



# Veggie Box Newsletter

## Week 7 | July 28

Aside from the intense summer heat everything is peachy keen here at the Exchange and, thanks to Phillips Orchards, once you taste the yummy fruits packed in your boxes you might soon feel peachy yourselves! With August just around the corner, get ready to start seeing a greater variety of new and fresh products harvested; our taste buds are happy just thinking about it!

### What's in the Box?

**Green Bell Peppers**, *Ten Hens Farm, Bath*  
**Jalapeno Peppers**, *Lansing Roots, Mason*  
**Summer Squash**, *Lansing Roots, Mason*  
**Organic Carrots**, *CBI's Giving Tree Farm, Lansing*  
**Organic Red Tomatoes**, *CBI's Giving Tree Farm, Lansing*  
**Mini Cucumbers**, *Peckham Farms, Bath*  
**Peaches**, *Phillips Orchards and Cider Mill, St. Johns*  
**Lavender**, *CBI's Giving Tree Farm, Lansing*  
**Rosemary**, *CBI's Giving Tree Farm, Lansing*  
**Add Ons**  
**Meat Variety**: *Ground Lamb, Grazing Fields, Charlotte*  
**Chicken**: *Halved Chicken, Trillium Wood, Williamston*  
**Pork**: *Hot Italian Sausage, Grazing Fields, Charlotte*  
**Beef**: *Boneless Chuck Roast, Heffron Farms, Belding*  
**Bread**: *Stone Circle Bakehouse*  
**Eggs**

### Producer Spotlight: Phillips Orchard



Phillips Orchard & Cider Mill is tucked away at the end of a country road just three miles west of US 127. Founded in 1852, they continue to adhere to the principles of their forefathers, providing great fruit at a great value to their customers. They offer fresh apples, cider, cider doughnuts, peaches, plums, squash, pumpkins, homemade pies, bread, and other tasty baked goods seasonally. They also are home to a full service coffee shop, offering a variety of hot or iced coffees. All of their products are Michigan made and of high quality and an even better taste!



### Crop Profile: Earlystar Peaches

Peaches have been grown for centuries and, with over 2,000 peach varieties, there's a peach for everyone. Native to China and South Asia, they are very versatile and are available in the summer season annually, starting in mid July. Peaches are high in dietary fiber, boosts the immune system, aid in digestion, have a high antioxidant capacity, and contribute to the maintenance of healthy skin. This specific variety of peach is one of the first types of peach harvested in the season, hence the "early" in its name. They are typically of a smaller size, but have a nicely balanced sweet and tart flavor. Earlystar peaches are of a semi-cling variety, which means the flesh of the fruit is likely to cling to the pit. These peaches aren't recommended for canning and freezing, but, they are a definitely a pretty summer treat.

# Weekly Recipes: Lavender Simple Syrup for Use in Sun Tea

## Cucumber Tomato Curry

2 Cucumbers cubed  
3 Tomatoes cubed  
1 Green Chili  
1 Jalapeno diced (optional for extra spice)  
1/2 tsp Red chili powder  
1/4 tsp Turmeric Powder  
1/2 tsp sugar  
Salt - to taste  
1/2 tsp Cumin seeds  
1/2 tsp mustard seeds  
a pinch of Asafoetida powder  
2 tsp oil

Heat oil. Over low heat add cumin seeds, mustard seeds and asafoetida powder. When cumin seeds have cracked, add chopped green chiles. Add turmeric powder, cucumber and tomatoes. Stir the vegetables while adding red chili powder, salt, and sugar.

Cook covered on medium heat. Stir and add a few tablespoons of water if the mixture gets too dry. Cook for 7 minutes.

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

Thanks!



@Allen  
MarketPlace

To make the syrup use the following ratio:  
1 part water to 2 parts granulated sugar.  
Additionally use 1/4 cup Lavender for each cup of water.

Combine water and sugar in a medium size pot. Stirring constantly, bring mixture to a boil. Once sugar is dissolved remove pot from heat. Add lavender and stir. allow to cool completely at room temperature. Strain off solids and store in a sealed container in refrigerator.

Add to your favorite Iced Tea for a unique flavor.

Look no further...

wishing you had something to cool off with?

*No Cook Homemade Peach Ice Cream  
adapted from Southern living*

Who doesn't love ice cream?! It's a perfect treat to beat the heat. Especially when combined with juicy peaches, who could resist?

1 (14-ounce) can sweetened condensed milk  
1 (5-ounce) can evaporated milk  
1 1/4 cups whole milk  
4 peeled, sliced medium-size fresh ripe peaches or 1 (15.25-ounce) can peaches in light syrup, drained  
2 tablespoons sugar  
1/4 cup fresh lemon juice  
1/4 tsp salt  
3/4 cup peach nectar

Whisk first 3 ingredients in a 2-quart pitcher or large bowl until blended. Cover and chill 30 minutes. Process peaches with sugar, lemon juice, and salt in a blender or food processor until smooth. Stir into milk mixture with peach nectar.

Pour milk mixture into freezer container of a 1-quart electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and times will vary.)

Remove container with ice cream from ice-cream maker, and place in freezer 15 minutes. Transfer to an airtight container; freeze until firm, about 1 to 1 1/2 hours.