



Veggie Box Newsletter

Week 13 | September 7



Welcome to week 13 of the Summer Veggie Box! Now that Labor Day is behind us, it's officially acceptable to start thinking about the festive fall season just around the corner. Time to dig up your coziest sweaters! With Grandparents Day this Sunday, be sure to pull out a few of your favorite family recipes too and celebrate the delicious food shared between generations. Enjoy!

What's in the Box?

Garlic, *Magnolia Farms*, Lansing
Linux Lettuce, *Bourne Fraiche Farms*, Lansing
Slicing Tomatoes, *Peckham Farms*, Lansing
Shishito Peppers, *Titus Farms*, Leslie
Curly Kale, *Titus Farms*, Leslie
Baby Eggplant, *Titus Farms*, Leslie
Red Onion, *Monroe Family Organics*, Alma
Gala Apples, *Phillips Orchard & Cider Mill*, St. Johns
Parsley, *Urbandale Farm*, Lansing

Add-Ons:

Bread, *Stone Circle Bakehouse*, Holt
Sweet Treats, *Glory Bee Sweet Treats*, Mason
Meat Variety, *Grazing Fields*, Charlotte
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:



Glory Bee Sweet Treats, based out of Mason, Michigan, was founded by Diane Allering in 2012. After years of enjoying her mother's fudge recipe on Sunday evenings, Diane decided to share her legacy for others to enjoy. With a passion for sharing this labor of love, Glory Bee Sweet Treats offers her peanut butter and chocolate fudge for your pleasure. Additional fudges have come as a result of finding other recipes that would meet her standards. Glory Bee Sweet Treats also offers breads, cookies, brownies, muffins and cupcakes to round out their palate of sweet treats. They've added a couple of gluten free items as well...chocolate scotcheroos and a peanut butter granola bar.



Crop Profile: Shishito Pepper

Shishito peppers are Japanese variety of the species *Capsicum annuum*, which also includes bell peppers, jalapeños, and cayenne peppers. The small, thin-walled peppers are usually harvested and used when green, but if left on the plant they will eventually turn red with an increasingly sweeter flavor. Most shishito peppers are mild, but about one out of every ten will display a bit of heat due to exposure to sunlight or other environmental factors, making each plateful its own adventure. Originally from Japan, the shishito pepper is named after the appearance of its tip, which resembles the head of a lion (*shishi* in Japanese). Shishito peppers have long been a popular snack in Japan, and in recent years they have gained a large following in the US. They're often eaten as an appetizer where they are roasted, grilled, or fried until charred and blistered, then sprinkled with coarse salt. Charring helps to bring out the rich flavors of these mild peppers, and because of their thin walls, shishitos will char and blister faster than many other varieties of pepper. Whenever they're cooked, a small hole should also be poked in them beforehand to prevent the peppers from bursting. They can also be used raw and added to salads, salsas, gazpachos, stews, and seafood dishes. Shishito peppers are rich in vitamins and minerals and are considered an excellent source of vitamin C.

Gala Apple Cake

4 cups sliced and peeled Gala apple

1 tbsp fresh lemon juice

2 cups sugar

3/4 cup vegetable oil

2 eggs

2 tsp vanilla

2 cups flour

1 1/2 tsp baking soda

1 tsp cinnamon

1/2 tsp cloves

Preheat oven to 350 degrees. Peel and core about 4 apples, slice them into about 1/4 inch thick slices and place them into a large bowl. Pour the sugar over the apples and toss with your hands and then add the lemon juice. Let the apples and the sugar set for 45 minutes.

Add the vegetable oil, eggs and vanilla to the apple mixture and stir together with a spoon.

In another bowl, combine the flour, baking soda, cinnamon and cloves. Mix together until the baking soda and spices are evenly distributed through the dry ingredients mixture. Add the dry ingredients to the wet ingredients, and combine with a spoon carefully until the dry mixture is just incorporated. Spray a 9x9 baking dish with baking spray. Transfer the batter into the baking dish and bake in a preheated oven for 50-55 minutes, or until a knife can be inserted in the center and comes out clean.



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



What does heirloom mean when talking about vegetables?

An heirloom seed is seed from a plant that has been passed from one generation to another, carefully grown and saved each time it is harvested. Some heirloom seeds have been saved and passed down for centuries. The lettuce we have today is an heirloom variety that has stood the test of time. It has beautiful leaves that are sure to please.

What is the best way to use the Gala apples?

Gala are a good all around apple. They are great fresh but also baked. They are wonderful chopped in salads or a perfect addition to your seasonal cheese platter!

Sauteed Kale

1 bunch Kale

1 head garlic

1/2 apple, chopped

1/4 cup red onion, chopped

1 tsp. olive oil

Rinse kale and cut out the center rib, chop into medium size pieces. Add the oil to a pan and saute the onion to translucent. Add the garlic and apples and cook about a minute or so, until the garlic starts to brown a bit. Add the kale to the pan and cover. Turn down the heat to medium low and allow to cook for a couple minutes. When the kale is tender, it is ready! Some tweaks to this recipe could be the addition of lemon at the end- it brightens up the kale flavor but it may dull the color if it is added in the beginning. Another addition could be sausage in the beginning with the onions

Blistered Quick Shoshito

1 share shisito peppers

lemon, slices

Extra virgin olive oil

Kosher salts

Start a cast iron on the stove and get it hot hot. Put the peppers in the skillet and let them blister and char. They will take about 5 minutes to char so turn them from time to time to get an even color. A few minutes in, put the lemon slices in the pan. Let everything cook together and when they are charred on all sides, remove from the pan, squeeze a lemon, drizzle some olive oil and sprinkle some salt. This is quick and easy and delicious. Be sure not to skimp on the salt- it is like edamame and needs it! Serve them immediately.

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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