Welcome to Week 6! This week is our halfway point, so if you’re wanting more than six more boxes, be sure to register for our Summer Veggie Box, the link is in the box below! You may recall celebrating today’s holiday in elementary school, so channel your inner child and find a cozy spot because today is Drop Everything And Read Day! You know that book you keep trying to read? Pick it up, today is the perfect day to start it!

What's in the Box?
Salad Mix, Hunter Park GardenHouse, Lansing
Radish, HPGH, Lansing
Cilantro, HPGH, Lansing
Rosemary/Sage, HPGH, Lansing
Fuji Apples, Phillips Orchard, St. John's
Dino Kale, Ten Hens Farm, Bath
Romaine, Hillcrest Farms, Eaton Rapids
Yellow Onions, Peckham Farms, Lansing

Crop Profile: Kale

Though you may have only become familiar with Kale in the recent years with its popularity rise, Kale is actually a very old leafy green. In fact, it was commonly used in Greece as long ago as 400 B.C.! It actually was one of the most popular green throughout Europe until the end of the middle ages when other crops began to rival it. In addition to being a leafy green staple, Kale was also used medicinally to help alleviate intestinal ailments. Fast forward to modern times; Kale was given a new role due to World War II. Because so many countries were forced to ration, causing people to lack key nutrients, Kale production increased to help fill in some of the nutritional gaps.

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

PLEASE BE SURE TO RETURN YOUR BOX WEEKLY!!

AMP 1629 E. Kalamazoo Lansing 48912  ANC 1611 E. Kalamazoo Lansing 48912
517.999.3923  exchange@allenneighborhoodcenter.org
Creamy White Bean and Kale Soup
Adapted from thefirstmess.com
1 Veggie Box kale share, chopped (abt 3 cups)
4 cups cooked navy beans
4 cups vegetable stock
1 Tbsp coconut oil (or avocado oil)
1 medium onion, diced
1 medium carrot, diced
1 rib of celery, diced
2 cloves of garlic, minced
2 Tbsp fresh lemon juice
Salt, pepper, chili flakes, rosemary, finely chopped parsley to taste

Heat oil in a medium pot over medium heat. Add onions, celery, and carrots to the pot and stir. Saute vegetables until soft and translucent (about 5 minutes). Add garlic, chili flakes, and rosemary to the pot. Cook for about 30 seconds then add navy beans. Add the vegetable stock and bring to a boil. Then, add kale until slightly wilted and bright green. Season to taste. Add parsley just before serving. Enjoy!

Kale and Olive Oil Mashed Potatoes
Adapted from 101cookbooks.com
1 Veggie Box kale share, chopped
3 pounds peeled potatoes, cut into large chunks
1/2 cup warm milk or cream
4 Tbsp extra virgin olive oil
4 cloves garlic, minced
5 scallions, chopped
1/4 cup freshly grated parmesan, for garnish
Salt and pepper to taste

Put potatoes in large pot and cover with water. Boil for 20 minutes or until potatoes are tender. Heat 2 Tbsp of olive oil in a large pan over medium heat. Add garlic, chopped kale, salt. Saute until tender. Mash potatoes and add milk slowly. Add kale and serve with olive oil on top. Enjoy!

Kale, Avocado, and Carrot Salad
adapted from 101cookbooks.com
Dressing
1/3 cup extra virgin olive oil
1/4 cup scallions, chopped
2 Tbsp lemon juice
2 Tbsp ripe avocado
1 teaspoon honey, or to taste
Salt and pepper to taste
Salad
1/2 Veggie Box kale share, torn in pieces
4-5 carrots, thinly sliced
1 avocado cut into cubes
Large handful of sliced almonds

Blend all ingredients for dressing until smooth. In a serving bowl, put kale, carrots, avocado, almonds. Add dressing and toss right before serving. Enjoy!

BIG ANNOUNCEMENT!
John McCarthy, the Exchange Manager you've all come to know over the season (or many seasons!) has accepted a new position at Michigan Food and Farming Systems. This is his last week with the Veggie Box program, and we wish him the best in his new career. Our new Exchange Manager, Kat Logan, has worked with ANC in a variety roles over the past 5 years. She's excited to take on the program and to get to know all of you!

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 we have the Fuji Apple! While this lovely apple was developed in the late 1930s, it wasn't until 1962 that it came to market. It is a cross of two American apples; Red Delicious and Virginia Ralls Genet, hence it's red and orange coloring. These apples store quite well, so if you want to keep some for lunches the coming weeks, just pop them in the fridge! As for eating with something else, Fuji apples pair great with cheeses. Instead of brie and crackers, try warming some brie and pairing it with your Fuji Apples! Yum!