

# ALLEN MARKET PLACE VEGGIE BOX

We have a colorful, rainbow-esque Veggie Box to awaken all of your senses this week! Please enjoy locally grown yellow raspberries, beets, basil, lettuce, cabbage, and radishes.

## FARMER SPOTLIGHT: TEN HENS FARM

Located in the beautiful countryside of Bath, MI, this year-round operation consists of multiple unheated hoop-houses, as well as outdoor growing fields. Ten Hens is owned by the Montri family, who have chosen to grow their produce using only sustainable farming methods such as soil building, crop rotation, and organically allowable pest management techniques. Their products are known throughout the Lansing area for their impeccable quality and many of their vegetables can be found at local restaurants. To find more of their produce, check out the Bath Farmer's Market or the Allen Street Farmer's Market!

## CROP PROFILE:

Cabbage is extremely nutrient dense, versatile, and easy to add to almost any dish. A member of the Brassica family, cabbage is high in vitamin K and rich in glucosinolates, a compound that works to prevent many types of cancer in the body. Cabbage is also a fantastic source of glutamine. Glutamine has been proven to be a strong anti-inflammatory agent that provides relief to those suffering from joint pain, allergies, and various skin disorders. Cabbage is often consumed raw but can also be cooked for a delicious side dish. To best preserve the many vitamins cabbage has to offer, serve it steamed or lightly sautéed in vegetable broth.

CABBAGE

## WHAT'S IN THE BOX THIS WEEK?

- 1/2 pint Yellow Raspberries, Peckham Farms, Lansing, MI
- 1 bunch Beets, Half Barn Farm, Lansing & Eaton Rapids, MI
- 1 Cabbage, CBI's Giving Tree Farm, Lansing, MI
- 1 bunch Radishes, Peckham Farms, Lansing, MI
- 1 head Lettuce, Ten Hens Farm, Bath, MI
- 1 bunch Basil, Ten Hens Farm, Bath, MI

### Meat Add-on:

- 1 lb. Ground Beef, Heffron Farms Markets, Belding, MI

### Eggs Add-on:

- 1 dzn. large brown eggs, Grazing Fields, Charlotte, MI

### Coffee Add-on:

- 1 bag Mexico Chiapas, Bloom Coffee Roasters, Lansing, MI





# RECIPES OF THE WEEK

## KIELBASA AND CABBAGE SKILLET

ADAPTED FROM VERYCULINARY

## RASPBERRY LEMON BARS

ADAPTED FROM LOVELY LITTLE KITCHEN

### Ingredients

For the crust:

- 12 tbs. butter, softened
- 1/3 cup sugar
- 1 1/2 cup flour

For the filling:

- 3 eggs
- 1 cup sugar
- 3 tbs. flour
- 3 tbs. lemon juice
- 1/2 cup crushed fresh raspberries
- powdered sugar for dusting
- Lemon slices, whole raspberries, and mint leaves for garnish (optional)

Preheat oven to 350 degrees. Spray a 9x9 pan with nonstick spray and line with parchment paper. Using an electric mixture, cream together butter and sugar on medium low speed. Add the flour and mix until the dough is formed. Press the dough into the bottom of the pan and bake for 15 minutes. To make the filling, use the electric mixer to whisk the eggs and sugar until smooth. Mix in the flour, followed by the lemon juice and crushed raspberries. Add the filling to the crust after it comes out of the oven, and bake for another 20 minutes. Let cool completely after baking. Remove from pan using the parchment paper. Garnish, then serve.

### Ingredients

- 2 lbs. fully cooked polska kielbasa or sausage of your preference, chopped into 2 inch pieces
- 1 tbsp. extra virgin olive oil
- 1 head cabbage, coarsely chopped
- 1 sweet onion, chopped into large pieces
- 3 cloves of garlic, minced
- 2 tsp. sugar
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 2 tsp. rice wine vinegar
- 1 1/2 tsp. dijon or brown, grainy mustard

Sautee the kielbasa in a large skillet with the olive oil until slightly browned. Transfer the kielbasa to another plate, keeping the oil/fat in the pan. Using this pan, sautee the cabbage, onion, garlic, sugar, salt, and pepper in the kielbasa fat for about 10 minutes. Stir occasionally. Mix in the vinegar and mustard and add the kielbasa back into the mixture. Cook for 2 minutes and adjust seasoning to your preference. Serve immediately by itself or with mashed potatoes.

## BASIL, CHIVE, CUCUMBER, AND CORN SALAD

ADAPTED FROM SCRUMPTIOUS SPOONFULS

### Ingredients

- 3 cups cooked, cut corn (approximately 5 medium cobs)
- 2 cups cucumber, peeled and chopped (approximately 1 large cucumber)
- 1/2 cup basil, chopped
- 1/4 cup chives, snipped
- 2 tbs. light mayonnaise
- Salt and pepper to taste

Mix all ingredients in a large bowl and season appropriately with salt and pepper. Serve immediately or store in refrigerator.