



# Veggie Box Newsletter

## Week of July 21

**Knock knock? Who's there? Bean. Bean who? Bean awhile since we've last seen you! Want to continue with us after the summer? Sign up for the Veggie Box 8 week Fall season, full of wonderful root vegetables, squash and beautiful autumn delights.**

### What's in the Box?

**Arugula**, *Ten Hens Farm, Bath*  
**Basil**, *Lansing Roots, Mason*  
**Dino Kale**, *Titus Farm, Leslie*  
**Blueberries**, *Hillcrest Farm, Eaton Rapids*  
**Mini Cucumbers**, *Peckham Farms, Lansing*  
**Green Onions**, *Ten Hens Farm, Bath*  
**Parsley (Curly & Flat)**, *Green Eagle Farm, Onondaga*  
**Zucchini**, *Green Eagle Farm, Onondaga*  
**Fresh Garlic**, *Ten Hens Farm, Bath*

**Add Ons**  
**Meat Variety:**  
Half Chicken,  
*Trillium Farm, Williamston*  
**Bread:**  
*Stone Circle Bakery*



### Producer Spotlight: Lansing Roots



Lansing Roots is a program of the Greater Lansing Food Bank (GLFB), designed to help beginning farmers from the greater Lansing area start successful farming enterprises opportunities, through an incubator

farm setting. The program supports home and community gardens and has been doing so for over thirty years through the Garden Project. Lansing Roots serves as a complement to the on-going support for community gardens by encouraging successful gardeners and interested entrepreneurs to develop farm enterprises. Their 10+ acre farm is designed to host farm businesses for 2-5 years while they grow and develop.

The focus of Lansing Roots is on limited-resource and historically underserved populations; primarily refugee, immigrant, low-income, minority, and women farmers. Lansing Roots reduces barriers to farmers by providing land and infrastructure, farm resources, trainings, Demonstration Farm Plot, and a marketing collective that includes business planning and development and sales.

### Crop Profile: Fresh Garlic

This member of the lily or Allium family was dubbed "the stinking rose" due to its distinct and pungent odor, but its numerous therapeutic and nutritional benefits should not be overlooked. The unique combination of flavonoids and sulfur-rich nutrients, as well as its significant amount of vitamin C, belong in your diet on a regular basis. Studies have found that garlic may improve iron metabolism, provide cardioprotection, may actually help to regulate the number of fat cells formed in our bodies, and lower cholesterol levels and inflammation. Overall, it is a wonderful choice to add aroma, a subtle yet vibrant taste, and supreme nutrition to your dishes. Quick tip: To retain the maximum amount of flavor and nutritional value it is best to add it toward the end of the cooking process. Oh, and it's great if you are hoping to ward off a pesky vampire as well.

# Weekly Recipes: Chimmichurri

## Spicy Asian Cucumber Salad from Cook's Country

1/2 c. rice vinegar  
2 T sugar  
2 T fresh lime juice  
2 T fresh ginger, minced  
1 1/2 T red chile, minced  
1 T toasted sesame oil  
3 cucumbers, peeled, seeded & cut crosswise into 1/4-in. pieces  
4 scallions, sliced thin  
1/4 c. fresh basil leaves, chopped  
Salt and pepper.

Bring the vinegar and sugar to a boil over medium-high heat. Reduce heat to medium-low, then simmer until mixture is reduced by half (the recipe says this takes about 5 or 6 minutes, but I find it takes longer than that). Transfer to a medium box and allow to cool.

Whisk in the lime juice, ginger, chile and sesame oil. Toss in the cucumbers, scallions and basil.

Season with salt and pepper. Chill for 10 minutes or up to 1 hour. Serve.

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

Thanks!

 @Allen  
MarketPlace

2 c parsley  
1 lg garlic clove  
1/4 c fresh oregano leaves  
1/4 c red wine vinegar  
1/2 tsp kosher salt  
1/2 tsp freshly ground black pepper  
1 c extra virgin olive oil  
1 tsp jalapeno, minced, seeded  
Finely chop parsley, garlic & oregano. Add vinegar, jalapeno, salt, and pepper together in a food processor. With motor running, add oil in a slow, steady stream. Combine all ingredients and transfer sauce to an airtight container. Refrigerate for at least two hours or up to 1 day before serving.

outside the veggie box...

## Quiche with Blueberry-Lavender Crème Fraîche

Quiche is one of my favorite things to bake and it is so versatile you can add whatever you would like...just be careful of moisture content.

The traditional quiche is a simple pie crust (which can be bought or made) that you blind bake, allow to cool, and use a base of eggs and heavy cream. I use Martha Stewart's basic quiche recipe and add my own touches to it. The key to adding extra ingredients is making sure you are not adding too much moisture to the base. For example, if you were to add sauteed squash, you would want to drain and cool the squash after you cook it. Any meats you put in the quiche are better precooked. Your Sunday brunch will be wildly successful with the addition of your outside the veggie box quiche with blueberry-lavender crème fraîche.

### Blueberry-Lavender Crème Fraîche

1 cup whipping cream  
2 tablespoons buttermilk

Combine in a glass container. Cover and let stand at room temperature (about 70°F) from 8 to 24 hours, or until very thick. Stir well before covering and refrigerate up to 10 days. Add about 1/4 c of blueberries (lightly smashed) and a couple leaves chopped lavender (to taste, it is potent) to the finished crème fraîche.

Let's try something different and cook