



Veggie Box Newsletter

Week 11 | August 24



Welcome to week 11 of the Summer Veggie Box! With the end of summer fast approaching, we hope this week's box will help you have the best thyme of your life! This Tuesday, August 29th is also known as "More Herbs, Less Salt Day." So while pondering the pun possibilities of this week's featured crop, also take a little thyme to create a seasoned dish that's full of flavor without increasing your salt intake.

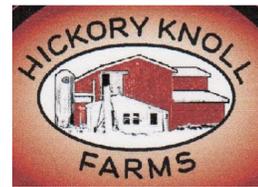
What's in the Box?

Cherry Tomatoes, *Tomac Pumpkin Patch*, Chesaning
Bull Horn Peppers, *Bourne Fraiche Farms*, Lansing
Thyme, *CBI Giving Tree Farms*, Lansing
Tri Color Beans, *CBI Giving Tree Farms*, Lansing
Peaches, *Phillips Orchard & Cider Mill*, St. Johns
Corn, *Tomac Pumpkin Patch*, Chesaning
Red Norland Potatoes, *Monroe Family Organics*, Alma
Kale, *Hunter Park GardenHouse*, Lansing
Red Onion, *Monroe Family Organics*, Alma
Paula Red Apples, *Phillips Orchard & Cider Mill*, St. Johns

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

Producer Spotlight:



Mike Metzger and Rusty Plummer, better known as Hickory Knoll Farms Creamery, have been producing homestead cheeses for over 15 years in Onondaga, MI. The on-farm creamery produces artisanal cheeses using the milk from their Grade A goat dairy. They are also known for their French style Tomme cheese using raw Grade A cow milk. The duo's varieties have been featured in many prominent Grand Rapids restaurants and they are hoping to do the same in Lansing. Check them out at many of Lansing's local Farmer's Markets!



Crop Profile: Thyme

A perennial in the mint family, thyme has been an important member of herb gardens for thousands of years. Originally from the Mediterranean, Thyme was used in ancient Egypt as part of the mummification process. In ancient Rome, it was widely believed that thyme could cure poison, making the herb especially popular among Roman emperors. In the European Middle Ages, thyme's association with courage, strength, and farewells continued. Thyme was a traditional gift given to soldiers leaving for battle, and when the Black Death arrived, many people turned to thyme to create remedies. Today we know that thymol, a chemical compound found in thyme, is a powerful antiseptic, and it is still used in mouthwash and hand sanitizers. Thyme has also been used to season food for centuries. There are over 100 varieties, and it's used widely across Italian, French, and Mediterranean cuisine. Thyme's pungent flavor pairs well with other herbs such as rosemary and sage in marinades for grilled or roasted meats. Its hardy nature means it can withstand long cooking times in slow-cooked stocks and stews. Thyme also complements many vegetables, including tomatoes and roasted potatoes, and is a great addition to omelettes and Italian sauces. The possibilities are endless, so enjoy your thyme this week!

Fresh Corn Pudding

1/2 cup butter
2 eggs, beaten
2 teaspoons salt
2 tablespoons sugar
ground black pepper to taste
2 cups milk
3/4 cup all-purpose flour
2 cups fresh corn

Preheat oven to 350 degrees F. Place butter in a 9x13 inch baking pan and set in oven to melt.

In a medium bowl, whisk together eggs, salt, sugar, pepper, milk and flour. When mixture is smooth, stir in corn. Remove pan from oven when butter is melted. Pour butter into corn mixture and stir well. Pour corn mixture into baking pan. Bake in preheated oven for 1 hour or until set in center and golden brown on top.

There are many things you can do with this base recipe- I like to add jalapenos to mine to give it a little kick or a mountain of cheddar to give it some cheesy goodness. The recipe has a bit of sugar in it which may be left out or replaced with honey. If replacing with honey, the general rule is 1 part of honey is equal to 2 parts of sugar so this recipe would only need 1 tablespoon of honey.



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



What is the best way to prepare green beans?

The way that I prepare them at home is to start with a cast iron pan and get it pretty hot. If you want to chop up a bit of onions, you would put them in first to saute. I add the beans after the onions and saute for a bit. Then the garlic can go in- it will cook quickly so have your deglazing liquid ready (use wine, stock or water). Deglaze when the garlic is slightly browned and put a cover on to finish steaming the beans. Let the beans steam until tender and then put a few pats of butter in the pan to thicken the sauce. The sauce you create by adding butter to wine is a beurre blanc- a very nice touch to the beans. Sometimes I like to start with prosciutto and saute it crispy and set it aside and then start with onions, etc. I then take that prosciutto and garnish at the end for a nice crispy treat!

Paula Red Applesauce

4-5 Paula Red apples
1 cinnamon stick
1 tablespoon fresh lemon juice
1/2 cup apple cider

Peel, core and quarter apples. Place apple quarters in bowl of water. Drain water and place apples in Dutch oven. Add lemon juice, apple cider, and cinnamon stick. Bring contents to a boil. After boiling, reduce heat to a simmer and cook for 30 minutes. (Apples will be very tender) Remove apples and mash with potato masher. Let cool.

*This recipe does not call for sugar but if you feel it needs more sweet, you can add some sugar with the apple cider and lemon. You can also add a simple syrup at the end.

Cherry Tomato Pasta Sauce

1 pound angel hair pasta
1/2 cup olive oil
2 large garlic cloves, finely chopped
2 pints cherry tomatoes
1/2 teaspoon freshly ground black pepper
1 cup coarsely chopped fresh basil

Cook the pasta and set aside, coating with 2 Tbsp of olive oil to prevent sticking. Heat 2 Tbsp of olive oil in a cast iron skillet. Add the tomatoes and allow to cook, they will start to pop as they cook. Add the garlic after they start to pop and saute lightly until all the tomatoes have burst. Salt and pepper to taste. If you would like to loosen the sauce you can add a bit of water, wine or vegetable stock. Add the pasta to the sauce topping with basil and parmesan to serve.

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!

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