Welcome to Week 1! The Spring Veggie Box has arrived and is ready to thrill you with all the wonderful healthy choices inside. This is our first Spring season for Veggie Box, we hope you are as excited as we are for it! If you have questions for the Q&A section, please reply to the “What’s in the Box?” email & it will be answered here in the newsletter. Today is “International Women’s Day,” so take an extra step to support all of the women in your life & all their endeavors!

What's in the Box?

- **Salad Mix**, Hunter Park GardenHouse, Lansing
- **Beets**, Titus Farm, Leslie
- **Rosemary**, HPGH, Lansing
- **Cooking Greens**, HPGH, Lansing
- **Spinach**, Peckham Farms, Lansing
- **Garlic**, Peckham Farms, Lansing
- **Yellow Onion**, Ten Hens Farm, Lansing
- **McIntosh Apple**, Phillips Orchard, St. Johns

Veggie Box Add-Ons

- **Bread**, Stone Circle Bakehouse, Holt
- **Eggs**, Grazing Fields, Charlotte
- **Cheese**, Hickory Knoll Farms Creamery, Onondaga
- **Chevre**, Hickory Knoll Farms Creamery, Onondaga
- **Dry Beans**, Ferris Organic Farm, Eaton Rapids
- **Coffee**, Rust Belt Roastery, Lansing
- **Meat Variety**, Trillium Wood Farm, Williamson
- **Chicken**, Trillium Wood Farm, Williamson
- **Pork**, Grazing Fields, Charlotte
- **Beef**, Heffron Farms, Belding

Crop Profile: Beets

For much of human history, beet greens were the part of the plant that we focused our cultivation & stomachs on. Beets, our crop of the week & the root of the plant, are commonly eaten today but historically were only occasionally used for medicinal purposes. It wasn’t until 1542 that beets were grown specifically for the root of the plant to be consumed. They looked more like today’s parsnips resembling the bulbous beets we’ve come to love! To fight those winter blues, make sure to include some beets in your diet (you could try the recipe on the back!) as they have tryptophan and betaine, which are substances that promote a feeling of well-being!
We Got the BEET Burger
3 cup beet, grated
1 ea onion
2 ea garlic cloves
2 Tbsp olive oil
2 ea eggs
1 1/2 cup rolled oats
7 oz feta cheese
fresh basil
sea salt & pepper

Peel & grate beets, garlic, & onion with a box grater. In a large bowl mix the grated vegetables with feta, olive oil, eggs, & oats. Mix until well combined, set the mixture aside & allow to rest for 30 minutes to let the oats to absorb some of the moisture. This is an important step to help the patties hold together. Divide the mixture into 6-8 portions and shape into patties. If the mixture is too loose and does not hold together, try adding some oats. Grill or fry on each side until the burger golden and cooked through. Garnish with your favorite toppings and enjoy!

French Vinaigrette
1 tsp Dijon mustard
1 tsp minced fresh garlic
3 Tbsp champagne vinegar
1/2 cup good olive oil
Kosher salt & freshly ground black pepper

Whisk mustard, garlic, & vinegar together in a bowl. In a slow & steady stream, add the olive oil and continue whisking until the everything is combined. Alternately, an immersion blender can be used to speed up the process.

PLEASE BE SURE TO RETURN YOUR BOX WEEKLY!!

Baked McIntosh Apples
5 McIntosh apples
2 tbsp butter, cold and cubed
2 tbsp brown sugar
1/2 cup old-fashioned oats
1/2 tsp ground cinnamon
1/4 tsp salt
1/2 cup apple juice

Preheat your oven to 350°F. Peel 3/4 of the apple from the top. Scoop out about 1 tbsp of the apple from the top to allow for more filling! Combine butter, brown sugar, oats, cinnamon and salt. Rub together with your fingers until the butter is incorporated but still crumbly. Fill each apple with about 1 tbsp of the oat filling. Place the apples in a baking dish and add the apple juice to the bottom of the pan and cover with aluminum foil.

Bake for 30 minutes and then uncover the foil. Bake for another 10-15 minutes or until the top is golden brown.

ANC Happenings
Seed Swap March 14, 2018 4:30 – 6:00 pm
Gardeners and farmers can trade seeds, tips and tricks for a productive garden! Please only bring seeds that have been purchased/saved in the last two years to ensure germination. Please label all seed donations! Event facilitated by MSU Extension and ANC in the Allen Market Place Classroom.

Soil Care March 17, 2018 12:00 – 2:00 pm
Learn how to create healthy soil! Workshop facilitated by Brian Allnutt of Detroit Farm and Garden. Generously sponsored by Hammond Farms Landscape Supply! Event location: Hunter Park GardenHouse.

Apple Corner
The McIntosh, McIntosh Red, or colloquially the Mac is an apple cultivar, the national apple of Canada. The fruit has red and green skin, a tart flavour, and tender white flesh, which ripens in late September. In the 20th century it was the most popular cultivar in Eastern Canada and New England, and is considered an all-purpose apple, suitable both for cooking and eating raw.

John McIntosh discovered the original McIntosh sapling on his Dundela farm in Upper Canada in 1811. He and his wife bred it, and the family started grafting the tree and selling the fruit in 1835. In 1870, it entered commercial production, and became common in northeastern North America after 1900.

The fruit is considered “all-purpose”, suitable both for eating raw and for cooking.