



Veggie Box Newsletter

Week 4 | July 6



Welcome to week four of the Veggie Box! We are doing some real fun stuff this week- raspberries are here! Many historic events took place on this day and here are a few of them. In 1928, the first all-talking picture show, *Lights of NY*, was shown in New York and changed the way movies are made and shown. In 1994, *Forrest Gump* was released and we were given the memorable line: "My mama always said, 'Life was like a box of chocolates. You never know what you're gonna get.'" Lastly, Happy Birthday to Frida Kahlo who would have been 110 years old today. Enjoy and explore week number 4!

What's in the Box?

Raspberries, *Peckham Farms*, Lansing
Beets, *CBI Giving Tree Farms*, Lansing
Basil, *CBI Giving Tree Farm*, Lansing
Collard Greens, *Titus Farm*, Leslie
Summer Savory, *Monroe Family Organics*, Alma
Spicy Mesclun Mix, *Urbandale Farm*, Lansing
Romaine, *MSUSOF*, East Lansing
Green Garlic, *Ten Hens Farm*, Bath

Add-Ons:

Bread, *Stone Circle Bakehouse*, Holt
Sweet Treats, *Good Eats Diva*, Lansing
Meat Variety, *Grazing Fields*, Charlotte



Crop Profile: Summer Savory

Summer Savory...the very name of this herb bespeaks flavor, and in fact, summer savory (*Satureja hortensis*) imparts a delicious taste to almost any dish the gourmet prepares. In medieval times it was added to pies and cakes for a touch of spiciness; today it's primarily used in soups, stews, and marinades, and with meats and vegetables. Although it's often referred to as "the bean herb"—being especially good with string beans, limas, navy beans, soybeans, and all types of broad bean—savory goes well with many other vegetables, such as cabbage, tomatoes, green peppers, asparagus, cauliflower, mixed greens, and rice. The versatile herb is also tasty in stuffings, sausages, and pork pie, and with chicken, fish, game meats, beef, lamb, and eggs (try it in scrambled eggs or omelets). Boiled with strong smelling foods like broccoli or sauerkraut, it helps prevent cooking odors. Steeped in vinegar or salad dressing, it lends an aromatic flavor. People on low-sodium diets may even find it an agreeable salt substitute. Savory's uses aren't limited to the kitchen, however. Since the days of the ancient Egyptians—who stirred the powdered herb into their love potions—it has been praised as a remedy for sore throats, dim vision, sciatica, palsy, intestinal disorders of various kinds, and the stings of wasps and bees. Nicholas Culpeper, the famous seventeenth century apothecary and author, valued it as a virtual cure-all and recommended that it always be kept on hand.

Producer Spotlight:



Monroe Family Organics is very much the fruition of a dream set in motion almost 20 years ago, & finally realized in 2011. After having a stall at the local Alma farmers market the summer he was 16, Fred Monroe was hooked on organic vegetable production. So off he went to Michigan State to earn his bachelor's degree in horticulture & agribusiness. During this time he worked at MSUSOF and interned at Angelic Organics, a very large CSA farm south of Chicago (where he met his wife Michele). In 2010, Fred & Michele set to work acquiring land, buying a house, & rounding up equipment for the first farm season. Over the next few years, they continued to add more crops, more animals, more CSA drop-offs, more delivery options, and more local mid-Michigan store and restaurant partners. 2017 will mark Monroe Family Organics' seventh season.

Collard Greens 101

Collard Greens are sometimes a bit tricky..they are a green but how long do you cook them? Many times I will get multiple types of greens and braise them together. The most important part of cooking greens is the pot liquor. This is the flavoring that is essential to a good pot of greens. In my pot liquor, I use a combination of garlic, onions, tomatoes, and then flavorings like smoked paprika, cayenne, bay leaves, liquid smoke, balsamic...the list can go forever. I like to start out the pot liquor with some bacon. I cut the bacon into chunks and saute them in a dutch oven until they are cooked. Then I drain the oil off (saving it in a bowl) and put the bacon aside for later. Saute onions in the bacon grease until golden. Add chopped garlic and tomato paste, cooking slightly. Then add some chicken (or vegetable) stock. Add some canned tomato (or fresh if you have it) and let that simmer down for about an hour on low heat. Then taste it- this will be the base of the pot liquor. If you are happy with the flavor then add the greens, if not then play around with it a bit- add some balsamic or cider vinegar, get some maggi seasoning and dash a bit in there. The pot is ready for the greens. Collards take a bit of time so be patient and you will be rewarded!



What do I do with that?

Veggie Box Q & A



What is Green Garlic?

Garlic is such a wonderful thing. Many of us only have garlic that is cured- it is much easier to store and sell when the shelf life is extended by months. Green garlic is not aged or dried so it has a different flavor, more mellow and less spicy.

Is there a difference between summer and winter savory?

The difference is in the flavor and the life of the plant. Winter savory is a perennial meaning it comes back every year whereas the summer savory is an annual and does not. Winter savory is slightly more bitter than summer savory in flavor.

Roasted Beets with Savory Vinaigrette

1 bunch beets
1-2 chopped green onion
2 ea mandarin oranges
2T apple cider vinegar
4T olive oil
salt and pepper
1t chopped savory
1 clove garlic
Wrap the beets in aluminum foil and roast in the oven at 350 for about 30 minutes or until tender. Peel the beets while still warm. Slice and chill the beets. Peel and segment the oranges and make a vinaigrette with the vinegar and oil. Blend the vinegar with the garlic and stream the oil while blending. Combine the beets, onion, oranges, savory in a bowl and mix with the vinaigrette. Salt and pepper to taste.

Basil Pesto

1 cup basil leaves
1 cup spinach
1/2 cup freshly grated Parmesan cheese
1/2 cup extra virgin olive oil
1/3 cup walnuts
3 garlic cloves
1/2 tsp cider vinegar
Salt and freshly ground black pepper to taste
Combine the spinach, basil and walnuts in a food processor. Pulse until the mixture is coarsely chopped and then add the walnuts, garlic and vinegar. Pulse again until chopped. Stream the oil and blend until smooth. Add salt and pepper to taste.

Leftovers got you down? Recreate those them into something fantastic. Proteins can be shredded and put into your omelette or grab some tortillas and make some enchiladas. There are many different things that can be done with cooked veggies- try a "hot dish" or better yet, make a lasagne...they freeze wonderfully and make a great quick meal in a pinch (freezer to oven). Explore your palate!



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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