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

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

**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; sauté 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.

**Sautéd 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.thekitchnemagpie.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!

**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

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