Welcome to week two of the Veggie Box! Now that the summer solstice has passed, we have officially entered our favorite warm and sunny season. The start of summer brings some of the longest periods of sunlight that we will experience throughout the entire year. For thousands of years, people have recognized that the plants around them need the sun to grow and have held celebrations and feasts during this time of year. Be sure to enjoy some of your fresh veggies this week during the long hours of sunlight that made them possible!

**What's in the Box?**

- **Kale, Titus Farms, Leslie**
- **Variety Lettuce, Tomac Pumpkin Patch, Chesaning**
- **Slicing Cucumbers, Peckham Farms, Lansing**
- **Cutting Celery, Ten Hens Farm, Bath**
- **Oregano, Smith Floral & Greenhouses, Lansing**
- **Kohlrabi, CBI’s Giving Tree Farm, Lansing**
- **Boc Choy, Donny Brooke at Lansing Roots Farm, Lansing**
- **Jonagold Apples, Phillips Orchard, St. Johns**

**Add-Ons:**

- **Bread, Stone Circle Bakehouse, Holt**
- **Sweet Treats, Glory Bee Sweet Treats, Mason**
- **Meat Variety, Grazing Fields, Charlotte**

**Crop Profile: Cutting Celery**

Cutting celery, also known as leaf celery or Chinese celery, is grown for its leaves and used as an herb throughout Europe and China. Closely related to wild celery, cutting celery looks like a larger version of Italian parsley and has thin, hollow stalks. Unlike the celery commonly found at grocery stores, cutting celery has a stronger flavor and generally isn’t eaten raw. It provides a more distinct celery flavor to sauces, soups, and stews, and its leaves can be added to a potato salad or sprinkled over tomato slices. A little bit goes a long way.

Cutting celery is also more perishable than stalk celery. To store it, rinse off any dirt and wrap in paper towels before placing in a bag or container in the refrigerator. Cutting celery also dries very well and holds its flavor better than dried parsley or basil. It can also be frozen with water or broth in ice cube trays for later use in a pot of soup. The possibilities for this powerful herb are endless!

**Producer Spotlight:**

Since 2007, Ten Hens Farm founders Adam and Dru have been putting their agricultural backgrounds to work. Both Adam and Dru grew up around farming and continued to pursue agriculture through commercial agriculture education, and the Student Organic Farm at Michigan State. Located in Bath, MI, Ten Hens Farm uses sustainable production and business practices to farm about 5 acres of land. Ten Hens believes that the best crops come from healthy soil and work hard to keep theirs in the best shape. In addition, they focus on harvesting and handling their product in a way that ensures freshness and great taste! Between their agricultural knowledge, two daughters, and a great farm crew, Ten Hens Farm is set for success.
Risotto with Celery
1 bunch cutting celery
1 T extra virgin olive oil
2 garlic scapes, chopped
1 T tomato paste
salt and freshly ground black pepper to taste
6 cups vegetable broth
3 Tbs. unsalted butter, divided
2 cups Arborio rice
1/4 cup grated Parmesan cheese
Finely dice the celery stalks and leaves, (reserving a few of the leaves). In a pot, heat the olive oil and add garlic scapes and chopped celery (reserve the leaves). Cook over low heat for 2 to 3 minutes. Add the tomato paste and salt and pepper to taste. In a separate pot, bring the broth to boil in a saucepan. Add the rice to the celery mixture and stir to coat the grains. Let cook for 1 to 2 minutes. Add enough broth to just cover the rice and celery and bring to a simmer. Stir often, until the broth is absorbed. Continue adding broth, just enough to cover, and stir frequently, until the rice is al dente and the risotto is creamy and liquid is absorbed. This should take approximately 18 minutes. In the final few minutes of cooking, stir in the remaining celery leaves. Remove from the heat, stir in the remaining tablespoons of butter and the grated Parmesan cheese. Risotto is a very patience orientated procedure...low and slow is the key to creating this creamy wonderful dish. Try it with chicken or sausage and you have a one pot meal!

Kohlrabi Apple Slaw
submitted by Ruthie Sudderth
1 hd kohlrabi, peeled and sliced into matchsticks
2 Jonagold apples, cored and sliced into matchsticks (no peeling necessary!)
TIP: Squirt some lemon juice on these veggies as soon they’re cut. It keeps them from browning!
2-3 stems of kale, washed well and large stems removed, and sliced into thin strips
1/4 cup dried cranberries
1/4 cup shelled pistachios or walnuts, roughly chopped
OPTION: 1/4 cup crumbled feta cheese
Dressing:
Juice of 2 lemons
1/4 cup olive oil
1 tbsp honey
1 tsp kosher salt
black pepper to taste

1. Combine kohlrabi, apple, kale, cranberries and nuts (and feta, if adding) to a large bowl and toss to blend. (If your pistachios or walnuts aren’t pre-toasted, simply put them in a dry (don’t add any oil or fat) small skillet on low-medium heat for 3-5 minutes or until you can smell them. Done!)
2. Whisk together your dressing and pour over slaw ingredients. Toss, taste for seasoning and adjust salt/pepper if needed.
TIP: This makes a wonderful fall slaw. Substitute thinly sliced raw brussel sprouts, add some roasted sweet potato or butternut squash cubes and it makes a delicious and healthy side dish!

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

How can I store my kale if I cannot use it all right away?
There are many things you can make with kale but sometimes I like to use it later. One of the best ways I find to store kale is to take the rib out of the center of the leafy stalk- place the greens into a ziplock bag and it will freeze wonderfully. When you are ready to use the kale, no need to defrost, you can put it in your favorite smoothy or crush it up and sprinkle it in an omelette...there are so many options! It is also a great addition to soups.

Grilled Bok Choi
Cut the leaves from the middle of the bok choi and lightly drizzle with sesame oil- be sure not to use too much, just enough to make the leaves glisten. Grill until you have a light char and sprinkle with sesame seeds. Great quick side dish!

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