



# Veggie Box Newsletter

## Week 4 | June 28th



Welcome to week 4 of the Summer Veggie Box! We hope you're having an awesome summer and we hope that the veggies in this weeks box can make your Summer even more awesome! Though next Thursday falls just after the 4th of July holiday, Veggie Box will continue as scheduled! You can always have friends or family pick up for you if need be. As always, please let us know if you have any questions or concerns, and please return your box each week!

### Veggie Box Add-Ons

**Sweet Treats**, *Glory Bee Sweet Treats*, **Mason Pie**, *Glory Bee Sweet Treats*, **Mason Bread**, *Stone Circle Bakehouse*, **Holt Meat Variety**, *Grazing Fields Cooperative*, *Charlotte*  
**Honey**, *Bee Wise Farms*, *Lansing*

### What's in the Box?

**Basil**, *Bourne Fraiche*, *Lansing*  
**Strawberries**, *Felzke Farms*, *Dewitt*  
**Baby Carrots**, *Hunter Park GardenHouse*, *Lansing*  
**Cucumbers**, *Ten Hens Farms*, *Bath*  
**Endive**, *Bourne Fraiche*, *Lansing*  
**Fennel**, *MSU Student Organic Farm*, *Holt*  
**Green Peppers**, *Peckham*, *Lansing*  
**Herb Plants**, *Hunter Park GardenHouse*, *Lansing*



### Producer Spotlight: Felzke Farms



Open since 1978, Felzke Farms is the largest producer of strawberries in mid-Michigan. They offer u-pick strawberries and already picked produce located in their farmers market. Open seven days a week they have flowers, fruits, and vegetables depending on the season.



### Crop Profile: Fennel

Related to carrots, fennel is a hardy perennial herb with yellow flowers and feathery leaves. Fennel bulb, which looks kind of like a cross between an onion and the base of a bunch of celery, has a sweet, perfumy, anise-like flavor. Rather than making food taste like licorice, though, fennel imparts a light, bright spring-like quality to foods. It originally came from the Mediterranean but is now used all over the world and in many cuisines. It is a highly flavorful herb that is also used for medicinal purposes! The bulb of fennel is crisp and can be sautéed, braised, grilled, or eaten raw. As for the leaves, they can be used as garnishes, in soups, or to add flavors to salads.

AMP 1629 E. Kalamazoo Lansing 48912  
517.999.3923

ANC 1611 E. Kalamazoo Lansing 48912  
[exchange@allenneighborhoodcenter.org](mailto:exchange@allenneighborhoodcenter.org)

### Curly Endive with Spaghetti

Adapted from bonapetit.com

- 1 pound spaghetti, cooked then drained
- 1/2 cup pasta water reserved
- 3 tablespoons olive oil
- 1 head medium to large garlic, peeled and sliced
- 1 whole onion, sliced
- 1 pinch red pepper flakes, or to taste
- 1/2 teaspoon salt and pepper, or to taste
- 1 head of Veggie Box curly endive
- 1 whole lemon, juiced
- 1/2 cup parmesan cheese, grated

Heat oil over medium-high heat and add onion. Saute until onion starts to become brown, add garlic and red pepper flakes. Cook until garlic is soft and fragrant.

Add curly endive and 1/2 cup reserved pasta water, combine. Cook until curly endive is cooked down but not soggy. Add pasta, fresh squeezed lemon juice, salt and pepper to taste, and parmesan cheese. Toss to combine.

### Fragrant Fennel Fronds Pesto

Adapted from wholefoodbellies.com

- 1 cup toasted walnuts
  - 3 cups loosely packed fennel fronds
  - 1 lemon juiced
  - 1 clove garlic
  - 1 tsp sea salt
  - 1/2 cup olive oil (plus extra)
- Instructions  
Toast the walnuts over medium heat for about 3-5 minutes, or until they start to turn a nice golden brown color. Set aside to cool.

Add the walnuts, fennel fronds, lemon juice, garlic and salt to a food processor. Add in half of the olive oil and pulse or blend until incorporated. Continue blending while slowly pouring in the rest of the olive oil and desired consistency is reached (you may need to add in a little more olive oil or water 1 tsp at a time if you prefer it thinner). Store in an airtight container in the fridge or freeze for later use

**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)**

### Green Pepper and Endive Salad

Adapted from geniuskitchen.com

- 1 1/2 tablespoons wine vinegar
- 6 tablespoons oil
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon dry mustard
- 1 teaspoon fresh tarragon, chopped
- 1 Veggie Box endive, torn into pieces
- 1 stalk celery, sliced thin
- 1/2 green pepper, sliced thin

Combine dressing ingredients and mix well. Place the endive in a bowl. Arrange the celery and green pepper then pour dressing over the salad. Toss and enjoy!

## 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!

