



# Veggie Box



# Veggie Box Newsletter Week 10 | May 10



Welcome to week 10 of the Spring Veggie Box! We've had so much fun this season bringing you the best in-season produce available in the region; with only 20 shares left for the Summer Veggie Box subscription, register today to keep all the beautiful, local food coming! We also want you to know that the outdoor season of the Allen Farmers Market starts next Wednesday, May 16th – stop by to meet many of the farmers who make the Veggie Box possible!

## What's in the Box?

- Spinach**, *Hunter Park GardenHouse*, Lansing
- Head Lettuce**, *HPGH*, Lansing
- Chives**, *HPGH*, Lansing
- Green Garlic**, *Half Barn Farm*, Lansing
- Shallots**, *Ten Hens Farm*, Bath
- McIntosh Apples**, *Phillips Orchard*, St. John's
- Red Russian Kale**, *MSU Student Organic Farm*, Holt
- Shiitake Mushrooms**, *Titus Farms*, Leslie

## Veggie Box Add-Ons

- Bread**, *Stone Circle Bakehouse*, Holt
- Meat Variety**, *Heffron Farms*, Belding



## Producer Spotlight: Hunter Park GardenHouse



Hunter Park GardenHouse (HPGH), a project of Allen Neighborhood Center, is located at Hunter Park, just down the road from ANC. Since it's start in 2008, it has been a year round farm & garden education center where neighbors can volunteer to grow food, flowers, & community. It also gives youth a chance to develop job & life skills through service to the Eastside neighborhood. HPGH is open six days a week, so feel free to stop by & get your hands dirty!

## Crop Profile: Shiitake Mushrooms



Our featured crop for this week is the wonderfully delicious Shiitake Mushroom! These wild mushrooms original cultivation was recorded way back in the early 1200's in it's native land of Southeast Asia. These crazy shrooms coined their name because of it's tendency to grow on decaying deciduous trees, such as the shii tree. Shiitake is a very versatile fungi used to liven up many dishes! It can be eaten raw or sautéed in salads, soups, and even the main entree of a meal to substitute meat. If you like a garlicky flavor, try cooking your Shiitake mushrooms with garlic and shallots from your box for a tasty portion of your meal!

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### Shiitake Mushroom and Kale Dish

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

4-5 Stalks of Veggie Box Kale, discard stems  
1 Tablespoon of Unsalted Butter  
1 Tablespoon of Olive Oil  
1/3 cup Veggie Box Chives, diced  
Veggie Box Shiitake Mushrooms sliced in 1/2 inch slices  
1 Tablespoon Soy Sauce  
Salt and Pepper to taste

**In a large pot, boil kale in water for about 5 minutes or until tender. Drain water, and when cool, squeeze out any excess water from the kale and chop. In a large skillet, melt butter and olive oil over medium heat with onion until golden (about 7 minutes). Then add Shiitake, season with salt and pepper, and raise heat to high. Stir every minute for 3 minutes uncovered, then cook for 5 minutes covered. Add kale and soy sauce to the skillet and cook for another 3 minutes. Enjoy!**

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)

### Summers Around the Corner Salad!

Veggie Box Spinach  
Veggie Box Head Lettuce  
1/2 cup chopped Veggie Box chives  
1 Veggie Box Apple, thinly sliced  
1/2 cup cherry tomatoes  
1/2 cup walnuts  
1/2 cup dried cherries/cranberries  
lemon  
2 tablespoons olive oil  
pepper to taste

**Add spinach, lettuce, chives, apples, tomatoes, walnuts, and dried cranberries to a bowl. In a separate, small bowl add juice from lemon with olive oil and black pepper for a tangy dressing!**

### Apple Crisp

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

3 cups of peeled, cored, and chopped apples  
1/3 cup of granulated sugar  
1/3 Tablespoon of all-purpose flour  
1/3 tsp. cinnamon  
1/2 cup water  
1/3 cup quick oats  
1/3 cup flour (additional)  
1/3 cup brown sugar, packed  
1/8 teaspoon baking powder  
1/8 teaspoon baking soda  
1/4 cup melted butter

**Preheat oven to 350°. In a large bowl, mix evenly apples, granulated sugar, 1 tablespoon flour, and cinnamon. Pour apples and excess sugar mix on a pan. Pour water over apples. In the same bowl, mix together oats, flour, brown sugar, baking powder, baking soda and butter and pour over apple mixture. Bake for 45 minutes. Enjoy with a scoop of vanilla ice cream!**

## ANC Happenings

### 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.

### Market Walk 2018

Market Walk will meet at Hunter Park on Tuesday and Thursday evenings from 5-7pm, and Saturday mornings from 9-11am beginning on May 15th. For every 10 laps (5 miles) walked, participants earn \$5 vouchers to buy local food at the Allen Farmers Market!

### The Allen Farmers Market moves outdoors!

The 2018 outdoor season will be open May 16-October 31, and will feature roughly 25 local vendors offering a wide range of food products, including dinner options to enjoy outside on our patio or inside the Allen Market Place! Not only is this a great supplement to what you receive in the Veggie Box, but it is a fun way to build community!

### Be a Tourist in Your Own Town: June 2, 10am-5pm

The Allen Market Place is a site for this city-wide event! Tour our incubator kitchens, purchase food products made on-site, select plant starts begun in our GardenHouse, talk with urban farmers, and learn more from ANC staff about our health, housing, food, and arts focus!

