

# ALLEN MARKET PLACE VEGGIE BOX

Everyone knows that rain is good for farmers, right? Well, not always. Too much rain can be every bit as harmful as too little. With the recent heavy rains, some farmers have lost crops to flooding, have been unable to plant in too-wet fields, or have seen damage to delicate crops such as lettuce. Crop Diversity shields most of our growers from widespread losses, and we still have a beautiful box for you this week. However, weather extremes can have a significant effect on crop availability and price, which may be visible at the grocery store or farm market.

## FARMER SPOTLIGHT: HALF BARN FARM

After working for many years at various farms and greenhouses in the Lansing area, Ben Linsemier ventured out on his own to establish Half Barn Farm. With locations on the 600 blocks of Magnolia and Clemens, as well as Toles road between Eaton Rapids and Mason, Ben's mission is to revive the connection Eastside neighbors and surrounding residents have to their food. He sees nutritious, locally grown food as a way to connect with people of all cultures and walks of life, all the while improving our local food system.

While not certified yet, Half Barn Farm uses all organic farming practices for their one acre growing space, with hopes of becoming certified once a more permanent acreage has been obtained. When it comes to farming, Ben loves a challenge! He enjoys introducing new types of produce to the community, and specifically focuses on varieties that may be challenging to grow or hard to find in this area. Keep on the look out, as Half Barn Farm grows they will be opening their own on-site farm stand to better service the surrounding Lansing area!

## CROP PROFILE:

While beets may not be much to look at from the outside, their vibrant insides contain a myriad of health benefits. High in nitrates, beets work to open blood vessels and increase blood flow to the brain. Plentiful in vitamin A, beets are crucial to maintaining glowing skin and proper vision. Beets are also rich in antioxidants, inhibiting the formation of cancer-causing compounds. Beets may be eaten raw, boiled, pureed, steamed, roasted, juiced, or sautéed. Their flavor is best complemented by other sweet fruits and vegetables, such apples, sweet potatoes, or carrots. Beet greens are also a delicious and nutritious addition to any meal. Just prepare and cook as you would chard.

## WHAT'S IN THE BOX THIS WEEK?

- 1 quart Strawberries, - Peckham Farms, Lansing, MI
- 1 bunch Kale or Chard Peckham Farms, Lansing, MI
- 1 pint Cucumbers, Peckham Farms, Lansing, MI
- 1 lb Beets, Ten Hens Farm, Bath, MI
- 1 bunch Oregano, Half Barn Farm, Lansing & Eaton Rapids, MI
- 1 bag Snow Peas, Snap Peas Farm, Mason, MI
  
- Meat Add-on:
- 1 whole Chicken, Stone E River Ranch, Eagle, MI

Please, don't forget to return your box each week! If you do occasionally forget, please just return both boxes the following week. If you forget more than one week in a row, we may pack your produce in bags. Thank you for understanding!

BEETS





# RECIPES OF THE WEEK

## GLUTEN-FREE BEET BARS ADAPTED FROM RRUNNIN SRILANKAN BLOG

## MEDITERRANEAN SNOW PEAS

ADAPTED FROM ALL RECIPES

### Ingredients

- 1 1/2 teaspoons butter
- 1 clove garlic, minced
- 1/2 teaspoon Italian seasoning (Or try with fresh Oregano!)
- 1/2 pound fresh snow peas, trimmed
- 1 tablespoon water, or more as needed
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon fresh lemon juice
- kosher salt and ground black pepper to taste

Melt butter in a skillet over medium heat; cook and stir garlic until fragrant, about 30 seconds. Stir in Italian seasoning and snow peas. Add water; cook and stir until peas are bright green and tender, about 2 minutes. Stir in olive oil and lemon juice. Season with salt and black pepper.

### Ingredients

- 3 medium beets cubed and roasted at 400 degrees for 1 hour
- 1/2 cup of milk
- 4 eggs at room temperature
- 1/2 cup of melted coconut oil
- 1 tsp. vanilla
- 1/2 tsp. salt
- 1/2 cup sugar
- 1/2 cup of melted white chocolate
- 2 tsps. of baking powder
- 2 tbs. of flax meal
- 1 cup rice flour (regular flour works too for non-GF)
- 1/2 cup of white chocolate chips
- 1/2 cup of peanut butter or butterscotch chips

Preheat your oven to 375 degrees. Puree the roasted beets and almond milk together. Whisk in the eggs, followed by the coconut oil and the melted white chocolate. Mix in the vanilla, salt, sugar, baking powder, flax meal, and rice flour. Pour the mixture into a 9x13 pan that has been lined with parchment paper. Sprinkle the white chocolate chips and peanut butter chips evenly over the surface of the mixture. Bake for 28-30 minutes, and let cool completely before devouring.

## STRAWBERRY AND CUCUMBER SALAD ADAPTED FROM OHSWEETBASIL BLOG

### Ingredients

- 1 pint of strawberries, sliced
- 1 large, or 2 small cucumbers, peeled to personal preference and sliced in circles
- 2 tbs. balsamic vinegar
- 2 tbs. honey

Whisk the balsamic vinegar and honey together in a small bowl. Combine the strawberries and cucumbers in a large bowl and toss in the dressing to serve.