

Veggie Box Newsletter

Week of July 7

Feeling the post holiday weekend blues? We'd be lying if we said we weren't a little too. The beautiful weather, the taste of brats and grilled veggies, and fun-filled family festivities are still fresh on our minds, but, we are happy to be back in action and we've been busy putting together another awesome veggie box! Get excited for more sweet strawberries and some yummy kale!

What's in the Box?

Basil, CBI's Giving Tree Farm, Lansing
Italian Parsley, CBI's Giving Tree Farm, Lansing
Carrots, CBI's Giving Tree Farm, Lansing
Mini Cucumber, Peckham Farms, Lansing
Garlic Scapes, Ten Hens Farm, Bath
Sage, CBI's Giving Tree Farm, Lansing
Scarlet Kale, Titus Farms, Leslie
Strawberries, Zilke Farm, Milan
Add Ons:
Meat Variety, Chuck Roast, Heffron Farms, Belding
Bread, Stone Circle Bakehouse, Holt

Producer Spotlight:

TITUS FARMS

Titus Farms, located in Leslie, MI, uses sustainable and organic methods to grow all of their food. They value the land to such a high degree that they do all they can to ensure the constant flourishing of their farm including the use of natural fertilizers, hand weeding, and tilling. To keep taste buds and tummies happy, they grow a variety of unique and heirloom products. Their focus on maintaining high quality while reducing the time between harvest and your plate makes their food delicious and sure to be thoroughly enjoyed.

Crop Profile: Kale

There's no doubt that kale is one of the most nutritious green vegetables around! Its beautiful leaves provide an earthy flavor, antioxidant richness, anti-inflammatory nutrients, and cancer fighting nutrients. This veggie superfood also contains an impressive amount of fiber and plays a definite role in the support of the body's detoxification process. As a seasonal vegetable, kale is abundant from the middle of winter to the beginning of spring, when it tends to develop a sweeter taste. It's easy to prepare and very versatile in recipes; kale tastes great in smoothies, soups, chili, or cooked with eggs, tofu, and poultry.



EXCHANGE

Weekly Recipes:

Kale tips and tricks!

Crunchy Kale Chips

adapted from the Food Network

1 head kale, washed and thoroughly dried
2 tablespoons olive oil
Sea salt, for sprinkling

Preheat the oven to 275 degrees. Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt. Bake until crisp, turning the leaves halfway through, about 20 minutes.

- Wash kale in a deep bowl of cold water, stirring it a bit to release the grit, then lift it out. Pour out the water, and refill the bowl with fresh water. Repeat until you no longer see any grit in the water.
- Cut the rib out of the kale by folding it in half and using a knife along the spine. The rib can be chopped up and used in stock or sauteed for a stirfry.
- Store kale in a plastic storage bag removing as much of the air from the bag as possible.

Strawberry Cucumber Ice Pops

adapted from bon appétit

2 cucumbers, peeled, chopped
Frozen strawberries
1 1/2 teaspoons finely grated lime zest
1/2 cup fresh lime juice
1/2 cup sugar
Pinch of kosher salt

Purée 1 cucumber and half of strawberries, lime zest, lime juice, and sugar in a blender until very smooth; transfer to a large pitcher or measuring cup. Repeat with remaining cucumber, strawberries, lime zest, lime juice, and sugar. Season with salt and stir to combine. Pour strawberry-cucumber mixture into ice-pop molds. Cover and insert sticks. Freeze until solid, at least 4 hours. Dip molds briefly in hot water to release pops.



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

