

ALLEN MARKET PLACE VEGGIE BOX

Next week is the final week of our ten week session! If you'd like to continue receiving fresh, delicious fruits and veggies each week, register for our second session. The second session will include an even greater variety of iconic summer vegetables and fruits- Tomatoes, peppers, peaches, apples, and more! If you haven't done so already, register online at allenmarketplace.org/veggiebox or contact us directly at exchange@allenmarketplace.org

PRODUCER SPOTLIGHT:

RUST BELT ROASTERY

For those who enjoy a fantastic cup of coffee, Rust Belt Roastery is a must-try. Not only are they Certified Organic and Certified Fair Trade, but they also use an antique Italian hardwood roaster to produce a uniquely smooth, rich taste. The owners, Paul and Emily Nicholls, first fell in love over a cup of coffee in Baja, Mexico. Their mutual love for delicious coffee led them into their 10-year search for the perfect wood-roaster. Nowadays, as they build their business together, Paul and Emily are first and foremost dedicated to the social justice and sustainability of the coffee industry. Their coffee bags are biodegradable, they are regular composters, and they refuse to import beans from those who support inhumane working conditions. You can catch them at local Farmer's Markets offering samples, cold-brews, and 6 lb. subscriptions.

CROP PROFILE:

Garlic hails from the Allium family and is a close relative of shallots, leeks, and onions. Although garlic is a popular ingredient in many savory dishes, it has also been hailed for centuries for its health and medicinal properties. For example, studies have shown that eating garlic daily can reduce your chance of the flu and common cold by 63%. A regular garlic diet has also been shown to improve blood pressure, athletic performance, and reduce your risk of heart disease. Bad breath may or may not be a common side effect. Garlic can be eaten raw, roasted, or sautéed. At very few calories but plentiful in nutrients (such as vitamin C), adding garlic to any dish is always a good idea.

GARLIC

WHAT'S IN THE BOX THIS WEEK?

- 1/2 pint Yellow Raspberries, Peckham Farms, Lansing, MI
- 1 Cabbage, Half Barn Farm, Lansing, MI
- 1 Bulb Garlic, Green Eagle Farm, Onondaga, MI
- 1 lb. Potatoes, Wild Flower Eco Farm, Bath, MI
- 1 Cucumber, Green Eagle Farm, Onondaga, MI
- 1 lb. Cherry Tomatoes, Ten Hens Farm, Bath, MI

Meat Add-on:

- 1 lb. Pork Breakfast Sausage, Appleschram, Charlotte, MI

Egg Add-on:

- 1 dzn. lg. Brown Eggs, Grazing Fields, Charlotte MI

Coffee Add-on:

- 1 lb. Rust Belt Roastery, Lansing, MI





RECIPES OF THE WEEK

ROSEMARY & GARLIC ROASTED POTATOES

ADAPTED FROM EPICURIUS

Ingredients

- 1 lb Potatoes, cut into thick 1 in. wedges
- 2-3 lg Rosemary sprigs
- 2 lg Garlic cloves, smashed and peeled
- 1.5 tbsp Olive Oil

Preheat oven to 450°F with a 4-sided heavy sheet pan in upper third.

Toss ingredients with 1 teaspoon salt and 1/2 teaspoon pepper. Spread in 1 layer on hot pan and roast 20 minutes. Loosen potatoes with a metal spatula and turn, arranging pale potatoes around outer edge of pan and golden potatoes in center (for even roasting). Roast 15 minutes, then loosen and turn potatoes over again. Roast until potatoes are golden and cooked through and edges are crisp, about 10 minutes more.

20-MINUTE CHERRY TOMATO AND BASIL ANGEL HAIR

ADAPTED FROM OH SWEET BASIL

Ingredients

- 1/2 pound of angel hair pasta
- 2 tbsp. olive oil
- 5 large garlic cloves, thinly sliced
- 2 lbs. cherry tomatoes
- 1 cup of loosely packed basil, roughly chopped
- 3/4 tsp. salt, plus more for seasoning
- 1/2 cup grated parmesan, plus more for garnish

Bring a large pot of water to a rolling boil. Add in a good handful of salt. Then add the pasta and cook al dente or until pasta is slightly undercooked. Using tongs, remove the pasta from the water into a colander. Reserve the cooking liquid. While the pasta is cooking, add the garlic and olive oil to a very large skillet. Turn the heat on medium and cook until the garlic becomes soft (about two minutes.) Turn the heat to a medium-high and add the tomatoes and salt. Cook for two minutes. Add 1/2 cup of starchy cooking liquid leftover from the pasta. Bring the mixture to a boil and reduce to a simmer for five minutes – the tomatoes should be starting to burst. If they haven't, gently push on them using the back of a wooden spoon. You only want about half to burst. Add pasta and cook another two minutes.

Turn the heat off. Add basil and parmesan cheese. Toss to coat. If needed, add more starchy pasta water. Season to taste with salt and pepper. Serve with extra grated parmesan cheese.

GLORIOUS GARLIC DRESSING

ADAPTED FROM HEALTH STARTS IN THE KITCHEN

Ingredients

- 4-6 cloves of garlic, according to preference
- 1/2 cup Bragg's Organic Apple Cider Vinegar
- 1 cup olive oil
- 1/3 cup water
- 1.5 tbsp. honey
- 1 tbsp. dijon mustard
- 1/4 tsp. sea salt
- Black pepper to taste

Blend all ingredients until smooth and creamy.