



# Veggie Box Newsletter Week 7 | April 19



Welcome to Week 7! We're so glad that you all are supporting the Lansing area's local food system, and showing our local farmers just how valuable their work is. Please consider continuing this support throughout the summer -spots are filling up quick for the Summer Veggie Box so register today to secure a share. Also, today is National Garlic Day! To honor this vegetable, we've included four bulbs in today's veggie box, and have a featured recipe on the back for you to try tonight for dinner!

## What's in the Box?

- Salad Mix**, *Hunter Park GardenHouse*, Lansing
- Salad (Hakurei) Turnips**, *HPGH*, Lansing
- Chard**, *HPGH*, Lansing
- Carrots**, *MSU Student Organic Farm*, Lansing
- McIntosh Apples**, *Phillips Orchard*, St. John's
- Shallots**, *Ten Hens Farm*, Bath
- Garlic**, *Peckham Farms*, Lansing
- Red Onions**, *Peckham Farms*, Lansing

## Producer Spotlight:



Peckham Farms began in 2010, and has grown to a whopping 15 acres of field and 50,000 square feet of high tunnel production! What separates Peckham from other farms is that their focus on connecting the need for quality workers in the agriculture industry with one of the most underutilized and underserved groups in our state's workforce; people with disabilities. Peckham's employees are given the opportunity to gain new skills and experience in all aspects of growing and producing food. This includes planting, maintenance, and harvesting of crops, greenhouse systems, tool and machine operation and maintenance, and customer service.



## Veggie Box Add-Ons

- Bread**, *Stone Circle Bakehouse*, Holt
- Meat Variety**, *Trillium Woods*, Williamston
- Eggs**, *Grazing Fields*, Charlotte
- Cheese**, *Hickory Knoll Creamery*, Onondaga
- Chevre**, *Hickory Knoll Creamery*, Onondaga
- Chicken**, *Trillium Wood Farm*, Williamston
- Pork**, *Berkshire Farms*, Mason
- Beef**, *Heffron Farm*, Belding

### Add-On Schedule

- Bread & Meat Variety: weekly
- Eggs: 4/19, 5/3, 5/17
- Cheese: 4/19, 5/3, 5/17
- Chevre: 4/19, 5/3, 5/17
- Dry Beans: 5/17
- Coffee, Monthly: 5/3
- Chicken: 4/19, 5/3, 5/17
- Pork: 4/19, 5/3, 5/17
- Beef: 4/19, 5/3, 5/17



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## Crop Profile: Garlic

Garlic is native to Asia, and is in the same family as onion and related to leeks and chives as well - they're all Aliums! Garlic is known for its many health benefits. It is rich in Vitamins C and B6, Manganese and antioxidants. Garlic has also been shown to reduce cholesterol and hypertension, and boost immune system function and reduce the number and length of colds. Because allicin - the antibacterial compound that provides many of the health benefits - is only released when garlic is crushed or chopped, it is best to crush garlic and allow it to sit at room temperature for 15-20 minutes before using. Don't like the garlic smell on your fingers? Run your hands under cold water, and then rub them on a stainless steel object - viola!

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### Garlic Roasted Carrots Recipe

Adapted from [motherearthnews.com](http://motherearthnews.com)

#### Ingredients:

- 1 tsp grated nutmeg
- 1 tsp coarse salt
- Generous grating of fresh black pepper
- 10 large carrots
- 8 cloves garlic, peeled and crushed
- 1/4 cup olive oil
- 1 tbsp fresh rosemary

#### Instructions:

Preheat the oven to 375 degrees. Scrub the carrots and cut them diagonally into large chunks. In a hot roasting pan, carefully toss the carrots and garlic cloves with the olive oil, making sure to coat all the pieces thoroughly. Sprinkle carrots and garlic with the seasoning mixture (minus the rosemary) and toss again until they are uniformly coated. Put the pan in the oven. After 20 minutes, remove the pan, add the rosemary, and mix everything with a metal spatula, scraping the bottom of the pan to keep the vegetables from sticking. Roast for 25 minutes more and serve!

### Spicy Skillet Turnip Greens Recipe

Adapted from [addapinch.com](http://addapinch.com)

- 1/2 lbs turnip greens, chopped
- 1/2 Tbsp olive oil
- 1/2 medium onion, cut into wedges
- 1/8 cup water
- Pinch of red pepper flakes and brown sugar

In a skillet on medium heat, drizzle olive oil. Add onion and cook until tender (~3 min). Add half of the turnip greens. Allow to cook down, then add remaining half. Once all cooked down, add water, brown sugar, and red pepper flakes. Adjust to taste. Enjoy!

### Honey Mustard Turnip Green Salad Recipe

Adapted from [rosecreekfarmcsa.wordpress.com](http://rosecreekfarmcsa.wordpress.com)

#### Ingredients:

- 2 tsp honey
- 1 tsp cider vinegar
- 1 tsp lemon juice
- 1 tsp mustard
- 2 tsp olive oil
- salt to taste
- Turnips and greens
- Lettuce
- Almonds

Wash and dry lettuce and turnip greens and set aside. Add the first six ingredients to a small pot to make the dressing. Warm the dressing on low heat to soften the honey and blend flavors. Turn off the heat and toss in turnip greens to coat. Remove from the pot so they don't wilt and toss in salad with lettuce and sliced turnips and top with almonds!

Loving your Veggie Box? Sign up for our Summer 2018 distribution;  
14 Weeks, June 7 - Sept 6!  
\$20 per week (\$280 for the season)  
plus the cost of add ons.

For more information, pricing, and registration go to:

[bit.ly/summervegiebox2018](http://bit.ly/summervegiebox2018)

## ANC Happenings

### Mushroom Cultivation: April 28, 2018 2:00pm - 4:00pm

Learn the basic skills required to grow your own edible mushrooms AND go home with a started kit! Workshop facilitated by neighborhood expert, Robbie Kraemer.

### Apartment Gardening: May 26, 2018 2:00 – 4:00 pm

Join us in learning how to garden in small spaces—be it a front yard, balcony, or even your kitchen counter! We will discuss which herbs and other plants flourish in these environments, as well as space optimization strategies from creative containers to vertical gardening. Workshop facilitated by ANC's Gardening Educator, Karalyn Grimes.

## Apple Corner



This week we have the McIntosh Apple! 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 flavor, 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.

