

# ALLEN MARKET PLACE VEGGIE BOX

Believe it or not, we're nearing the end of our ten week session!

The last week of this session is the week of August 6, just two short weeks away! If you'd like to register for the second session and haven't done so already, fill out the form at [allenmarketplace.org/veggiebox](http://allenmarketplace.org/veggiebox) or contact us directly at [exchange@allenmarketplace.org](mailto:exchange@allenmarketplace.org)

## FARMER SPOTLIGHT:

### HEFFRON FARMS

Heffron Farms was originally settled in 1921 by Thomas and Cecelia Heffron. Today, the fourth generation family members continue to raise livestock, as well as the crops to feed them with, all the while maintaining the tradition of providing Mid-Michigan with healthy animal products. All of their livestock are raised naturally without growth hormones or daily antibiotics, ensuring that their customers get the best products possible. Along with the traditional cuts of beef, chicken, and pork, the family also produces their own sausages, bratwursts, cheeses, and pet food. Their reputation for excellence has encouraged them to spread their business across the Grand Rapids and Belding area, as well as open an online market.

## CROP PROFILE:

Also known as German turnip or turnip cabbage, kohlrabi is an annual, cruciferous vegetable that is often mistakenly defined as strictly a root. A dietary staple of Germany and India, this green is very high in dietary fiber, making it a go-to for digestive issues. Kohlrabi also contains more vitamin C than fresh oranges or red cabbage! Vitamin C is vital in maintaining collagen production and a healthy immune system. For those with sugar-related health issues, it is the best source of maintaining vitamin C levels without overloading on fruit sugars. Kohlrabi can be eaten raw or cooked, however, the less cooked it is, the more nutrients it will contain. It is best served grated over salads, chopped raw with veggie dip, or steamed.

## KOHLRABI

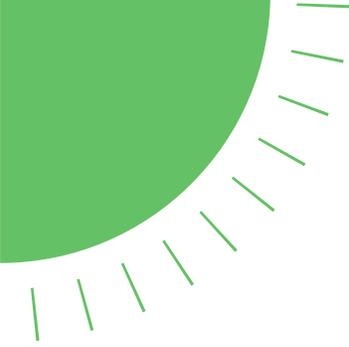
## WHAT'S IN THE BOX THIS WEEK?

- 1/2 pint Red Raspberries, Peckham Farms, Lansing, MI
- 1 bunch kohlrabi, Half Barn Farm, Lansing & Eaton Rapids, MI
- 1 bunch Collard Greens, Green Eagle Farm, Onondaga, MI
- 2 lbs potatoes, Green Eagle Farm, Onondaga, MI
- 1 Zucchini, Green Eagle Farm, Onondaga, MI
- 1 bunch Rosemary, CBI's Giving Tree Farm, Lansing, MI

Meat Add-on:

- 1 Beef Chuck Roast, Heffron Farms Markets, Belding, MI





# RECIPES OF THE WEEK

## KOHLRABI 'N' CARROT BAKE ADAPTED FROM TASTE OF HOME

## HOLY YUM CHICKEN ADAPTED FROM TABLE FOR TWO

### Ingredients

- 1.5-2 lbs. boneless, skinless chicken thighs
- 1/2 cup dijon mustard
- 1/4 cup maple syrup
- 1 tbsp. rice wine vinegar
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 1 tbsp. corn starch
- 2 tsp. fresh rosemary

Preheat oven to 450 degrees fahrenheit. Line an 8x8 pan with 2 layers of tin foil. In a small bowl, whisk together the dijon mustard, maple syrup, rice wine vinegar, salt, and pepper. Place the chicken thighs on the foil-layered pan and coat them with the mixture. Make sure they are completely covered in the sauce. Bake uncovered for 40 minutes. After removing from oven, place the chicken on a plate, but keep the liquid that was left behind in the pan. Whisk the cornstarch into the leftover liquid. Be sure to make this mixture while the liquid is still hot, as this is the sauce that will go over the chicken. If necessary, add more corn starch to thicken. Drizzle your baked chicken with the sauce you have just created. Sprinkle with fresh rosemary before serving.

### Ingredients

- 3 medium kohlrabis, peeled and sliced
- 4 medium carrots, sliced
- 1/4 cup chopped onion
- 3 tbsp. butter, divided
- 2 tbsp. all purpose flour
- 1/2 tsp. salt
- Dash of pepper
- 1-1 1/2 cups of 2% milk
- 1/4 cup minced parsley
- 1 tbsp. lemon juice
- 3/4 cup soft bread crumbs

Preheat your oven to 350 degrees fahrenheit. Place kohlrabis and carrots in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and let simmer for 15-20 minutes. Drain well, set aside. In a large skillet, saute the onion in 2 tbsp. butter until tender. Stir in the flour, salt, and pepper until everything is thoroughly blended. Gradually whisk in the milk and bring to a boil. Cook and stir the mixture for 2 minutes, or until thickened. Remove from heat and stir in the vegetable mixture, parsley, and lemon juice. Transfer to a shallow, 2 qt. baking dish coated with cooking spray. In a small skillet, melt the remaining tbsp. of butter over medium heat; add the bread crumbs. Cook and stir for 2-3 minutes and pour over veggie mixture. Bake uncovered for 20-25 minutes and serve.

## HOW TO: BLANCH COLLARD GREENS FOR HEALTHY TORTILLA ALTERNATIVE ADAPTED FROM MIND BODY GREEN

### Ingredients

- 2 dozen ice cubes
- 1 bunch of collard greens

Place 2 dozen ice cubes in a large bowl and fill the bowl with water; set this aside. Fill a pot with 5 cups of water and bring to a simmer. Cut the stem off of each of the greens at the base of the collard (leaf). Using a small knife, slice the spine of the leaf so that the leaf lays completely flat. One at a time, place the leaves in the hot water for 30 seconds and then immediately place it in the cold water for 10 seconds. Pat dry with a towel. Use leaves in any wrap, taco, or sandwich for a low-calorie, nutrient dense alternative.