



Veggie Box Newsletter

Week 7 | July 27



Welcome to week seven of the Summer Veggie Box! Today is also National Take Your Houseplant For a Walk Day. Whether you take a potted green companion for a stroll through the neighborhood this evening or simply carry your Veggie Box inside, now is the perfect time to celebrate all of the plants that enrich our homes and our lives. We hope you have an amazing day and enjoy all of the special veggies in this week's box!

What's in the Box?

Cherry Tomatoes, *Peckham Farms*, Lansing
Slicing Cucumber, *Peckham Farms*, Lansing
Green Pepper, *Peckham Farms*, Lansing
Braising Greens Mix, *Hunter Park GardenHouse*, Lansing
Rosemary, *CBI Giving Tree Farms*, Lansing
Jalapeños, *Bourne Fraiche Farms*, Lansing
Red Norland Potatoes, *Monroe Family Organics*, Alma
Fennel, *Ten Hens Farm*, Bath
Turnips, *Urbandale Farm*, Lansing

Add-Ons:

Bread, *Stone Circle Bakehouse*, Holt
Sweet Treats, *Stone Circle Bakehouse*, Mason
Meat Variety, *Heffron Farms*, Belding
Eggs, *Grazing Fields*, Charlotte
Cheese/Chevre, *Hickory Knoll Farms Creamery*, Onondaga
Coffee/Cold Brew, *Rust Belt Roastery*, Lansing
Chicken, *Stone E River Ranch*, Eagle
Pork, *Grazing Fields*, Charlotte
Beef, *Heffron Farms*, Belding

Producer Spotlight:



The Hunter Park GardenHouse, a project of Allen Neighborhood Center, is a hub for year-round farm & garden education, where neighbors volunteer to grow food, flowers, and community. Launched in May 2008, the GardenHouse was part of a 9-point plan to improve Hunter Park, along with the walking path and the Hunter Park Pool. Since 2008, the Hunter Park GardenHouse has empowered neighbors to grow, prepare, and eat nutritious food to improve their health and become better connected with the community. The GardenHouse is open 6 days a week and offers a wide variety of programs, including gardening workshops, a gardening assistance call service, a multi-season CSA, and youth education programs that build job and life skills through service projects in the neighborhood.



Crop Profile: Fennel

Fennel is a flowering plant in the carrot family that is native to the Mediterranean region. There are two main types of fennel: herb fennel and Florence fennel, or the Italian *finocchio*. Herb fennel's stems, seeds, and feathery leaves that look just like its cousin dill are all harvested and used. Florence fennel, however, is grown primarily for its large, bulb-like bottom that is eaten as a vegetable. Typically, the trimmed off green tops only garnish dishes. Regardless of type, fennel has a strong anise or licorice flavor. The crisp bulbs can be eaten raw by cutting into thin slices for salads and slaws. If it's cooked, the bulb's flavor becomes softer and more mellow. In various cultures, fennel has a long history for its uses as an herb, food source, and object in important rituals. It has also been considered one of the best carminatives, which are used to reduce gas, bloating, and nausea, and was baked or boiled along with other foods to make them easier to digest. Today, fennel is still used in many of the same ways and may make a helpful digestive aid in addition to being a delicious vegetable or spice.

Braised Fennel and Potato

- 1 large fennel bulb with fronds
- 1 large onion, cut into thick slices
- 1/4 tsp black pepper
- 1 tsp salt
- 3 Tblsp extra-virgin olive oil
- 1 lb red norland potatoes
- 1/2 cup water

Chop 2 tablespoons fennel fronds (the delicate leaves) then cut off and compost stalks from bulb. Quarter bulb lengthwise and core, then cut lengthwise into 1/4-inch-thick slices. Cook fennel, onion, pepper, and 1/2 teaspoon salt in oil over moderate heat, covered, stirring occasionally, until onion is softened, about 5 minutes. Cut potatoes crosswise into 1/4-inch-thick slices and add to the onions. Cook, uncovered, stirring frequently, 3 minutes. Add water and cook, covered, stirring once, until potatoes are tender, 10 to 12 minutes more. Garnish with fennel fronds.



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



What is the difference between a waxy and mealy potato?

There are some texture differences and also the methods of cooking. For a waxy potato (yukon gold for example) you can boil or bake them with no problem. The mealy potato can be boiled or baked as well but when they are boiled they take on a gritty texture sometimes that is not that great. The basic Idaho potato is best baked so it gets a fluffy texture. I find the best thing to do is to just put it in the oven directly on the rack and bake away!

Can I eat the foliage on the fennel?

Yes! It is great as a garnish or chopped up in a salad. The fronds (tops of the fennel) are a great addition to many dishes and can be used like parsley- it adds a bit of flavor to the dish. using the fronds is a great way to show your guests your wonderful cooking and garnishing talents!

Pickled Turnips

- 1/2 lb turnips, peeled
- 1 ea beets, peeled
- 3 cloves garlic, peeled
- 1 ea jalapeno
- 1/2 cup distilled white vinegar
- 1/2 cup cold water
- 2 teaspoons salt

Cut turnips and beets into wedges or 1/2" thick slices. Pack tightly in a quart jar with the garlic cloves and hot pepper. Mix the vinegar and water; add salt and stir until dissolved. Pour over the turnips and beets. Cover with the lid and refrigerate for three days.

recipe from www.maureenabood.com

Candied Rosemary

- 2 cup water
- 3 sprigs fresh rosemary, washed
- 1 cup sugar,
- 1/2 cup sugar
- 8-10 rose petals, washed

Bring the water to a boil and add 1 cup sugar to make a syrup. When the sugar is dissolved, take off the heat and add the rose petals. Steep for five minutes. Place 1/2 cup sugar in a shallow bowl.

Dip sprigs of rosemary into the hot syrup one at a time, allowing them to soak slightly. Using a spoon, sprinkle each sprig generously with sugar. Set aside on a sheet of parchment to dry completely.

This week we have a braising mix from the Hunter Park GardenHouse. The mix includes some collards, dino kale and red Russian kale. They are a great combination to use for making some greens, you can also add in any other greens (like turnip or beet) to add a diverse and exciting flavor. You can also go the other way with collards and use them for dolmas or make a quick brine and pickle them! The world is your oyster, your greens oyster.



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

Comments, Questions, Suggestions?

We would love to hear from you!

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