

# ALLEN MARKET PLACE VEGGIE BOX

This week we're wrapping up the Veggie Box season with fall flavors galore! As we come to a close we want to thank you for supporting our local food initiative. We have had a great time putting these boxes together and can't wait for the next season!

## PRODUCER SPOTLIGHT: CBI'S GIVING TREE FARM

CBI's (Community Based Interventions) Giving Tree Farm is a seven acre, non-profit CSA farm just north of Lansing, MI, between OldTown and Dewitt. The farm originally began as a community garden for people with disabilities. As its volunteer base grew, so did its available programs. The farm has now established a heated greenhouse and eight hoop houses for year-round horticultural therapy programs. Monday through Friday, the farm provides vocational training for people who have suffered from traumatic brain injuries, allowing them to cultivate the produce they provide to area restaurants, ELFCO, and their CSA members.

## CROP PROFILE:

Sweet banana peppers are a prolific addition to the home garden, whether sown in the soil or in containers. Plants often have high yields even in pots. Their name comes from their long pods that curl on their ends, along with their yellowish color. Pods can turn bright orange or red as they mature. The peppers are mild and sweet and are great additions to weight-loss plans as they are low in fat and sodium, yet high in fiber, vitamins A, and C, and potassium.

The peppers are great for slicing raw, frying or pickling. They are great sliced into rings for sandwiches or toppings on homemade pizzas! They can even make good stuffed peppers for a flavorful alternative to the usual bell peppers in the dish.

SWEET BANANA PEPPERS

## WHAT'S IN THE BOX THIS WEEK?

- 1 Heirloom Pie Pumpkin  
Tomas Pumpkin, Chesaning
- 1 bunch Italian Parsley  
CBI's Giving Tree Farm
- 1/2lb Sweet Banana  
Peppers

Hillcrest Farm, Eaton Rapids

- 1.5lb Kale, Dino (Lacinato)  
CBI's Giving Tree Farm

- 1# Multicolored Carrots  
Nightingale Farms, Lansing

- 1 head Garlic

Urbandale Farm, Lansing

- Habanero Pepper,  
Urbandale Farm, Lansing

- 1.5lb Yellow Onions

Hillcrest Farm, Eaton Rapids

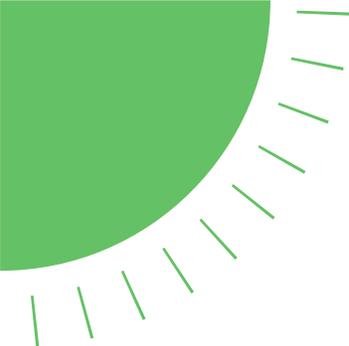
Meat Add-on:

- 1 Whole Chicken

Stone E River Ranch, Eagle

many  
thanks





# RECIPES OF THE WEEK

## PUMPKIN KALE LASAGNA ADAPTED FROM KATH EATS

### SIMPLE PUMPKIN SOUP ADAPTED FROM THE MINIMALIST BAKER

#### Ingredients

- 1 pie pumpkin
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 cups veggie stock
- 1 cup coconut or dairy milk
- 2 Tbsp maple syrup or honey
- 1/4 tsp each sea salt
- 1/4 tsp black pepper
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg

Cut off the tops of the pumpkin, cut in half, and scoop out all strings and seeds (These can be roasted!). Brush the flesh of the pumpkin with oil and place face-down on a baking sheet lined with parchment paper. Bake at 350 degrees F for 45-50 minutes, or until a fork easily pierces the skin. Let cool and set aside. Add 1 Tbsp olive oil, onion, and garlic to a large saucepan until they are browned and translucent. Add remaining ingredients, including pumpkin and bring to a simmer. Blend mixture in a separate blender, or with an emulsion blender to puree. Continue cooking after blending and adjust seasonings as needed. Recipe serves 3-4.

#### Ingredients

- 4-5 no-boil lasagna noodles (1/3 of a package) or traditional noodles, pre-cooked
- 1.5 cups pumpkin puree
- 1/2 tsp chili powder
- 1/8 tsp smoked paprika
- 1/8 tsp garlic powder
- 1/8 tsp kosher salt
- 4 ounces goat cheese
- 1 big head kale, trimmed and washed
- 2 cups shredded fontina or other meltable cheese
- Preheat oven to 375\*.

Mix seasonings into pumpkin.

Steam-cook kale until wilted and tender.

Spread a thin layer of pumpkin on the bottom of a small casserole dish. Place 2 lasagna noodles in into dish, and fill in the gaps with broken pieces. Spread on pumpkin layer followed by a layer of crumbled (or spread if yours is extra soft) goat cheese, followed by a layer of kale and then a layer of fontina.. Repeat a second stack with another round of noodles, pumpkin, goat cheese, kale and fontina.

Cover with foil and bake for 25 minutes.. Remove foil and bake for 10 minutes longer.

### PUMPKIN PUREE ADAPTED FROM MARTHA STEWART

- Preheat oven to 400 degrees. Snap off the pumpkin's stem and halve the gourd lengthwise. With a spoon or melon baller, remove seeds and rinse for roasting or discard.
- Place pumpkin halves cut-side down on a large rimmed baking sheet. Roast until tender, about 1 hour.
- When cool enough to handle, scoop out cooked pumpkin flesh; discard skin. Transfer pumpkin flesh to a food processor; process until smooth.
- Set a colander in a large bowl and line with a double-layer of cheesecloth. Place pumpkin puree in cheesecloth. Cover with plastic wrap and place in refrigerator to drain, at least 4 hours, and up to 3 days.

many  
thanks