

Welcome to week 11 of the Spring Veggie Box! We've had so much fun this season bringing you the best in-season produce available in the region, and are sad to see that there's only one week left. Never fear, we will continue with our Summer Veggie Box beginning on June 7th (registration filled up just a few days ago), and our Fall Veggie Box beginning on September 20th! Today marks national cherry cobbler day! Though we don't have any cherries in the box, try out a rhubarb cobbler instead!

What's in the Box?

Salad Mix, *Hunter Park GardenHouse*, Lansing
Mint, *HPGH*, Lansing
Bok Choi, *HPGH*, Lansing
Scallions, *HPGH*, Lansing
Rhubarb, *Tomac Pumpkin Patch*, Chesaning
Cameo Apples, *Phillips Orchard*, St. John's
Snap Peas, *Peckham Farms*, Lansing
Arugula, *CBI's Giving Tree Farm*, Lansing

Veggie Box Add-Ons

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



Producer Spotlight: Tomac Pumpkin Patch

Tomac Pumpkin Patch is a family run operation that started as a 4-H and FFA project selling a few pumpkins, which has now grown into an on-farm market. Tomac families have been involved in farming in the Chesaning area for the last four generations. They have operated the family farm for the last 30 years raising primarily corn, soybeans and wheat. However, pumpkins and gourds are now one of their top crops! They have introduced to the area pumpkins from Australia and other parts of the world, including Italy, France, and Thailand.



Crop Profile: Rhubarb



Our featured crop for this week is rhubarb! Rhubarb is a vegetable, but it is often cooked, sweetened and combined with fruits as a dessert. It's a perennial plant that has stalks similar to celery. Rhubarb can be eaten raw, but because of its tart flavor, it is more often cooked and sweetened with sugar - it is even called the "pie plant" because one of its most popular uses is as pie filling. However, please note that the leaves of rhubarb should never be eaten, as the leaves and roots contain a toxic poison called oxalic acid. The stalks can be kept in the refrigerator, unwashed and wrapped, for up to three weeks.

Rhubarb Cobbler

Adapted www.geniuskitchen.com

4 1/2 cups of rhubarb, cut into 1/2 inch pieces
1 cup of sugar
1 1/4 cups of flour
1 tablespoon of baking powder
1/4 teaspoon of salt
1/3 cup of butter
1 egg, beaten
1/2 cup of half and half

Set oven to 375 degrees. Grease 9 inch baking dish. Mix the rhubarb and 1 cup of sugar, and then place in the baking dish. To make the cobbler; combine flour, 3 tablespoons of sugar, baking powder, and salt. In a small bowl whisk/combine the egg and half and half. Add the dry ingredients; stir with a fork to create a stiff batter. Drop by spoonfuls on top of the rhubarb/ sugar mixture in the baking dish (does not have to cover completely). Bake for 35-40 minutes. Serve warm with ice cream on top!

Loving your Veggie Box? Sign up for our Fall 2018 distribution;

14 Weeks, September 20 - December 20!

\$20 per week (\$280 for the season)

plus the cost of add ons.

For more information, pricing, and registration go to: bit.ly/fallvegiebox2018

Bok Choi Mint Salad!

2 tablespoons of chopped cilantro leaves
1/2 cup rice wine vinegar
1/4 cup lime juice
2 tablespoons of mint leaves, finely chopped
2 tablespoons of chopped green onions
2 tablespoons of vegetable oil
1 teaspoon of sugar
Salt and pepper to taste

In a large bowl, mix bok choy, mint, green onions, oranges, carrots, and cilantro. In a small bowl, combine the rest of the ingredients and mix well with a whisk or a spoon. Pour it over the vegetable mix.

Serve!

Garlic Parmesan Sugar Snap Peas

Adapted from www.simplylanna.com

3 cups of sugar snap peas, trimmed, rinsed, and dried
3 tablespoons of garlic olive oil
1/2 cup panko crumbs
1/2 cup grated parmesan cheese
2 tablespoons finely chopped fresh parsley
Salt and pepper to taste

Preheat oven to 400F. Grease a baking sheet with cooking spray or line it with parchment paper and set aside.

Combine sugar snap peas and olive oil in a mixing bowl and toss to coat. In a separate bowl mix together panko crumbs, parmesan cheese, parsley, salt and pepper.

Add the panko mixture to the sugar snap peas and toss to combine. Arrange in previously prepared baking sheet in a single layer.

Roast for 15 to 20 minutes, or until crispy, turning once during cooking.

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!

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!

Get Involved!

Looking to volunteer or intern in your community? Visit the Allen Neighborhood website to sign up for programs such as the Veggie Box, Market Walk, and so much more!

