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

**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 Tbsp 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.

**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 ½” 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.

**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.

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**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!

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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.

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**Comments, Questions, Suggestions?**
We would love to hear from you!
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