



# Veggie Box Newsletter

## Week 9 | August 10

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Welcome to week nine of the Summer Veggie Box! Today is National Duran Duran Appreciation Day, Notorious for Ordinary World, Rio, and my favorite: Electric Barbarella. Hoping this box makes you Hungry like the Wolf because it is jam packed with hits this week! Today is also National S'mores Day so be sure to get close to the campfire and roast up some of your favorites...S'meaches anyone?

### What's in the Box?

- Cherry Tomatoes**, *Tomac Pumpkin Patch*, Chesaning
- Slicing Tomatoes**, *Peckham Farms*, Lansing
- Poblano Pepper**, *Ten Hens Farms*, Bath
- Eggplant**, *CBI Giving Tree Farms*, Lansing
- Lavender**, *CBI Giving Tree Farms*, Lansing
- Freestone Peaches**, *Phillips Orchard & Cider Mill*, St. Johns
- Corn**, *Tomac Pumpkin Patch*, Chesaning
- Lemon Cucumbers**, *Titus Farm*, Leslie
- Fresh Garlic**, *Magnolia Farms*, Lansing

### Producer Spotlight:



CBI's (Community Based Interventions) Giving Tree Farm is a 7 acre, non-profit CSA farm just north of Lansing, MI between Old

Town and Dewitt. The farm originally began as a community garden for people with disabilities. As its volunteer base grew, so did the available programs. The farm has established a heated greenhouse and eight hoop houses for year-round horticultural therapy programs. Monday through Friday, the farm provides vocational training for people who have suffered from traumatic brain injuries, allowing them to organically cultivate the produce provided to area restaurants, farmers markets and CSA members.

### Add-Ons:

- Bread**, *Stone Circle Bakehouse*, Holt
- Sweet Treats**, *Glory Bee Sweet Treats*, 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**, *Trillium Wood Farm*
- Pork**, *Grazing Fields*, Charlotte
- Beef**, *Heffron Farms*, Belding

### Crop Profile: Eggplant

Aubergine is a species of nightshade, grown for its edible fruit. Eggplant is the common name in North America, Australia and New Zealand, but British English uses the French word aubergine. The fruit is widely used in cooking. As a member of the genus Solanum, it is related to the tomato and the potato. It was originally domesticated from the wild nightshade species, the thorn or bitter apple. The eggplant is a delicate, tropical perennial often cultivated as a tender or half-hardy annual in temperate climates. The stem is often spiny. The flower is white to purple, with a five-lobed corolla and yellow stamens. The egg-shaped, glossy, purple fruit has white flesh with a meaty texture. The cut surface of the flesh rapidly turns brown when the fruit is cut open. Botanically classified as a berry, the fruit contains numerous small, soft seeds that, though edible, taste bitter because they contain nicotinoid alkaloids like the related tobacco. The eggplant has a special place in folklore. In 13th-century Italian traditional folklore, the eggplant can cause insanity. In 19th-century Egypt, insanity was said to be "more common and more violent" when the eggplant is in season in the summer.



*adapted from wikipedia*

## Baba Ganoush

1 medium eggplant  
2 sprigs thyme  
1 T Kosher salt  
3 T olive oil  
2 T tahini  
1 small head garlic, roasted  
juice of 1 lemon  
zest of 1/2 lemon

To start, cut the eggplant in half and score the flesh in a criss-cross pattern creating a diamond score. Sprinkle the salt on the surface and allow to rest for 30 minutes. After the time is up, squeeze the liquid from the eggplant. Preheat the oven to 400 degrees. Brush the flesh with a small amount of olive oil, put the thyme on the flesh and place face down on a parchment-lined baking sheet. Bake the eggplant until the surface collapses and is wrinkly. Allow to cool and then scrape the flesh from the skin into a cuisinart. Add all the ingredients except the olive oil and blend until smooth. Add salt and pepper to taste. Sometimes the texture may feel a bit off and that can mean there is not enough olive oil or it needs to be blended more. You can also experiment with flavors by adding a dash of smoked paprika or a drop or two of liquid smoke.



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



### **What is the point of salting eggplant before roasting it?**

There is a lot of liquid in eggplant and one of the best ways to draw out that moisture is through the use of salt. The salt will draw the moisture to the surface and then if you give it a good squeeze, it will be released. The moisture within the eggplant prevents the sugars from caramelizing and creates an unpleasant texture if cooked improperly.

### **What is the difference between fresh and not fresh garlic?**

Fresh garlic has not been cured and had a more mild flavor. The curing process takes about 1-2 weeks.

### **How do I roast garlic?**

I simply wrap mine in a tin foil pouch gathered at the top and put it in a 350-375 degree oven until it is soft, the time varies based on the size of the bulb- about 45 minutes

## S'Meaches

1 peach, sliced into 6-8 slices  
6 large marshmallows  
1/2 cup brown sugar  
1/2 teaspoon cayenne pepper  
graham crackers  
dark chocolate bar  
Mix the cayenne and sugar, and toss the peaches in it. Place a peach slice on a stick, add the marshmallow, then another slice of peach (creating a marshmallow-peach sandwich). Toast over a medium campfire until the sugar starts to caramelize and brown. Sandwich the peach with chocolate and then graham cracker. Let the chocolate melt slightly and enjoy!

## Peach Corn Salsa

3 peaches, chopped  
2 ears fresh corn kernels, cut off the cob  
1 poblano rajas, minced  
1 onions, minced  
1/4 cup cilantro, minced  
2 tablespoons rice wine vinegar  
1 tablespoon avocado oil (or olive oil)  
Kosher salt to taste

To make rajas- roast and peel the poblano peppers. Mix everything well in a bowl. Season to taste with kosher salt. Serve immediately or refrigerate until ready to use. You can also add a little heat with a diced jalapeno or add smoked paprika for a truly unique flavor. Also, add avocado for a creamy texture.

This week we have Corn!! You may be tempted to peel the corn in a hurry but stop yourself! The husk of the corn holds many secrets to a great grilled cob of corn. When I grill corn, I soak the entire cob in cold water for at least an hour. By keeping the silk and husk on the corn, the cob will absorb water and really make a fantastic steaming jacket. When ready to cook, pull them from the water and put directly on the grill. Let them steam on the grill and don't be afraid to get a little char, it will bring great flavor!



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



Comments, Questions, Suggestions?  
[exchange@allenneighborhoodcenter.org](mailto:exchange@allenneighborhoodcenter.org)  
Allen Neighborhood Center  
1611 E. Kalamazoo  
Lansing, MI 48912  
517.999.3923