



ALLEN MARKET PLACE VEGGIE BOX

Please enjoy the first new potatoes of the year along with fresh, crisp snap peas, sweet new carrots, and an array of other fresh, prime summer crops!

FARMER SPOTLIGHT: WILDFLOWER ECO FARM

"100% Ecologically grown in the rolling hills of Bath Township."

Wildflower Eco-Farm was named 'for the diversity of wildflowers that bloom year-round throughout the gardens.' Drawn to farming due to the combination of physical and mental challenge, Phil Throop obtained his MS in Horticulture from Michigan State University. Over the past 15 years, Phil has been able to cultivate this 3.5 acre farm using strictly organic methods and techniques. Currently, the farm specializes in producing over 60 types of fruits and vegetables! Phil is a regular at many of the area's Farmer's Markets, and the farm also offers a CSA (community supported agriculture) program. They are looking for new members! A wide variety of their products can also be found through the Exchange at the Allen Market Place.

CROP PROFILE:

Raspberries are a delicious soft fruit with a short shelf life and many health benefits. While low in calories and fat, raspberries are high in fiber and many vitamins and minerals, including vitamins C, A, and E and potassium, iron, magnesium, and more. The many anti-oxidant and anti-inflammatory phytonutrients in raspberries have been attributed to strong anti-cancer benefits. Raspberries are most full of these plentiful health benefits when picked perfectly ripe. Their short shelf life (often as little as 2-3 days) can make raspberries an especially important crop to source locally, allowing you to get prime quality product that can get from farm to table in as short a time as possible!

RASPBERRIES

WHAT'S IN THE BOX THIS WEEK?

-1 half pint Raspberries,
Peckham Farms, Lansing,
MI

-1 bunch Beet
Greens, Half Barn Farm,
Lansing & Eaton Rapids,
MI

-1 bunch Carrots, Half
Barn Farm, Lansing &
Eaton Rapids, MI

-1 pint Snap Peas, Half
Barn Farm, Lansing &
Eaton Rapids, MI

-1 quart New
Potatoes, Wildflower Eco
Farm, Bath, MI

-1 bunch of
Chives, Peckham Farms,
Lansing, MI

Meat Add-on:

-1 lb. Pork Chops,
Appleschram, Charlotte,
MI





RECIPES OF THE WEEK

CREAMY PARMESAN RISOTTO WITH BEET GREENS ADAPTED FROM KATIE'S CUCINA

CRUSHED NEW POTATOES ADAPTED FROM HOME-COOKING IN MONTANA

Ingredients

- 4 New Potatoes
- 1 tbsp. olive oil
- 1 garlic clove, crushed
- 1 tbsp. chives
- Salt and pepper, to taste
- 2 tbsp. grated cheese, variety of your choice
- 1 tbsp. of parmesan
- Any additional herbs you prefer

Preheat broiler. Wash potatoes well and place in a pot of salted water. Bring the water to boil until fork tender (15-20 minutes). Mix the olive oil with the crushed garlic and set aside. Line a baking sheet with parchment paper, and evenly space the potatoes on it. Crush the potatoes carefully, until they are about 1 inch thick. Pour some garlic oil over each potato. Sprinkle the salt, pepper, cheese, parmesan, and chives over each crushed potato. Broil for 7-10 minutes, or until crispy. Serve immediately.

Ingredients

- 1 tbsp. olive oil
- 1/4 cup onion, diced
- 1 garlic clove, minced
- Beet greens (from 3 beets, rinsed well and chopped)
- 1 tbsp. butter
- 1/2 cup arborio rice
- 1 1/2 cups of chicken broth
- 1/4 tsp. crushed rosemary
- 1/8 tsp. black pepper
- 1/4 cup heavy cream
- 1/4 cup parmesan
- 1 tsp. balsamic vinegar

In a large pot, on medium high heat, first sautee the onion and garlic in the olive oil for about 3 minutes. Then add the beet greens; cook together until the beet greens become wilted. Set the mixture aside. In the same pot, add the butter and rice and mix well for 1 min. Add 1/4 cup of the chicken broth and mix well until the liquid has evaporated. Repeat this process until all the chicken broth has been added. Add the rosemary, pepper, and heavy cream. Mix until the cream has mostly evaporated, then add the parmesan. Serve the beet greens over the rice and enjoy!

BUTTERY MINT CARROTS AND SNAP PEAS ADAPTED FROM REAL HOUSEMOMS

Ingredients

- 1 lb. carrots, sliced or chopped to your preference
- 1 lb. snap peas
- 3 tbsp. butter
- 2 tbsp. fresh mint, chopped
- Salt and pepper, to taste

Steam carrots for 10 minutes, or until tender. Immediately run under cold water. In the same pot, steam the snap peas for 3 minutes. Melt the butter in a large saute pan and add the veggies. Toss generously with salt and pepper. When ready to serve, toss in the mint and serve immediately.