



Veggie Box Newsletter

Week 8 | April 26

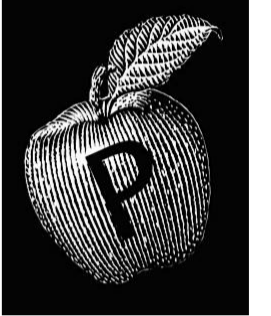


Welcome to Week 8! Today is National Pay It Forward Day. Remember that kind stranger who told you that your gas cap was open, or who took your cart back at the store? Well, if you haven't passed on that good deed, today is the day! And if you have already paid it forward, take today as an opportunity to do it again. Maybe someone's birthday is coming up...what better way to pay it forward than gifting them the Summer Veggie Box! Find the registration link on the back!

What's in the Box?

- Salad Mix**, *Hunter Park GardenHouse*, Lansing
- Radishes**, *HPGH*, Lansing
- Dill**, *HPGH*, Lansing
- Scallions**, *HPGH*, Lansing
- Beets**, *Titus Farm*, Leslie
- Collards**, *Ten Hens Farm*, Bath
- Arugula**, *Monroe Family Organics*, Elwell
- Fuji Apples**, *Phillips Orchard*, St. John's

Producer Spotlight:



Phillips Orchards and Cider Mill, just north of here in St. John's, has been around for quite some time. Here's a quick pop-quiz (winners get the satisfaction of knowing a little bit of local history!): do you think Phillips was founded in a) 1904, b) 1852, c) 1899, or d) 1810?

To those of you who picked b, you're correct! Phillips is five years older than MSU, and is in their 166th year of business - pretty impressive! Another fun fact you might not know about them is that they grow more than just 34 varieties of apples, they also grow 13 Michigan developed varieties of peaches! Even though Cider Mill season isn't here yet, you can always take a trip to their Gatehouse Market which opened back up on March 30th, and even take a guided tour of the property!

Crop Profile: Fuji Apples



The Fuji apple is an apple hybrid developed by growers at Tohoku Research Station in Fujisaki, Aomori, Japan, in the late 1930s, and brought to market in 1962. It originated as a cross between two American apple varieties — the Red Delicious and old Virginia Ralls Janet apples. According to the US Apple Association website, it is one of the fifteen most popular apple cultivars in the United States! Its name is derived from the first part of the town where it was developed: Fujisaki. Fans of sweet apples adore it because with Brix, or sugar levels, of 15-18, it is the sweetest apple around! Fuji apples are also great storing apples, and because of that, are available year-round.

Add-On Schedule

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



Veggie Box Add-Ons

- Bread**, *Stone Circle Bakehouse*, Holt
- Meat Variety**, *Trillium Woods*, Williamston

AMP 1629 E. Kalamazoo Lansing 48912
517.999.3923

ANC 1611 E. Kalamazoo Lansing 48912
exchange@allenneighborhoodcenter.org

Beet and Apple Salad

Adapted from deliciousmeetshealthy.com

Dressing:

- 1 Tbsp Dijon mustard
- 2 Tbsp maple syrup
- 2 Tbsp champagne wine vinegar

Salad:

- 2 VeggieBox beets
- 1 Fuji apple, cut into 1 inch cubes
- 1 Tbsp olive oil
- Walnuts to taste, coarsely chopped
- Feta cheese to taste
- Salt and pepper to taste

For the dressing, mix all ingredients until well combined. Set aside until later. Preheat oven 425F. Trim beets (leave about 1 inch of stem) and lightly coat with olive oil. Wrap in aluminum foil and place in baking sheet. Roast for about 1 hour, or until tender, then let cool for 10 minutes. Slip off skins and cut off remaining stem. Cut into 1" cubes. In a bowl, mix beets, chopped apples, and olive oil. Salt and pepper to taste. Move to salad plate or bowl, top with feta, walnuts, and vinaigrette.

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/summervegiebox2018

What to do with Greens?

Adapted from earlymorningfarm.com

Pasta. Sauté chopped greens in olive oil or butter, and add to any pasta dish!

Soup. Toss washed and chopped greens into any soup—home made or store bought.

Eggs. Add greens into scrambled eggs or make a frittata.

Freeze. To freeze greens for later use, remove stems, clean and chop greens. Bring a large pot of salted water to boil. Blanch greens by cooking for one minute, then use tongs or a slotted spoon to transfer to a bowl of ice water. Freeze cooled greens in one and two cup containers to use later in the week. Thaw and use in soups, stews, and sautés.

Really, try them in just about anything - Quesadillas, Burritos, Curries, Stir-Fry, Pizza and Smoothies!

Apple and Lemon Poppyseed Salad

Adapted from allrecipes.com

Dressing:

- 1/2 cup sugar
- 1/2 cup lemon juice
- 2 tsp diced onion
- 1 tsp Dijon mustard
- 1/2 tsp salt
- 2/3 cup vegetable oil
- 1 Tbsp Poppyseeds

Salad:

- 1 VeggieBox share salad mix
- 2 Fuji Apples, diced
- 1/2 cup shredded Swiss cheese
- 1 cup cashews
- 1/4 cup dried cranberries

In a blender, add dressing ingredients through salt. Once blended, slowly add vegetable oil and Poppyseeds. In a large bowl, add all salad ingredients. Toss with dressing and enjoy!

ANC Happenings

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.

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!

It's time to get outside and get moving! Market Walk is a program designed to improve the physical activity, health, and fresh produce consumption of adults and families. For every 10 laps (5 miles) walked, participants earn \$5 vouchers to buy local food at the Allen Farmers Market!

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.

