



Veggie Box Newsletter

Week 8 | August 4

Can you believe there are only 149 days left in 2016?! That means you only have 69 days left to sign up for our Fall Veggie Box so you can get the most out of the autumn harvests. You can find the signup sheet at www.allenmarketplace.org/veggiebox/ In the meantime, let's enjoy this beautiful Summer weather we've been having with another box full of delicious veggies.

What's in the Box?

Green Beans, Peckham

Farms, *Lansing*

Cherry Tomatoes, Ten Hens Farm,
Bath

Green Peppers, *MSU SOF, East Lansing*

Italian Parsley, *CBI's Giving Tree Farm, Lansing*

Swiss Chard, *Titus Farms,*

Garlic, *Green Eagle Farm,*

Zucchini, *Green Eagle Farm, St. Johns*

Sage, *CBI's Giving Tree Farm, Lansing*

Irish Cobbler Potatoes, *Grimes Farm, Webberville*

Add Ons

Meat Variety: Ground Beef, *Heffron Farms, Belding*

Bread: *Stone Circle Bakehouse*



The MSU Student Organic Farm began in 1999 when a group of interested students teamed up with a horticulture professor to develop an opportunity for on campus experiential agricultural education. The operation was funded by grants written by the students and leaders of the Residential Initiative on the Study of the Environment program. After creating 3 passive solar greenhouses the SOF began its first season of production in the Spring of 2002. The students initiated the first year round CSA in Michigan. Currently the farm serves over 110 weekly produce shares year round and offers formal training programs.



Crop Profile: Broccoli

Broccoli is an edible green plant in the cabbage family whose large flowering head is eaten as a vegetable. Broccoli is a result of careful breeding of cultivated leafy cole crops in the northern Mediterranean starting in about the 6th century BC. Broccoli was first introduced to the United States by Southern Italian immigrants, but did not become widely known until the 1920s. One of the natural defenses of broccoli is the bitter flavor. Many poisonous vegetation has a bitter taste so humans developed a dislike for bitterness as a result. Broccoli is a healthy vegetable, packed with vitamin C and vitamin K. Raw broccoli also contains several B vitamins and the dietary mineral manganese, is low carb and low fat. Broccoli can be steamed, boiled, grilled, roasted, or plain raw; it is delicious any way you have it.

Weekly Recipes:

Irish Potato Cakes

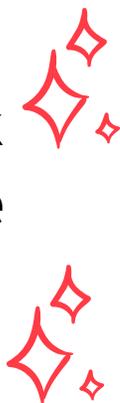
3 C mashed potatoes
1/2 C all purpose flour
2 oz butter
1 tsp onion powder
1/4 tsp salt
1/2 large beaten egg

In a large mixing bowl combine mashed potatoes, flour, onion powder, and salt. Add 1 ounce of melted butter and half of a beaten egg while mixing together to form a dough. Add additional flour if necessary. Transfer dough onto a floured surface. Knead lightly and flatten into a 1/2 inch high circle. Use a round cookie cutter to cut out potato cakes. Melt 1 ounce of butter in a large skillet and fry cakes for 8 to 10 minutes on each side until golden brown. Serve immediately as a dinner side dish or use as a base for a breakfast feast.

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



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FOR A RECIPE THAT USES EVERYTHING IN THE BOB

Oven Roasted Broccoli

1 lbs broccoli, rinsed and trimmed
2 Tbsp olive oil
2 cloves garlic, minced
1/2 tsp kosher salt
1/4 tsp ground black pepper
1/3 C panko bread crumbs
1/4 C finely grated Parmesan

Preheat Oven to 425 degrees. Cut the broccoli florets into bite size pieces. Cut the stalk into 1/8 inch thick slices. Place Broccoli in a mixing bowl and toss with olive oil, garlic, kosher salt, and pepper. Spread the panko into a cake pan and toast in the oven for two minutes then add the panko to the broccoli mixture. Roast the broccoli in the oven for 10 minutes until tender. Remove from oven, toss in cheese and serve.

LOOK NO FURTHER...

Swiss Chard Salad

1 bunch swiss chard
4 tsp olive oil
2 tsp red wine vinegar
2 tsp lemon juice
2 tsp maple syrup
Salt and pepper to taste
1 C cucumber
1/2 C cherry tomatoes
1 green pepper
1/4 C dried cranberries

Cut the stems out of the chard and save them to use in soups and stir fry. Stack the chard leaves and roll them into a tight cylinder. Cut the cylinder into 1/4 inch slices. In a large bowl mix chard, olive oil, vinegar, lemon juice, maple syrup, and salt and pepper. Toss to coat the chard. Let sit 20 minutes to allow the chard leaves soften. Add the remaining ingredients, toss and serve.