



# ALLEN MARKET PLACE VEGGIE BOX

Strawberries are here! The plump, juicy first real fruit of spring, grown right here in Lansing and delivered to you freshly picked, these strawberries are sure to please! Try them in your favorite shortcake recipe, or just eat them plain- picked when perfectly ripe, these berries are great no matter how you enjoy them.

## FARMER SPOTLIGHT:

### PECKHAM FARMS

Peckham Farms focuses on providing paid job training opportunities in the farming industry for persons with disabilities and other barriers to employment. Peckham Farms provides access to locally grown produce for our clients and the public. Our organizational commitment to sustainability led us toward eco-friendly farming techniques. The farm uses Integrated Pest Management (IPM), emphasizing common sense practices, scientific concepts and natural techniques to control pests without using harmful chemicals. We are MAEAP and GAP certified.

## CROP PROFILE:

Garlic scapes are the emerging flowerstalk of hard-necked garlic varieties. They have a milder, verdant garlic flavor, and are available only for a brief season in early summer. Garlic scapes often form in exciting, fun curls and can make a wonderful garnish or fun pickle. They are delicious grilled whole, sauteed with other veggies, added to eggs or pasta, made into pesto, or finely chopped and used as an herb to flavor other dishes. The whole portion is edible, but the part above the swollen end that would have formed the flower is often tough and fibrous, and best removed before cooking.

GARLIC SCAPES

## WHAT'S IN THE BOX THIS WEEK?

- 1 quart Strawberries, - Peckham Farms, Lansing, Mi
- 1 Head Lettuce, Green Eagle Farm, Onondaga, Mi
- 1 pint Cucumbers, Peckham Farms, Lansing, MI
- 1 lb Carrots, CBI's Giving Tree Farm, Lansing, MI
- 1 bunch Kale, Green Eagle Farm, Onondaga, MI
- 1 bunch Garlic Scapes, Garlic For Life, Lansing , MI

### Meat Add-on:

- 1 lb Ground Beef Patties, Heffron Farms, Belding, MI

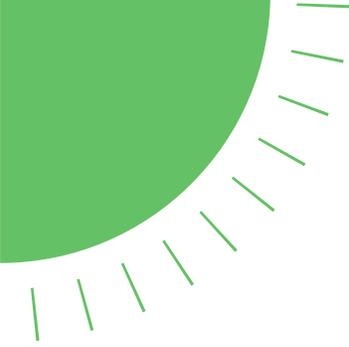
### Coffee Add-on:

- 1 lb Columbia Excelso, Bloom Coffee Roasters, Lansing, MI

### Egg Add-on:

- 1 dzn Large Brown Eggs, Grazing Fields Cooperative, Charlotte, MI





# RECIPES OF THE WEEK

## BREAKFAST CARROT CAKES ADAPTED FROM RACHEL RAY MAGAZINE

### CRISPY KALE WITH LEMON-YOGURT DIP

ADAPTED FROM FOOD & WINE

#### Ingredients

- 1 pound curly kale, stems and large inner ribs removed
- 1/4 cup extra-virgin olive oil
- 2 garlic cloves, minced
- Salt and freshly ground pepper
- 1 cup fat-free plain Greek yogurt
- 1 teaspoon finely grated lemon zest
- 2 tablespoons fresh lemon juice

Preheat the oven to 375°. In a bowl, toss the kale with all but 1 tablespoon of the olive oil and half of the garlic. Spread the kale on 2 baking sheets and roast in the upper and lower thirds of the oven for about 15 minutes, until crisp; shift the pans from top to bottom halfway through. Season the kale with salt and pepper and transfer to a large platter.

In a small bowl, whisk the yogurt with the lemon zest and juice and the remaining garlic and 1 tablespoon of oil. Season with salt and pepper. Serve with the roasted kale.

#### Ingredients

- 3/4 cup cooked, pureed carrots
- 1/4 cup chopped walnuts
- 1 tablespoon sugar
- 1/4 teaspoon ground cinnamon
- Whipped cream cheese
- 1/4 cup confectioners' sugar
- 1 1/2 cups flour
- 3 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 1/4 cups milk
- 2 eggs, separated
- 3 tablespoons butter, melted, plus more (unmelted) for serving

In a medium bowl, whisk together the flour, sugar, baking powder, walnuts, cinnamon and salt. In another bowl, whisk together the milk, egg yolks, pureed carrot and melted butter. Pour the wet mixture into the dry and stir until just combined. Preheat a griddle or large nonstick skillet over medium heat. Meanwhile, beat the egg whites to soft peaks. Gently fold the whites into the batter. Grease the griddle and ladle on 1/4-cup portions of batter. Cook on 1 side until bubbles form and the pancakes are cooked around the edges, 1 1/2 to 2 minutes. Flip and cook through, 1 minute more. Blend whipped cream cheese and 1/4 cup confectioners sugar to top; dust with more sugar.

### GARLIC SCAPE DRESSING

ADAPTED FROM ABOUT FOOD

- 2 garlic scapes, coarsely chopped
- 2 green onions, coarsely chopped
- 1 teaspoon honey
- 2 teaspoons Dijon mustard or similar brown mustard
- 4 tablespoons red wine vinegar
- 1 tablespoon lemon juice
- dash salt
- 1/8 teaspoon fresh ground black pepper
- 1/2 cup extra virgin olive oil

In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice, salt, and pepper. Blend until smooth. With blender on low, slowly add the olive oil until well blended. Makes 1 cup.