



# Veggie Box Newsletter

## Week 5 | April 5



Welcome to Week 5! Can you believe we're almost halfway through the Spring Veggie Box? It's gone by so fast, we hope you're enjoying each and every box! Tomorrow is National Walk to Work Day, so grab those sneakers (and a warm coat!) and have a nice walk to work. It's a perfect time to listen to a new podcast, your favorite music, or just take in everything going on around you!

### What's in the Box?

- Dill**, *Hunter Park GardenHouse*, Lansing
- Radish**, *HPGH*, Lansing
- Mixed Cooking Greens**, *HPGH*, Lansing
- Salad Mix**, *HPGH*, Lansing
- Beets**, *Titus Farms*, Leslie
- Red Onions**, *Peckham Farms*, Lansing
- Spinach**, *Monroe Family Organics*, Elwell
- Golden Delicious Apples**, *Phillips Orchards*, St. Johns



### Producer Spotlight:

It had long been Fred Monroe's dream to run his own organic vegetable farm, so he attended MSU to study horticulture and agribusiness. Along the way, he worked in Chicago, where he met and married his now-wife, Michele. When they found out they were expecting their first child, they knew it was time to put the dream of their vegetable farm into action, so in 2011, Monroe Family Organics was born! They now have their own CSA, and provide produce to many local grocery stores and restaurants like Soup Spoon just up the road!



### Veggie Box Add-Ons

- Bread**, *Stone Circle Bakehouse*, Holt
- Meat Variety**, *Trillium Woods*, Williamston
- Eggs**, *Grazing Fields*, Charlotte
- Cheese**, *Hickory Knolls Farms Creamery*, Onondaga
- Chevre**, *Hickory Knolls Farms Creamery*, Onondaga
- Coffee Monthly**, *Rust Belt Roastery*, Lansing
- Chicken**, *Trillium Woods*, Williamston
- Pork**, *Grazing Fields*, Charlotte
- Beef**, *Heffron Farms*, Belding

#### Add-On Schedule

- Bread & Meat Variety: weekly
- Eggs: 4/5, 4/19, 5/3, 5/17
- Cheese: 4/5, 4/19, 5/3, 5/17
- Chevre: 4/5, 4/19, 5/3, 5/17
- Dry Beans: 4/12, 5/17
- Coffee, Monthly: 4/5, 5/3
- Chicken: 4/5, 4/19, 5/3, 5/17
- Pork: 4/5, 4/19, 5/3, 5/17
- Beef: 4/5, 4/19, 5/3, 5/17



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### Crop Profile: Spinach



Spinach is a very historic plant and is believed to date back to ancient Persia. From there, it made its way through India and then China, where we first have record of it from 647 AD. A few centuries later, this little plant made its way over to Sicily, which then made it incredibly popular in the Mediterranean. Jump forward many centuries later, spinach was used during World War I in wine for soldiers who had hemorrhages. Today, spinach is incredibly popular. In 2014, there were over 26 million tons of spinach produced, 24 of those tons were produced in China. Even though we're not the largest producer, the average US adult consumes almost two pounds of spinach per year! Maybe Popeye's love for spinach rubbed off on us more than we thought (though I doubt most people consume a whole can the way Popeye did)! To store spinach, be sure to put it in a plastic bag, squeezing all the air out and twisting it up, then store it in your fridge where it will keep for a few days. Also, don't wash it before you store it as the water allows the spinach to go bad quicker!





## Golden Delicious and Goat Cheese Salad

Adapted from [www.twohealthykitchens.com](http://www.twohealthykitchens.com)

- 1 share spinach
- 2 Golden Delicious apples, thinly sliced
- 1 cup candied walnuts
- 1 large chopped carrot (about 1/2 cup)
- 1/2 red onion, sautéed in 1 Tbsp raspberry vinegar
- 1/2 cup dried cranberries (or cherries)
- 1/2 cup crumbled goat cheese

### **Dressing:**

- 2 Tbsp balsamic vinegar
- 2 Tbsp honey
- 1 Tbsp olive oil
- 1/2 tsp dijon mustard
- pinch of salt

Saute the onions in a bit of olive oil until slightly translucent. Add the vinegar and reduce until there is little liquid remaining.

In a large bowl add spinach, apples, walnuts, cranberries, onions, and goat cheese. In a small bowl, whisk balsamic, honey, olive oil, dijon, and salt until thoroughly combined. Add dressing to salad and toss right before serving. Be careful not to squish some of the fragile toppings while tossing!

## Spinach Dip

adapted from [www.homemadehooplah.com](http://www.homemadehooplah.com)

- 1/4 cup sour cream
  - 1/2 cup cream cheese
  - 1 share spinach
  - 1/2 cup shredded Monterrey Jack cheese
  - 1/2 cup shredded parmesan cheese
  - 1/2 Tbsp minced (or grated) onion
  - 1/2 Tbsp minced garlic
  - Salt, Pepper, Red Pepper flakes to taste
- Preheat oven to 350F. In a large bowl, mix sour cream and cream cheese. Then add spinach, Monterrey Jack, parmesan, onion, garlic, salt, pepper, and red pepper flakes. Mix until ingredients are thoroughly combined. Pour mix into a baking dish, spread evenly. Bake until dip is hot and cheese is melted, about 10 minutes. Serve dip right away, preferably with cut bread or thick crackers. Enjoy!

## Beet Hummus

adapted from [www.simplyrecipes.com](http://www.simplyrecipes.com)

- 1 lb peeled, cooked, and cubed beets (half the beets in this week's box)
  - 1/4 cup tahini sesame seed paste
  - 2/3 cup lemon juice
  - 2 garlic cloves, chopped
  - 2 Tbsp ground cumin
  - 2 Tbsp lemon zest (about 2 lemons worth)
  - Salt and pepper to taste
- Add all ingredients together in a food processor or blender. Blend until smooth. Adjust to your taste. Eat with pita chips or sliced veggies and enjoy! If you want to use all of your beets, this dish can be stored in the fridge for up to three days, and can be frozen!

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/summerveggiebox2018](http://bit.ly/summerveggiebox2018)

## ANC Happenings

**Gardening 101: April 14, 2018 10:00am – 12:00pm**

New to gardening? Learn the basics and skills to become a successful gardener. This is the place where it is okay to be embarrassed and have a lot of questions! Workshop sponsored by Van Atta's Greenhouse & Flower Shop, and facilitated by Hunter Park GardenHouse Manager, Egypt Krohn.

**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.

## Apple Corner

This week, our apple is the Golden Delicious! In Week 2's apple corner, you read about the history of the Golden Delicious. This week we want to tell you about some great uses for it! For one, these apples are delicious (pun intended) to just eat on their own. Another great option is the salad recipe just above! With their crisp texture and bright, sweet flavor, they really stand out in rich foods. Those qualities also make them great to put with sharp cheeses and peanut butter!

