



# Veggie Box Newsletter

## Week 1 | June 7th



Welcome to week 1 of the Summer Veggie Box! Veggie Box is a program of Allen Neighborhood Center, a place-based non-profit that serves as a hub for neighborhood revitalization and activities that promote the health and well-being of Lansing's Eastside community. The summer is a time to relax and rejuvenate ourselves and we hope that the Veggie Box Program helps you do just that!

### 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  
**Cold Brew Coffee**, Rust Belt Roastery, Lansing  
**Chicken**, Trillium Wood, Williamston  
**Pork**, Berkshire Farms, Mason  
**Beef**, Heffron Farms, Belding  
**Beans**, Ferris Organic Farm  
**Pie of the Month**, Glory Bee Sweet Treats  
**Sweet Treats**, Glory Bee Sweet Treats

### What's in the Box?

**Head Lettuce**, Bourne Fraiche, Lansing  
**Salad Mix**, Hunter Park GardenHouse, Lansing  
**Sage**, HPGH, Lansing  
**Green Garlic**, Magnolia Farms, Lansing  
**Spring Onions**, Bourne Fraiche, Lansing  
**Mint**, HPGH, Lansing  
**Cameo Apples**, Phillips Orchard and Cider Mill, St. Johns  
**Carrots**, MSU Student Organic Farm, Holt



### Producer Spotlight: MSU Student Organic Farms

Started in 1999, the MSU Student Organic Farms was founded by a group of MSU students that were dedicated to developing a sustainable way to grow food using the knowledge they learned from class. The Student Organic Farms is a certified, year-round teaching and production farm that is focused on diversified production of vegetables, flowers, fruits, and herbs for local markets. In addition to that, there is also a Organic Farmer Training Program that aims to educate those who are interested in starting their own farm business.



### Crop Profile: Sage

This perennial woody herb is unbelievable when it comes to its impact on human health. Sage is closely related to rosemary, and they are often considered "sister herbs". It has a savory, slightly peppery flavor and is often used in European cuisines, like Italian, Balkan, and Middle Eastern. The important health benefits of sage include its ability to improve brain function, lower inflammation, prevent chronic diseases, boost the immune system, regulate digestion, alleviate skin conditions, strengthen the bones, slow the onset of cognitive disorders, and prevent diabetes.

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## Tabbouleh

Adapted from [whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov)

1/2 cup Bulgur, uncooked

1 cup Water

3/4 cup Cucumber, fresh, peeled, 1/4" diced

3/4 cup Tomatoes, fresh, 1/4" diced

2 tablespoons Italian parsley, fresh, chopped

2 tablespoons Mint leaves, fresh, chopped

2 tablespoons Green onion with tops, fresh, chopped

1 clove Garlic, fresh, minced

1 tablespoon Olive oil, extra virgin

2 tablespoons Lemon juice

Salt and pepper to taste.

In a small stockpot bring water to a rolling boil. Add bulgur, cover, and turn heat off. Leave the stockpot on the hot burner. Keep covered and let stand for 20 minutes. Drain any excess liquid, fluff with a fork, and allow bulgur to cool. In a medium bowl, mix together cooled bulgur, cucumber, tomato, parsley, mint, green onions, and garlic. Prepare dressing: In a small bowl whisk together olive oil, lemon juice, salt, and pepper. Combine dressing with the other ingredients, mix well. Refrigerate and let chill for at least 2 hours before serving to allow the flavors to fuse. Enjoy!

**PLEASE BE SURE TO  
RETURN YOUR BOX  
WEEKLY!!**

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/fallveggiebox2018](http://bit.ly/fallveggiebox2018)

## Roasted Carrots with Honey, Sage, and Garlic

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

**1 pound carrots**

**2 tablespoons olive oil**

**2 tablespoons honey**

**2 cloves garlic, crushed (leave skin on)**

**4 whole leaves of sage**

**1/2 teaspoon coarse salt**

**1/2 teaspoon black pepper**

**1/2 cup plain yogurt**

Preheat oven to 375 degrees.

Peel carrots and slice them in half lengthwise. Toss the carrots together with olive oil, honey, garlic, sage, salt, and pepper. Place them on a baking sheet and bake until slightly caramelized, about 25-30 minutes.

## Green Garlic and Spring Onion Fried Farro

Adapted from <http://www.vermilionroots.com>

4 cups cooked farro\* (see notes below)

2 green garlic, white bulb only

2 spring onions, bulbs and leaves separated

1 tablespoon oil

2 tablespoons soy sauce

Salt and pepper to taste

Heat oil over medium heat in a large skillet or wok. Add green garlic and spring onion bulbs and stir-fry until they are soft and aromatic. Stir in the cooked farro and soy sauce. When the ingredients are nicely distributed, which should take no longer than 5 minutes, add the spring onion leaves and give everything a good toss. Add salt and pepper to taste and serve warm.

## ANC Happenings

### 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

The 2018 outdoor season features 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!

### Hunter Park GardenHouse Events:

Plant Therapy June 16, 2018 10:00 am – 12:00 pm

Come to a session dedicated to the therapeutic benefits of plants. Discussion will include which plants to incorporate into your home and garden to ease various ills.

Register at [hpgh-plattherapy.eventbrite.com](http://hpgh-plattherapy.eventbrite.com)

Intermediate Beekeeping June 23, 2018 10:00 am -12:00 pm

This will be a hands-on intensive working a live bee hive and will cover: hive handling, hive inspections, testing for varroa mites, and discussing management and treatment options. Participants must be properly clothed with loose fitting jeans, closed toed shoes, a long sleeve cotton shirt, and gloves.

Register at [hpgh-interbeekeeping.eventbrite.com](http://hpgh-interbeekeeping.eventbrite.com)

