



Veggie Box Newsletter

Week 10 | August 17



Welcome to week ten! This week brings many reasons to celebrate! We've reached the halfway point of the summer Veggie Box, which means the second delivery of our honey add-on will arrive just in time for National Honey Bee Day this Saturday. While enjoying some sweet local honey, honor the insects responsible for pollinating 1/3 of all fruits and vegetables we eat. Then on Tuesday, don't forget to grab a juicy peach from this week's Veggie Box to celebrate National Eat a Peach Day on August 22nd.

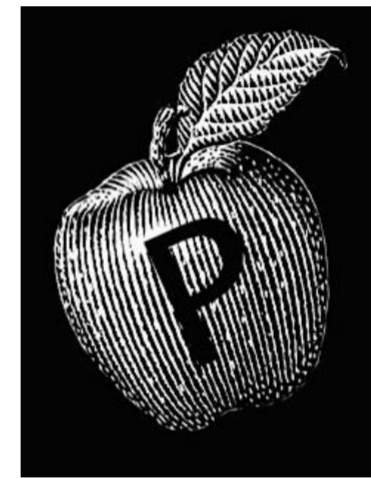
What's in the Box?

Paula Red Apples, *Phillips Orchard & Cider Mill, St. Johns*
Carrots, *Monroe Family Organics, Alma*
Heirloom Tomatoes, *MSU SOF, East Lansing*
Slicing Cucumbers, *Peckham Farms, Lansing*
Carmen Pepper, *Ten Hens Farm, Bath*
Collard Greens, *CBI Giving Tree Farms, Lansing*
Leeks, *Urbandale Farm, Lansing*
Shallots, *Ten Hens Farm, Bath*
Peaches, *Phillips Orchard & Cider Mill, St. Johns*
Parsley, *Urbandale Farm, Lansing*

Add-Ons:

Bread, *Stone Circle Bakehouse, Holt*
Sweet Treat, *Teff-Rific, Lansing*
Meat Variety, *Grazing Fields, Charlotte*
Honey, *Lansing Honey Cooperative, Lansing*

Producer Spotlight:



Phillips Orchard and Cider Mill is a sixth generation family farm founded in 1852. They grow 36 varieties of apples, 15 varieties of peaches, 2 varieties of plums, pumpkins, winter squash, and a few other things. Phillips also operates an on-farm bakery 7 months of the year, making pies, bread, and other baked goods from scratch. Through the generations, Phillips has been committed to providing the Lansing area with high quality food that is a great value to customers.



Crop Profile: Carmen Pepper

The Carmen pepper is an Italian sweet pepper of the corno di toro (bull's horn) type, which refers to its long, tapered shape. Great raw or roasted, especially when they've ripened from green to deep carmine red and have fully developed their richly sweet flavor. The mature red peppers are also at their highest vitamin A and C content during this time when compared to their green, immature stage. A traditional Italian variety, corno di toro peppers are believed to have been introduced to America in the early 1900s by Italian immigrants. Immigrants commonly brought along seeds for their favorite fruits and vegetables, and some varieties had been grown for many generations. Reminiscent of classic Italian corno di toro peppers, the Carmen is a recent hybrid variety bred in the United States to produce peppers in cooler growing conditions. Carmen peppers are great roasted over a grill or sautéed for use on sandwiches, pasta, and pizzas. Their walls are only medium-thick, so be careful not to get them overly charred when roasting. Their larger size also makes them great for stuffing with rice or pasta, herbs, and cheeses then roasting or baking. When raw, they can be added to salads or sliced to eat with dips or cheeses. They can be cooked down to make a variety of Italian sauces. The peppers can also be dried, pickled, or frozen to preserve and enjoy long into the fall and winter months.

Collard Green Dolmas

1 bunch collard greens
2 Tbl extra virgin olive oil
1 large shallot, finely chopped
2 garlic cloves, minced
Salt to taste
1 cup cooked rice
2 tablespoons walnuts, chopped
1 tomato . chopped
2 tablespoons raisins
¾ teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon black pepper
½ cups water
Juice and zest of 1 lemon
Stem the collard greens by taking out the middle rib of the leaf. Don't go too high, just take out the biggest part of the rib. Blanche the leaves in a pot of boiling water for about 30 seconds and then quickly stop the cooking by placing in a bowl (or clean sink) of cold (ice) water. Set aside. Saute the shallots and garlic in olive oil until the shallot is slightly translucent (clear-ish). Add the walnuts, raisins and tomato, cooking slightly. Add the spices, zest and rice, mixing to combine. Add the water if the mixture is slightly dry. Set the mixture aside and allow to cool slightly. Pat each of the collards dry and place about 1/4 cup of the rice mixture onto the stem end of each leaf. Working the long way, fold the collard over the rice and roll like a burrito. Place each of the dolmas in a pan and serve at room temperature or slightly warmed. If desired, make a quick tomato sauce to pour over each. They can also be finished with chopped mint or a slice of lemon.

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

What is a leek?

The onion is part of the allium(onion) family, with a mild onion flavor. The edible portion of the leek is the white base and the light green portion above the base. The green on the leek is a little bit tougher and can be used more as a flavoring agent in stocks or a bouquet garni. Sometimes we would matchstick and fry the leeks as a garnish to our dishes in the restaurant. Leeks are commonly used for potato-leek soup and the fancy chilled French version, vichyssoise.

Roasted Carmen Pepper Dip

submitted by Ruthie Sudderth

2 Carmen peppers, seeded & chopped
12 oz can Great Northern beans, drained & rinsed
1/4 cup olive oil
2 tbsp fresh lemon juice
1 clove garlic, minced
1 tsp kosher salt
1 tsp onion powder
1 tbsp chopped parsley, for serving

Preheat oven to 425 degrees (F). Coat chopped peppers in 1 tbsp olive oil and season with salt and pepper. Roast on a baking sheet for 15-20 minutes or until charred at edges and soft. In a food processor or good blender, combine the roasted peppers with beans, lemon juice, onion powder, garlic and salt. Drizzle in olive oil slowly as ingredients combine. Add a touch of water if necessary to loosen the mixture.
Top with parsley and enjoy!

Chimichurri

1/4 c red wine vinegar
1/2 tsp kosher salt plus more
2 garlic cloves, minced
1/2 shallot, finely chopped
1/8 c carmen pepper, finely chopped
1/4 c minced fresh flat-leaf parsley
1 Tbl finely chopped fresh oregano
1/4 c extra-virgin olive oil
Combine all ingredients except the oil. Pulse in a cuisinart to get a good chop on all the ingredients while adding a stream of the oil. Let rest for about an hour or up to a couple days in the refrigerator. Use as a garnish on a grilled steak or as a topping on your favorite bruschetta.

This week marks the halfway point of the Summer Veggie Box! We have really enjoyed sourcing, packing, eating and supporting local food. If you have any comments or concerns, please contact me directly so I can make it right! I also would like to invite you all to join in our Fall Veggie Box, full of fantastic fall produce. Items will include but are not limited to apples, pumpkins, squash, carrots, mixed greens, cooking greens, spinach, cabbage, turnips, beets and many more! Sign up today to reserve your space at:

bitly.com/veggiebox2017

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

Comments, Questions, Suggestions?
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