



Veggie Box Newsletter

Week 12 | August 31



Welcome to week 12 of the Summer Veggie Box! Labor Day is almost here, and whether you're grilling veggies to share with the crowd or secretly using up your favorite produce before relatives arrive, we hope this week's box will help you get ready for a long weekend of family, friends, and most importantly, lots of good food! Enjoy!

What's in the Box?

Yellow Corn, *Tomac Pumpkin Patch*, Chesaning
Leek, *Monroe Family Organics*, Alma
Sungold Cherry Tomatoes, *Swallowtail Farm*, Mason
Yukon Gold Potatoes, *Peckham Farms*, Lansing
Tricolor Beets, *Ten Hens Farm*, Bath
Sugar Cube Cantaloupe, *Titus Farms*, Leslie
Jalapeños, *Ten Hens Farm*, Bath
Roma Tomatoes, *Peckham Farms*, Lansing
Genovese Basil, *Hunter Park GardenHouse*, Lansing

Add-Ons:

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

Crop Profile: Sugar Cube Cantaloupe

A member of the *Cucurbitaceae* or gourd family, the Sugar Cube cantaloupe is a hybrid variety of muskmelon (*Cucumis melo*). The muskmelon species has been developed into a large number of cultivated varieties, including honeydews and cantaloupes. Sugar Cube cantaloupes are named for their unparalleled sweetness. They have an average sugar content of 14% and hold their sugar level for up to two weeks after harvest, which is much longer than most muskmelons. Sugar Cubes are also a breakfast type melon, which means they weigh no more than two pounds when fully mature. Their small size makes them perfect for a personal snack. When halved with the seeds removed, they can be eaten plain or stuffed with filling. Pureed Sugar Cube cantaloupe can be used to make granitas, sorbets, or smoothies. In particular, their sweet flavor goes well with cream, cottage cheese, feta, mint, basil, balsamic vinegar, cucumber, blueberries, grapes, and arugula. Cantaloupes are an excellent source of vitamins A and C and contain a variety of other nutrients. Sugar Cubes will stay fresh when stored at room temperature for up to two weeks. Before cutting, their rough skin should be scrubbed thoroughly, and once cut, they will keep in the refrigerator in a sealed container for four to five days.



Producer Spotlight:



Swallowtail Farm is a small family farm in Mason, MI that offers award-winning syrups and other preserves, four season salad production, and seasonal offerings of flowers and produce. Anne Rauscher and David Haywood became stewards (aka owners) of the 150-year-old farmstead that is Swallowtail Farm in late 2005. In the spring of 2006, they planted their first raspberries and they've been growing ever since. In 2013, they became certified through Michigan Department of Agriculture to begin production of preserves for distribution and added a large hoop house to extend their growing season. They're grateful to be raising their family on this farm and enjoy growing tasty, healthy things to share with others.

Potato Leek Soup

1 pound leeks, cleaned & chopped
2 tablespoons unsalted butter
1 tablespoon olive oil
Heavy pinch kosher salt
3 Yukon gold potatoes, peeled and diced small
1 quart vegetable or chicken broth
1 cup heavy cream
1/2 teaspoon white pepper
1 tablespoon chopped chives

In a 6-quart saucepan over medium heat, melt the butter. Add the leeks and a heavy pinch of salt and sweat for 5 minutes. Decrease the heat to medium-low and cook until the leeks are tender, approximately 25 minutes, stirring occasionally. Add the potatoes and the vegetable broth, increase the heat to medium-high, and bring to a boil. Reduce the heat to low, cover, and gently simmer until the potatoes are soft, approximately 45 minutes.

Turn off the heat and puree the mixture with an immersion blender (or vitamix) until smooth. Stir in the heavy cream, buttermilk, and white pepper. Taste and adjust seasoning if desired. Sprinkle with chives and serve immediately, or chill and serve cold.

Roasted Beet Salad

submitted by Ruthie Sudderth

2-3 large beets, peeled and chopped into 1/2 inch cubes
3 cups of arugula (or your favorite leafy green)
2 oz of goat cheese, crumbled
1/4 cup chopped toasted walnuts
2 tbsp chopped mint
5 tbsp olive oil
3 tbsp lemon juice
salt and pepper

1. Preheat oven to 400 degrees
2. Toss chopped beets with 2 tbsp olive oil, salt and pepper on a baking sheet. Roast in the oven for 20-25 minutes, tossing once.
3. While the beets roast, combine the remaining olive oil and lemon juice with a bit of salt and pepper for a simple citrus dressing.
4. Once beets are done, let them cool.
5. Toss cooled beets with arugula, walnuts, goat cheese, mint, and the citrus vinaigrette. Enjoy!

Caprese Salad

1 Roma tomato, sliced
1 fresh mozzarella, sliced
1 cup balsamic vinegar
1 sprig thyme

Simmer the balsamic with the thyme in a shallow saucepan. Gently simmer the balsamic until it is reduced by about half. Be careful- it will burn quickly! Remove from the heat before it is done as the residual heat will continue to cook the balsamic. Allow the reduction to cool. Assemble the salad by layering the tomato, mozzarella and basil alternately in a circle. Give a couple cracks of pepper and a drizzle of the balsamic reduction and enjoy!



What do I do with that?

Veggie Box Q & A

What's a quick way to preserve tomatoes?

Canning tomatoes takes a bit of time...the tomatoes have to be peeled and then canned. To peel the tomatoes, the bottom of the tomato is scored and then they are dipped in boiling water for about 15 seconds and then shock them in an ice bath. Peel the tomato and then put them in a jar or in a ziplock bag. If you would like to can them, there are many steps to learn and regulations to follow. The level of acidity is one concern so be sure to research if you would like to can. If you would like to freeze the tomatoes, just make sure to get all the air out of the bag and pop them in the freezer. If you would like to make a sauce, be sure to allow the sauce to cool after preparing it and then freeze it. Be sure to date and label...it will help future you to remember what is in that bag!

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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