



Veggie Box Newsletter

Week 6 | April 12



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



Producer Spotlight:

Ten Hens Farm is a year-round, family run farm located just a few miles away in Bath. Their fun farm name actually came to them with the help of a neighbor. In helping their neighbor build a hoop house, she gave them ten hens in return...or at least what they thought were ten hens. Turns out they had a whole jumble of hens and roosters, but even so, the name Ten Hens Farm sounded so great to them that it stuck! Today they grow their produce on their three acres and in six hoophouses; over 17,000 square feet of veggies!

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.

Veggie Box Add-Ons

- Bread**, Stone Circle Bakehouse, Holt
- Meat Variety**, Trillium Woods, Williamston
- Dry Beans**, Ferris Organic Farm, Onondaga

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: 4/12, 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



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



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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!

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 of 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.

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!

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!

