



Veggie Box Newsletter

Week 17 | October 5



Welcome to week 17 of the Summer Veggie Box! We hope this week's box leaves you with a smile just in time for World Smile Day tomorrow! This holiday was started in 1999 by Harvey Ball, the artist who created the smiley face symbol in 1963. World Smile Day is meant to remind us of the now iconic symbol's original meaning and encourage everyday acts of kindness that spread the simple joy of a smile to those around us. Whether sharing your best joke or a cherry tomato, have a smile-filled day :)

What's in the Box?

Festival Squash, *Tomac Pumpkin Patch*, Chesaning
Radishes, *CBI Giving Tree Farm*, Lansing
Cherry Tomatoes, *Peckham Farms*, Lansing
Beets, *Titus Farms*, Leslie
Red Bell Peppers, *Peckham Farms*, Lansing
Spring Mix, *Monroe Family Organics*, Alma
Jonagold Apples, *Phillips Orchard & Cider Mill*, St. Johns
Eggplant, *Titus Farms*, Leslie



Producer Spotlight:



The 200-acre Ferris family farm was established more than one hundred sixty years ago and was farmed organically until the early 1950s. After that, the land was rented out and farmed chemically in a corn/bean rotation. In the 1970s, the Ferris farm returned to organic methods to restore soil health and has been certified organic since certification began. Ferris Organic Farm grows, processes, and sells organic beans, grains, and flour. Their on-farm dry bean and grain cleaning facility was the first one to be certified organic in the Midwest. They stone-grind their own flour twice weekly and also resell beans and grains grown by neighboring Michigan organic farmers. They are fully committed to freshness, organic integrity, and selling locally.



Crop Profile: Cherry Tomatoes

Cherry tomatoes (*Solanum lycopersicum* var. *cerasiforme*) are small tomatoes that can reach up to the size of a golf ball and range from spherical to oblong in shape. Oblong varieties are called grape tomatoes. Cherry tomatoes were cultivated in Aztec Mexico at least as far back as the 1400s and are thought to be the result of interbreeding between domestic tomatoes and wild currant tomatoes. After Spanish colonization, tomatoes were introduced from the Americas to the rest of the world. In the 1500s, tomatoes were cultivated in Europe for the first time, and the first varieties grown were yellow cherry tomatoes. Botanically, tomatoes are classified as fruits, specifically berries, but they contain a lot less sugar than most other edible fruits. This makes them a "culinary vegetable" because they are typically included in savory recipes instead of desserts. Mixes of bite-size cherry tomato varieties offer different flavors as well as colors, inspiring taste tests with family and friends. They may be red, yellow, orange, pink, white, or even black. A lot of times cherry tomatoes will taste sweeter than larger varieties, but like other tomatoes, they provide a great source of vitamins A and C.

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 at:

bitly.com/veggiebox2017

Sign up today! Only 7 spots left!



What do I do with that?

Veggie Box Q & A

How do you roast & preserve red pepper?

The best way that I have found is to get our the grill and put them right on there. heat up the grill to around 500 and put the peppers directly on the grill- no oil or anything. Close the top and let the pepper skin blister and burn. It takes a couple of minutes but when it is charred, turn to the next adjacent side. Continue until fully blistered. Place the pepper in a plastic bag and close tight. Allow to cool and when ready to handle, just peel the char off. Take out the seeds and stem and put it in a jar or tupperware. It will keep in the fridge for about a week. You can can the peppers in a pressure cooker.

Stuffed Festival Squash

- 1 festival squash
- 1 cup sausage or alternate
- 1 teaspoon olive oil
- 2 cloves garlic
- 1/2 cup onion, chopped
- 1/4 cup carrots
- 1/4 cup red pepper
- 1/4 cup walnuts
- 1/4 cup parmesan
- 1/2 teaspoon sage (optional)

Cut the squash in half lengthwise, remove the seeds and pulp. Bake in a 350 degree oven on a baking sheet face down until the squash is soft. While the squash is in the oven, cook the sausage and set aside. Chop the onion, carrot and pepper. Saute in a teaspoon of olive oil until soft. Add the garlic and allow to quickly brown. Drain the excess oil from the sausage and combine with the vegetables, walnuts, parmesan and sage. When the squash is ready, turn it over and stuff with the mixture. Put in the oven to heat the stuffing all the way through. Garnish with a bit of parsley and a sprinkle of parmesan.

Fried Apples

- 4 Jonagold Apples
 - 2 tablespoons butter
 - 4 tablespoons brown sugar
- Peel the apples and cut into quarters. Remove the cores and cut quarters into 1/2" thick slices. Place the slices in a bowl of cold lemon water to prevent browning. Soak for 5 or 10 minutes and then drain the apples and pat them dry with a paper towel. In a large skillet, heat the butter until it is bubbling. Add the apple slices to the skillet and continue to cook over medium high heat for approximately 5 minutes or until tender crisp and beginning to brown. Turn several times to brown evenly. Add the brown sugar and continue to cook until sugar has melted and started to caramelize. Apple slices should be tender. Serve as a side dish while still warm.
- www.recipetips.com

The Apple Corner

This week the apple is a jonagold, developed in 1953 in New York. It is a cross between a golden delicious and the Jonathon. Although it is in the top 15 apple varieties in the US, it is number 1 in Belgium! The jonagold is a larger apple that is quite good alone as a dessert, for pies, freezing and wonderful for frying! Also a great addition to your favorite salad!

ANC 1611 E. Kalamazoo Lansing 48912 517.999.3923 exchange@alleneighborhoodcenter.org

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