



# Veggie Box Newsletter

## Week 9 | May 3



Welcome to Week 9! Only three weeks left of our Spring Veggie Box, so be sure to register for our Summer Veggie Box to keep that fresh, local, DELICIOUS produce coming your way! We've had a bit of a wild spring with colder than normal temperatures that really slowed down our farmers' and our own plans for the box. Nevertheless, it looks like warm weather is finally here to stay! Also, PLEASE remember to return your boxes - we need them to pack your produce!

### What's in the Box?

- Salad Mix**, *Hunter Park GardenHouse*, Lansing
- Cilantro**, *HPGH*, Lansing
- Swiss Chard**, *HPGH*, Lansing
- Bok Choi**, *Hillcrest Farms*, Eaton Rapids
- Spinach**, *CBI Giving Tree*, Lansing
- Cameo Apples**, *Phillips Orchard*, St. John's
- Carrots**, *MSU Student Organic Farm*, Lansing

### Producer Spotlight:



CBI's Giving Tree Farm was founded in 2006. It began as a community garden for people with disabilities. As time went on, and more people got involved and volunteered, the farm itself grew to where there is now a year round therapy program. CBI also now has a program for people with traumatic brain injuries, where they can help grow the produce. CBI's Giving Tree Farm is now a certified organic farm with eight hoopouses, a heated greenhouse, and over seven acres of fields.



### Veggie Box Add-Ons

- Bread**, *Stone Circle Bakehouse*, Holt
- Meat Variety**, *Grazing Fields*, Charlotte
- Eggs**, *Grazing Fields*, Charlotte
- Cheese**, *Hickory Knoll Creamery*, Onondaga
- Chevre**, *Hickory Knoll Creamery*, Onondaga
- Coffee Monthly**, *Rust Belt Roastery*, Lansing
- Chicken**, *Trillium Wood*, Williamston
- Pork**, *Berkshire Farms*, Mason
- Beef**, *Heffron Farms*, Belding

### Crop Profile: Swiss Chard

Our featured crop for this week is not hard to spot because it's so beautifully and brightly colored; Swiss Chard! Believe it or not, chard has been around for ages. In fact, there's even a mention of red chard from Aristotle in 350 BCE! For quite some time, it was believed to be a kind of beet than its own plant. There are many uses for chard; salads, simply being sautéed, added to sauces and soups, and mixed in with eggs and frittatas! For an easy way to incorporate your chard into things you might be making already, try adding some chard to your salad. So try using your salad mix from this week in combination with some swiss chard to change things up a little (and make your meals fun and colorful)!

#### 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



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### Swiss Chard and Zucchini Enchiladas

Adapted from [www.food25.com](http://www.food25.com)

- 12 Tortillas
- 1 Veggie Box bunch of Swiss Chard, chopped
- 2 Zucchini, chopped
- 1 Jalapeno, chopped
- 1/2 Onion, chopped
- 2 cups Cheddar Cheese, grated
- 12 ounces Enchilada sauce
- Canola Oil

Preheat oven to 400F. In a pan, add a touch of canola oil to saute the onion, jalapeno, zucchini, and swiss chard. Saute for about 10 minutes, then set aside. In another pan, heat about 1/3 cup canola oil to fry the tortillas (about 5 seconds per side). Place fried tortillas on paper towels to soak up excess oil. In a bowl, pour a little bit of the enchilada sauce, then coat each side of the tortillas in the sauce. Place them in a baking pan and fill with veggie contents. Sprinkle cheese on before closing, then add more cheese and remaining enchilada sauce on top. Bake for 25 minutes, enjoy!

### Stir Fried Bok Choi

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

- 1 cup Veggie Box Bok Choi
- 2 cloves Garlic, minced
- 1 Tbsp Ginger, minced
- 2 Tbsp Soy Sauce
- 1 Tbsp Olive Oil
- Salt and Pepper

In a large skillet, heat oil on medium heat. Then add garlic and ginger, cook for about one minute. Next, add bok choy and soy sauce, cook for 3-5 minutes (or until greens are wilted). Season to taste. Enjoy!

### Applesauce

Adapted from [wilsonfarm.com](http://wilsonfarm.com)

- 2 1/2 pounds of apples (about 6 or 7 apples)
- 1/2 cup of sugar (granulated or brown)
- 1 tsp. lemon juice
- 1/4 tsp. cinnamon
- 1/8 tsp. nutmeg
- pinch of salt

Peel, core, and slice the apples. Place sliced apples in a saucepan and add 1/2 cup of water. Cover and bring to a boil, and then lower the heat and cook, covered, until the apples are tender. Uncover and stir in the remaining ingredients. Continue cooking, uncovered and stirring often, until sugar and spices are well-blended and applesauce is cooked - about 4 minutes. Use a potato masher for chunky applesauce, or use an immersion/regular blender for smooth. 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/summervegiebox2018](http://bit.ly/summervegiebox2018)

## 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!

