

Veggie Box Newsletter

Week of June 30

Happy 4th of July! Flags fly high, reminding us of our blessed freedom and of those who bravely fought for it. Whether you're headed out of town or staying home this holiday weekend, we hope it's filled with family, friends, and sparkling fun. Be sure to cook up some mouthwatering burgers and veggies on the grill, devour tasty sweets, and enjoy the fireworks!

What's in the Box?

Carrots, CBI's Giving Tree Farm,
Lansing, MI

Cilantro, CBI's Giving Tree Farm,
Lansing, MI

Rosemary, CBI's Giving Tree Farm,
Lansing, MI

Snap Peas, CBI's Giving Tree Farm,
Lansing, MI

Garlic Scapes, Magnolia Farms,
Lansing, MI

Mini Cucumbers, Peckham Farms,
Lansing, MI

Fennel, Ten Hens Farm, Bath, MI

Saskatoon Berries, Tomac Farm,
Chesaning, MI

Leaf Lettuce, Tomac Farm, Chesaning,
MI

Producer Spotlight: Ten Hens Farm



Located in Bath, MI, Ten Hens Farm is run by founders Adam and Dru, along with the help of their two daughters. Ten Hens uses sustainable production and business practices to farm five acres of land. They believe the best crops come from healthy soil and work hard to keep theirs in the best shape. In addition, they focus on harvesting and handling their product in a way that ensures freshness and great taste!

Crop Profile: Saskatoon Berries



Also known as a juneberry or prairie berry, this little superfruit looks much like a blueberry, but its sweet, nutty almond flavor sets it apart as a cousin of the apple family! High in fiber, protein, and antioxidants, saskatoon berries are also an excellent source of calcium and iron. These tasty fruits can be used in jams, muffins, pancakes, syrups, or anywhere else you'd use a berry.



EXCHANGE

Weekly Recipes:

White Chocolate Saskatoon Muffins

*Adapted from
www.thekitchenmagpie.com*

1 3/4 cup all purpose flour
3 tsp baking powder
1/2 tsp salt
1/2 cup granulated sugar
1/4 cup melted butter
1 egg
3/4 cup milk
1 tsp vanilla
1 cup saskatoon berries
1/2 cup of white chocolate chips

Pre-heat your oven to 400 degrees. In a large bowl whisk together the dry ingredients. Combine the milk, beaten egg, vanilla, and butter in a small bowl. Then, pour the liquid into the dry ingredients and mix until just combined. Stir in the Saskatoons and white chocolate chips gently. Divide the batter evenly between 12 lined muffin tins. Bake at 400 degrees for 20-25 minutes, until browned on top. Cool on wire rack.

Veggie Box Salad with Rosemary Vinaigrette

Adapted from www.coffeeandquinoa.com

FOR THE SALAD:

1 head lettuce
carrots
mini cucumbers
snap peas
cilantro
fennel

FOR THE DRESSING:

juice of 1 orange
1 tsp finely chopped rosemary
4 Tbsp olive oil
2 garlic scape tops
1 tsp honey
2 Tbsp white wine vinegar
salt and pepper to taste


Chop lettuce into smaller pieces. Thinly slice the carrots and cucumbers. Combine lettuce, carrots, cucumbers, and snap peas in a large bowl. Mix together with tongs. To make dressing, combine the vinegar, orange juice, scapes, honey, and rosemary in a blender. While blending, slowly drizzle oil into the mix.

Garlic Scape Hummus

Adapted from www.umamigirl.com
2 15.5-oz cans chickpeas, drained and rinsed
6 garlic scapes, thinly sliced
Juice and zest of 1 1/2 lemons
3/4 cup extra-virgin olive oil
1 1/2 tsp salt
1 tsp sweet Hungarian paprika

Combine all ingredients in a blender, with the liquids on the bottom. Blend until completely smooth.

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 Don't forget to bring back your boxes this week so
we can reuse them. Thanks!

