oil
- 8 ounces shallots (about 6 to 8 large shallots), diced or sliced into rings
- 1 tsp salt
- 1 tsp sherry vinegar or apple cider vinegar
- 2 tsp sherry or white wine (sherry will be sweeter)
- 2 tsp brown sugar
- 2 sprigs fresh thyme
- Freshly ground pepper, to taste
- Water, as needed

Heat the oil in a heavy skillet over medium-low. Sauté the shallots for 2 minutes, then sprinkle them with the salt and sauté for another 5 minutes, or until soft. Reduce heat if necessary to prevent them from browning too quickly. Add the remaining ingredients except water, and sauté for another 20 minutes, stirring occasionally. Add water as needed to prevent sticking and burning, about a teaspoon at a time. Remove the sprigs of thyme before serving. Use to add depth to simply prepared foods such as hamburgers, steaks, and roasted vegetables, or use as a topping for toast or bruschetta. Recipe also freezes well.

## Carrots Glazed with Sriracha & Honey

Adapted from Oxbow Organic Farm & Education Center

### Ingredients:

- 1 bu Baby carrots or lb adult carrots, sliced ¼" thick
- 2 T Butter
- 1 T Honey
- 1 tsp Sriracha hot sauce, more or less to your liking
- Pinch of kosher salt, to taste
- ¼ C Water

Scrub the carrots and trim the greens, leaving about 1 in. There is no need to peel carrots unless they have been in storage for a long time and their skins are dried out.

Put carrots, butter, honey, Sriracha, salt & water into a medium saucepan. Heat over high heat until it boils. Reduce the heat to medium-low, cover pan and cook for 5 minutes. Uncover the pan and give the carrots a toss. Increase the heat a bit to boil off the liquid. Cook, stirring occasionally until the water is evaporated and the carrots are glazed w/ butter & honey. Taste to make sure carrots are done to your liking, if not cook a bit longer stirring to prevent burning. Adjust seasoning if needed and serve (note: if too spicy add more honey).