



Veggie Box Newsletter

Week 5 | July 5



Welcome to week 5 of the Summer Veggie Box! We hope you had a happy 4th of July, and were able to spend time with friends and family. As with any holiday, celebration, or festival, people have always been able to come together around food. It's our hope that the Veggie Box has helped you to not only try new things, but to share your bounty and culinary creations with the people you love! In fact, feel free to share any recipes you've tried with the Veggie Box thus far!

Veggie Box Add-Ons

Sweet Treats, *Teff-Rific*, Lansing
Eggs, *Grazing Fields Cooperative*, Charlotte
Bread, *Stone Circle Bakehouse*, Holt
Meat Variety, *Trillium Wood Farm*, Williamston
Cheese, *Hickory Knoll Farms Creamery*, Onondaga
Chevre, *Hickory Knoll Farms Creamery*, Onondaga
Cold Brew Coffee, *Rustbelt Roastery*, Lansing
Coffee, *Rustbelt Roastery*, Lansing
Chicken, *Trillium Wood Farm*, Williamston
Pork, *Grazing Fields Cooperative*, Charlotte,
Beef, *Heffron Farms Market*, Belding
Black Turtle Beans, *Ferris Organics*, Onondaga

What's in the Box?

Garlic Scapes, *Ten Hens Farm*, Bath
Saskatoons, *Tomac Pumpkin Patch*, Chesaning
Mini Cucumbers, *Peckham Farms*, Lansing
Salad Mix, *Hunter Park GardenHouse*, Lansing
Green Tomatoes, *Peckham Farms*, Lansing
Fennel, *Monroe Family Organics*, Alma
Collard Greens, *Titus Farms*, Leslie
Pearl Onions, *Monroe Family Organics*, Alma



Producer Spotlight: Tomac Pumpkin Patch

Tomac Pumpkin Farm is a 4-generation family run operation located in Chesaning, Michigan. They started as a 4-H and FFA project selling a few pumpkins, but have grown to primarily raise corn, soybeans, and wheat over the last 30 years. They also now offer almost 100 different pumpkins, gourds and squashes as well as other traditional fall decorations like corn stalks, straw, and Indian corn



Crop Profile: Saskatoons



Saskatoon berries, also known as prairie berries or juneberries, are native to North America and grow in the wild across Alaska, Canada, and the Northern U.S. The berry's name comes from the Cree word *misâskwatômina* (mis-sack-qua-too-mina), which means "the fruit of the tree of many branches." Saskatoons grow on bushes that can reach up to 16 feet in height, and although they look a lot like blueberries, they're actually more closely related to the apple family. Saskatoons continue to ripen off the bush and have a sweet, nutty flavor. High in iron, calcium, potassium, and vitamin C, Saskatoon berries are an even better source of calcium than red meats and vegetables. Saskatoons are also rich in antioxidants, which help to reduce the risk of certain cancers and cardiovascular diseases.

AMP 1629 E. Kalamazoo Lansing 48912
517.999.3923

ANC 1611 E. Kalamazoo Lansing 48912
exchange@allenneighborhoodcenter.org

Best Fried Green Tomatoes

Adapted from allrecipes.com

4 large green tomatoes
2 eggs
1/2 cup milk
1 cup all-purpose flour
1/2 cup cornmeal
1/2 cup bread crumbs
2 teaspoons coarse kosher salt
1/4 teaspoon ground black pepper
Crushed Red Pepper Flakes
Bold and spicy addition to sauces and marinades.
1 quart vegetable oil for frying

Slice tomatoes 1/2 inch thick. Discard the ends. Whisk eggs and milk together in a medium-size bowl. Scoop flour onto a plate. Mix cornmeal, bread crumbs and salt and pepper on another plate. Dip tomatoes into flour to coat. Then dip the tomatoes into milk and egg mixture. Dredge in breadcrumbs to completely coat. In a large skillet, pour vegetable oil (enough so that there is 1/2 inch of oil in the pan) and heat over a medium heat. Place tomatoes into the frying pan in batches of 4 or 5, depending on the size of your skillet. Do not crowd the tomatoes, they should not touch each other. When the tomatoes are browned, flip and fry them on the other side. Drain them on paper towels.

Kickin' Collard Greens

Adapted from allrecipes.com

1 tablespoon olive oil
1 bunch Veggie Box pearl onions, chopped
1/2 Veggie Box garlic scapes, minced
1 teaspoon salt
1 teaspoon pepper
1 1/2 cups broth
1 pinch red pepper flakes
Veggie Box collard greens, cut into 2-inch pieces

Heat oil in a large pot over medium-high heat. Add onion, and cook until tender, about 5 minutes. Add garlic scapes, and cook until just fragrant. Add collard greens, and fry until they start to wilt. Pour in broth, and season with salt, pepper, and red pepper flakes. Reduce heat to low, cover, and simmer for 30 minutes, or until greens are tender.

Saskatoon Berry Muffins

Adapted from allrecipes.com

3/4 cup rolled oats
3/4 cup milk
1 1/2 cups all-purpose flour
1/2 cup white sugar
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup vegetable oil
1 egg, beaten
1 cup saskatoon berries
1 tablespoon brown sugar

Preheat oven to 350 degrees. Grease a 12-cup muffin pan. Stir oats & milk together in a small bowl; set aside. Whisk flour, white sugar, baking powder, baking soda, & salt together in a large bowl. Whisk vegetable oil & egg together in separate bowl. Stir egg mixture into flour mixture just until batter is combined. Fold oat mixture into batter; fold in Saskatoon berries. Divide batter evenly into the prepared muffin cups. Sprinkle muffins with brown sugar. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 18 minutes. Cool in pans, 10 minutes

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!

