Welcome to the Summer Veggie Box! We are excited to bring some of our early summer favorites to you for our first week. With the arrival of these tasty crops, we are just in time to celebrate Fresh Veggies Day on June 16th. Use this day to invite friends to a fresh vegetable meal or get creative and compile a colorful dish to kick off a healthy, veggie-filled summer!

What's in the Box?

Strawberries, Peckham Farms, Lansing
Garlic Scapes, Ten Hens Farm, Bath
Yellow/Green Zucchini, Peckham Farms, Lansing
Romaine Lettuce Heads, Ten Hens Farm, Bath
Lavender, CBI’s Giving Tree Farm, Lansing
Oyster Mushroom, Trillium Wood Farm, Williamston
Carrots, MSU Student Organic Farm, East Lansing
Cilantro, Urbandale Farm, Lansing
Spring Greens, Urbandale Farm, Lansing
Add-Ons:
Bread, Stone Circle Bakehouse, Holt
Eggs, Grazing Fields, Charlotte
Cheese/Chevre, Hickory Knoll Farms Creamery, Onondaga
Dry Beans, Ferris Organic Farm, Eaton Rapids
Coffee/Cold Brew, Rust Belt Roastery, Lansing
Honey, Lansing Honey Cooperative, Lansing
Pie/Sweet Treats, Glory Bee Sweet Treats, Mason
Meat Variety, Grazing Fields, Charlotte
Chicken, Stone E River Ranch, Eagle
Pork, Grazing Fields, Charlotte
Beef, Heffron Farms, Belding

Crop Profile: Oyster Mushroom

The Latin name Pleurotus ostreatus means "sideways oyster", referring to the oyster-like shape of the mushroom. It was first cultivated in Germany as a subsistence measure during World War I and is now grown commercially around the world for food. Oysters naturally produce compounds called statins. Statin drugs reduce "bad cholesterol" (LDL) by stimulating receptors in the liver to clear the cholesterol from the body.

The oyster mushroom is frequently used in Japanese, Korean and Chinese cookery as a delicacy. It is frequently served on its own, in soups, stuffed, or in stir-fry recipes with soy sauce. The mushroom’s taste has been described as mild with a slight odor similar to anise. The oyster mushroom is best when picked young; as the mushroom ages, the flesh becomes tough and the flavor becomes acrid and unpleasant.

Producer Spotlight:

First-generation sister farmers Allie and Elise Thorp founded Trillium Wood Farm in 2013 from a simple idea: to provide food for their family and community that they feel good about. On 88 acres in Williamston, Michigan, they raise grassfed beef and lamb, pastured poultry, forest pork, and chemical-free mushrooms. Strongly committed to sustainable farming practices, Trillium Wood Farm aims to give back to the community and the environment by regenerating the land for future generations and producing high quality food that contributes to your health.
Garlic Scape Pesto
1/2 cup coarsely chopped scapes
1 bunch cilantro
Juice and zest of 1/2 lemon.
1/2 teaspoon salt.
A few generous grinds of black pepper.
1/2 cup extra virgin olive oil.
1/4 cup grated asiago cheese
1/4 cup walnuts
Place scapes and cilantro in a cuisinart or blender and pulse until roughly chopped. Add the zest and juice along with the salt, pepper and walnuts. Pulse again a couple times. Stream the olive oil until smooth, add more or less until you have your desired consistency (I like it close to peanut butter thickness). Pulse in the cheese and enjoy!
There are many ways to make pesto and many ways to use pesto! Try it with basil or chervil, substitute toasted almonds for the walnuts! Try out different flavors and use it on your favorite pasta or sandwich (it gives a great zip!)

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Strawberries in Lemon-Lavender Syrup
1 pint fresh strawberries
1/2 cup water
1/2 cup sugar
2 tablespoons lavender leaves/flowers
1 teaspoon lemon juice
Whipped cream
Make a syrup by combining the water and sugar and heating until the sugar is dissolved. Add the lavender and remove from the heat. Allow to steep for about 20 minutes. Strain syrup and add the lemon juice. Cut the berries and whip the cream. Pour some of the syrup over the berries and top with whipped cream. Enjoy!

Veggie Box Pasta
Garlic Scape Pesto penne pasta oyster mushroom zucchini/yellow squash carrots
Prepare the pesto and set aside. Start a pot of water on the stove. Prepare the vegetables: peel (or scrub) the carrots and cut into half moon shapes, cut the zucchini into half moon shapes, and gently clean the mushrooms with a damp paper towel (they will absorb the water if you wash them under water) and slice into pieces. First saute the mushrooms in a hot with some olive oil- it will be quick, just a couple minutes- remove them from the pan and set them aside. Next add the carrots to the pan with some olive oil, saute them gently and when they are starting to get tender, add the zucchini and cook until tender. Cook the pasta and be sure to reserve some of the pasta water for the "sauce." Add some pesto to the vegetables, return the mushrooms to the pan and add the pasta. Add some of the pasta water to thin the pesto sauce if needed.

What is a scape? and how do I use it?
A garlic scape is the flower producing portion of a garlic bulb. During the early spring, the garlic that has been planted the year prior will wake up and send up a great shoot that farmers will clip off to force the energy back into the production of the garlic bulb. The scape is full of flavor. I really enjoy making scape pesto or braised scapes. You can also chop them up and toss them with your favorite sauteed vegetables. The flavor profile is similar to a mild garlic with a touch of onion. I really enjoy them and they are only around for a couple of weeks and really only available at farmers markets and, of course, your very own Veggie Box. Give them a try, follow a recipe or make up your own! Be adventurous and be free!!

Please be sure to return your box every week! or bring a reusable bag for your fruits & veggies!