



Veggie Box Newsletter

Week 3 | June 21st



Welcome to week 3 of the Summer Veggie Box! It is officially the first day of summer! Here at the Allen Neighborhood Center we are excited for the warm weather and all of the fresh produce we will be receiving these next few weeks. Make sure you check out all of the local events happening this summer and continue supporting this wonderful community!

Veggie Box Add-Ons

Eggs, *Grazing Fields*, Charlotte
Cheese, *Hickory Knoll Creamery*, Onondaga
Chevre, *Hickory Knoll Creamery*, Onondaga
Cold Brew, *Rust Belt Roastery*, Lansing
Sweet Treats, *Rooted Home*, Lansing
Bread, *Stone Circle Bakehouse*, Holt
Meat Variety, *Grazing Fields*, Charlotte
Chicken, *Trillium Wood Farms*, Williamston
Beef, *Heffron Farms Market*, Belding
Pork, *Berkshire Farms*, Mason

What's in the Box?

Turnips, *Urbandale Farms*, Lansing
Strawberries, *Peckham Farms*, Lansing
Garlic Scapes, *Ten Hens Farm*, Bath
Zucchini, *Peckham Farms*, Lansing
Salad Mix, *Hunter Park Garden House*, Lansing
Head Lettuce, *Tomac Pumpkin Patch*, Chesaning
Green Onions, *Monroe Family Organics*, Alma
Rosemary, *CBI's Giving Tree Farm*, Lansing



Producer Spotlight: CBI's Giving Tree Farm

CBI's Giving Tree Farm is a Community Based Interventions (CBI) run, and volunteer supported farm. It started 12 years ago as a community garden for people with disabilities and has grown to a seven acre lot with greenhouses that support year round production. They are certified organic and offer many programs from horticulture therapy to their own CSA box. CBI's Giving Tree Farm is also an active supporter in many local programs like our own Veggie Box Program, and the Allen Farmers Market!

Crop Profile: Garlic Scapes

Garlic scapes are so easy to use! Just like adding garlic to your foods, they provide a strong aromatic flavor. They can be roasted, pickled, and even added to soups. They are the flower bud of the garlic plant that are removed in late June to allow the bulbs to thicken. Not only can they be used in food, they are also a great addition to your flower bouquets! To store garlic scapes, all you have to do is put them in a sealed bag and leave them in your refrigerator up to 2-3 weeks.

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Green Goddess Soup

Adapted from cedarcirclefarm.org

2 tablespoons olive oil
1 bunch of Veggie Box green onions
1 large bulb of fennel, chopped
Veggie Box arugula, chopped
1/2 pound kale (or other greens), cleaned and chopped
Veggie Box garlic scapes
6 cups vegetable stock
1/4 teaspoon ground pepper
1/4 teaspoon salt
1 cup half and half or soy milk

In a 4 quart saucepan, heat oil over medium heat. Add onion and fennel; saute until vegetables soften and are lightly browned, about 10 minutes. Add greens and garlic.

Cook, stirring occasionally until greens wilt, about 5 minutes. Add broth, pepper, and salt. Increase heat to high and bring to a boil.

Reduce heat to low, cover and simmer 20 minutes. Let cool 15 minutes.

Working in small batches with a blender, puree soup and transfer each batch to a saucepan.

Stir in half and half (or soy milk), and reheat over low heat.

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
1/2 Tbsp butter

Salad

Veggie Box Spring Mix and/or head 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 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.

Sautéed Turnips with Garlic Scapes

1 bunch turnips with greens
2-3 garlic scapes, finely chopped
2 tablespoons olive oil
1 cup vegetable stock

Thoroughly wash turnips, then trim greens from turnip bulbs. Set greens out on a paper towel to drain. Meanwhile, trim turnip bulb ends and thinly slice. Then, coarsely chop the greens.

Heat garlic scapes in olive oil over medium heat until garlic begins to sizzle. Add turnips and greens. Turn and coat with oil as you wilt the greens.

Add broth and bring to a boil. Cover and reduce heat to low. Simmer 3-5 minutes to soften.

Transfer turnips, greens, and garlic to a serving platter.

Zucchini with Rosemary and Garlic

Adapted from www.thekitchenmagpie.com

Veggie Box zucchini, chopped into 1/2 inch slices
2 tablespoons olive oil
1 sprig rosemary
Veggie Box garlic scapes diced
Salt and pepper to taste

Toss the zucchini into a large frying pan and add olive oil, stir.

Add the rosemary and cook quickly over high heat until the zucchini is just beginning to soften. Add the crushed garlic and season with salt and pepper.

Serve as a side dish or on its own with some warm crusty bread!

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

ANC Happenings

Lansing Eastside Folklife Festival
Saturday, August 11th, 10 am - 8 pm at ANC

This free festival has been organized by a coalition of community arts activists and Michigan State faculty and staff to celebrate Michigan's rich cultural heritage. It will showcase music, dance, and arts of the 2018 recipients of the Michigan Heritage Awards and traditional Arts Apprenticeships, swing and Irish ceili dance demonstrations, food trucks, and more!

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

