Welcome to week 2 of the Summer Veggie Box! We so hope you enjoyed your first box of the season, and are excited to bring you the freshest in-season produce from the Greater Lansing area. We’d also like to recommend the Allen Farmers Market as a great supplement to what you receive in your Veggie Box each week. 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! Stop by Wednesdays from 2:30-7pm!

Veggie Box Add-Ons

**Bread, Stone Circle Bakehouse, Holt**
**Sweet Treats, Teffrific, Lansing**
**Meat Variety, Grazing Fields, Charlotte**

PLEASE BE SURE TO RETURN YOUR BOX WEEKLY!!

What’s in the Box?

- **Strawberries, Peckham Farms, Lansing**
- **Romaine Lettuce, Monroe Family Organics, Alma**
- **Spring Mix, Monroe Family Organics, Alma**
- **Dill, Hunter Park GardenHouse, Lansing**
- **Cooking Greens, Monroe Family Organics, Alma**
- **Cucumbers, MSU Student Organic Farm, Holt**
- **Bok Choi, MSU SOF, Holt**

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 its 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: Bok Choi

A deep green leafy vegetable that resembles Romaine lettuce on top and a large celery on the bottom, bok choi is a crucifer more closely related to cabbage. The entire vegetable can be used, and is often added raw to salads for a satisfying crunch. In soups, the leaves and stalks should be chopped and added separately, since the stalks take longer to cook. Cultivated in China for centuries, bok choi has played a large part not only in its cuisine, but in traditional Chinese medicine. Containing a wealth of vitamins C, A, and K, and excellent sources of calcium, magnesium, potassium, manganese, and iron, bok choy deserves its reputation as a powerhouse among vegetables.

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Stir-Fried Bok Choi
Adapted from https://amindfullmom.com/

**For the Sauce:**
2 tablespoons honey
1/2 teaspoon freshly grated ginger
2 cloves of garlic grated or minced finely
2 tablespoons reduced sodium gluten-free soy sauce
1 tablespoon rice wine vinegar

**For the Stir-Fry:**
1 teaspoon sesame oil
1 pound of protein (chicken, tofu, tempeh, pork, etc.)
1 teaspoon honey
1 tablespoon dijon mustard

Stir together all the ingredients for the sauce and set aside.

Heat sesame oil in a large wok or skillet over medium-high heat. Add in chicken and cook for 5-7 minutes. Add in bok choy, carrots, green onions, and sesame seeds. Stir continuously for 3 minutes and then add in sauce. Cook until sauce has coated the chicken and vegetables and heated through.

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**What to do with Cooking Greens?**

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

**Soup.** Toss washed and chopped greens into any soup homemade or store bought.

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

**Sautéed:** Greens are delicious simply sautéed with olive oil, garlic, and crushed red pepper flakes. Sauté sliced onions until tender, add garlic and pepper flakes, then add chopped greens and a pinch of salt to the pan. Cover the pan for a few minutes to allow the leaves to wilt, then uncover and allow any liquid to cook off. Finish with a squeeze of lemon or splash of vinegar.

**Freeze.** To freeze greens for later use, remove stems, clean and chop greens. Bring a large pot of salted water to a 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!**

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### Strawberry Salad with Candied Pecans

**Vinaigrette**
1/2 cup balsamic vinegar
1/2 cup olive oil
1 Tbsp dijon mustard
1 Tbsp honey
Salt and freshly ground black pepper

**Candied pecans**
3/4 cup broken or roughly chopped pecans
1 1/2 Tbsp brown sugar
1 1/2 Tbsp butter

**Salad**
Veggie Box Spring Mix and/or Romaine Lettuce
1 pt of Veggie Box strawberries, sliced
1/3 small red onion, thinly sliced

**For the Dressing:**
bring vinegar to a boil over medium heat and allow to boil until reduced by half, about 3 minutes. Pour into a jar or bowl, add olive oil, dijon mustard, honey and whisk to blend while seasoning with salt and pepper to taste. Thin with a little water if desired. Set aside.

**For the pecans:**
Add pecans, brown sugar and butter to a small non-stick skillet and cook over medium heat, stirring constantly until sugar starts to melt and caramelize. About 2-3 minutes. Transfer to a plate in a single layer to cool.

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**ANC Happenings**

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 hphg-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 hphg-interbeekeeping.eventbrite.com