Did you know that today is National Son's and Daughter's day? For those of you with little bundles of energy (or even big ones), celebrate by having a family picnic in a nearby park! The end of the season is quickly approaching; so lather on the sunscreen, head outside, and have some end of the summer fun with your loved ones. Just don't forget to pack some of the goodies brought to you by this week's veggie box!

What's in the Box?

**Cherry Tomatoes**, Tomac Pumpkin, Chesaning
**Jalapeno Peppers**, Lansing Roots, Lansing
**Sweet Corn**, Tomac Pumpkin, Chesaning
**Basil**, Smith Floral & Greenhouses, Lansing
**Lettuce Mix**, Smith Floral & Greenhouses, Lansing
**Kale**, Titus Farms, Leslie
**Heirloom Onions**, Green Eagle Farm, Onondaga
**Red Beefsteak Tomatoes**, Ten Hens Farm, Bath
**Freestone Peaches**, Phillip's Orchard & Cider Mill, St. Johns

Add Ons
**Meat Variety**: Pork Chop, Grazing Field, Charlotte
**Bread**: Stone Circle Bakehouse, Holt
**Pork**: Pork Shoulder, Grazing Field, Charlotte
**Chicken**: Chicken Leg and Thigh, Stone E River Ranch, Eagle
**Beef**: Ground Beef, Heffron Farms, Belding
**Pie**: Cherry Pie, Glory Bee Sweet Treats, Mason

Producer Spotlight:
Stone Circle Bakehouse, of Holt, Michigan, specializes in the European tradition of artisanal bread that is cut, scaled, and shaped by hand. Owner Kevin Cosgrove allows his dough to slowly ferment before baking it on the deck of his wood-fired oven. At Stone Circle Bakehouse, the innovative deliciousness stems from Cosgrove's desire to preserve traditional baking methods, rather than change them. Organic, local ingredients are prioritized when possible to bring customers fresh, environmentally and community friendly baked goods.

Crop Profile: Bicolor Sweet Corn
Sweet corn is a special maize variety as it differs genetically from field maize. It is native to Central America and was introduced to the rest of the world through Spanish explorers. With tender kernels and its delicious taste, it is a vegetable used in many cuisines across the globe. Sweet corn crops are harvested just as their corn-ears reach a milky stage and the cobs are used immediately after or can be frozen for later use, as the sugar content can quickly turn to starch. Store them in the refrigerator for up to three days, leaving the husk on to protect the corn's moisture content. Sweet corn is gluten free, and contains lesser calories than that of other field corn. It also provides a hearty amount of fiber, vitamins, and antioxidants.
Weekly Recipes
Pico De Gallo
adapted from epicurious.com
2 medium tomatoes, seeded and finely chopped
1/3 C chopped cilantro
1/4 C finely chopped onion
1/4 C sweet corn kernels
1-2 small fresh jalapeno, finely chopped, including seeds
1 lime, freshly squeezed
1/2 tsp fine salt
When seeding and chopping tomatoes, be sure to drain any excess liquid. Mix all of the ingredients in a bowl. Season to taste with additional jalapeno, lime juice, and salt. This salsa keeps in the refrigerator for one day. Before serving drain any liquid that has accumulated in the bowl. Use as a garnish with any Southwestern inspired dishes or serve with tortilla chips.

Grilled Pizza with Cheesy Corn, Fresh Tomatoes, and Basil
adapted from Martha Stewart
15 ounces store-bought pizza dough
11/3 cups corn kernels (from 2 ears)
1/4 cup Parmesan cheese, grated
4 teaspoon minced garlic
4 tablespoons extra-virgin olive oil, divided
Coarse salt
2 small tomatoes, thinly sliced
4 to 6 ounces mozzarella, thinly sliced
1/2 cup fresh basil leaves

Let dough sit at room temperature (in package) 4 hours.
Puree corn, Parmesan, garlic, 2 tablespoons oil, and 1/2 teaspoon salt in a food processor until smooth with small chunks. Spread remaining oil on a baking sheet or pizza pan. Place dough on pan, and stretch to an even thickness, turning to coat both sides with oil. Let rest 1 hour, then restretch.
Preheat grill to medium. Season dough with salt, and transfer to grill, making sure to keep dough flat and even. Cover grill, and cook until dough is just charred on bottom, 5 to 6 minutes, checking frequently. Flip dough. Spread corn mixture on dough, and top with tomato slices. Season with salt, and top with mozzarella. Cover grill, and cook until toppings are warmed through and mozzarella has melted, 5 to 6 minutes. Top with basil, and serve.

Next Week we will be handing out very short surveys via email and print. Please help us improve our products and systems by telling us what you think! Thanks All!
Enjoy your Veggies this week!

What can I do with that?
Veggie Box Q&A

How do I cut onions without crying?
When cutting onions, sulfuric acid is released through the vapors. To avoid this teary situation, I put them in the fridge for about 20 minutes before cutting. This helps to keep that acid at bay. There was a time that I used plastic wrap to make onion goggles...that didn't work too well. Also, having a sharp knife helps reduce the cutting time and is actually safer than using a dull knife. More cuts happen with a dull knife because you are using more pressure for the cut, which sometimes leads to accidents.