



# ALLEN MARKET PLACE VEGGIE BOX

Happy Fourth of July! What better way to celebrate Independence Day than with a meal featuring locally grown foods? Try grilled scallions or garlic scapes as a great accompaniment to the traditional grilled meats, and enjoy the first raspberries of the year!

## FARMER SPOTLIGHT: HILLCREST FARMS

Mark Kastner operates Hillcrest Farms with his wife where they grow over 30 fruits and vegetables organically on their 4 acres and in their hoop houses. The farm's environmentally sustainable and community-oriented approach has helped Hillcrest Farms develop a reputation for their products, particularly their specialty lettuces and greens. Ask Mark Kastner of Hillcrest Farms what his "Grow Slow" method means and he'll describe how his techniques allow him to produce higher quality products, larger yields and the farm-fresh flavor that keeps his customers coming back for more.

Hillcrest Farms mission statement is "to provide fresh, healthy food to our local customers through direct sales and local farm markets, utilizing commonly accepted organic farming methods that respect the environment and our community of customers."

## CROP PROFILE:

Kale, a leafy green vegetable in the brassica family (brassicas include cabbage, mustards, radishes, broccoli, and many others), is an incredibly nutritious vegetable with a wide array of health benefits. Kale is a great source of vitamins such as vitamins K, A, C, and E, minerals such as calcium, manganese, potassium, and iron, and is high in fiber and many anti-oxidants. Kale's myriad health benefits include cancer-prevention, cardiovascular support, anti-inflammatory effects, and more. Kale is also an important crop in our climate due to its extreme cold-hardiness. Established kale plants do particularly well in passive solar (unheated) greenhouses over the winter months, and can provide important fresh vitamins and minerals throughout our coldest months. While all but the youngest baby kale is best eaten cooked, try it lightly steamed to preserve the most of its nutrients.

KALE

## WHAT'S IN THE BOX THIS WEEK?

- 1 half pint Raspberries, Peckham Farms, Lansing, MI
- 1 bunch Kale, Half Barn Farm, Lansing & Eaton Rapids, MI
- 1 Slicing Cucumber, Peckam Farms, Lansing, MI
- 1 bunch Scallions, Ten Hens Farm, Bath, MI
- 1 bunch Garlic Scapes, Wildflower Eco Farm, Bath, MI
- 1 bag Lettuce Salad Mix, Hillcrest Farms, Mason, MI

### Meat Add-on:

- 1 lb Hamburger Patties, Heffron Farms Markets, Eagle, MI

### Coffee Add-on:

- 1 lb Rwanda Coffee, Rust Belt Roastery, Lansing, MI

### Egg Add-on:

- 1 dzn lg Brown Eggs, Grazing Fields, Charlotte, MI





# RECIPES OF THE WEEK

## KALE MAC N CHEESE ADAPTED FROM RACHEL RAY

### Ingredients

- 1/2 pound macaroni
- 5 kale leaves, chopped
- 2 cloves garlic, chopped
- 3 tablespoons butter
- 8 ounces cheddar, grated
- 2 tablespoons flour
- 1 1/2 cups half-and-half
- 1 tablespoon hot sauce
- 1 teaspoon dijon
- 1/3 cup sour cream

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.

## LEMON-RASPBERRY SEMIFREDDO ADAPTED FROM MARTHA STEWART

### Ingredients

- 6 ounces raspberries (3/4 cup), thawed if frozen
- 2 tablespoons sugar
- 2 cups heavy cream
- 1 cup lemon curd
- 10 ladyfingers

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.

## GRILLED SCALLIONS ADAPTED FROM FOOD NETWORK

### Ingredients

- 1 bunch scallions, root ends trimmed
  - 2 tablespoons olive oil
  - 1/4 teaspoons kosher salt
  - Freshly ground black pepper
- Prepare an outdoor grill to medium high heat. Brush the scallions with olive oil. Lay the scallions on the grill until you see distinct grill marks, about 2 minutes. Turn the scallions over and cook about 1 minute more. Transfer to 2 plates and serve warm.