



# Veggie Box



# Veggie Box Newsletter Week 6 | July 12th



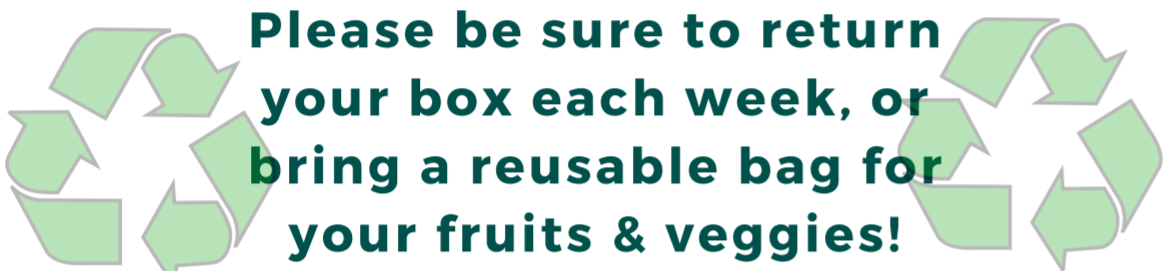
Welcome to week 6 of the Summer Veggie Box! We hope you've enjoyed experimenting with all kinds of local produce, and we're excited to bring you another box full of wonderful surprises! Your continued support and enthusiasm for local food not only reinvests in the businesses close to home that we feature each week, but also allows you to enjoy food picked at the peak of ripeness. Due to the short time and distance between harvest and your table, the Veggie Box is packed with highly nutritious and flavor food! So dive into week six, and enjoy!

## Veggie Box Add-Ons

**Sweet Treats**, *Teff-Rific*, Lansing  
**Bread**, *Stone Circle Bakehouse*, Holt  
**Meat Variety**, *Grazing Fields Cooperative*, Charlotte

## What's in the Box?

**Carrots**, *Monroe Family Organics*, Alma  
**Kale**, *Magnolia Farms*, Lansing  
**Kohlrabi**, *Bourne Fraiche*, Lansing  
**Cucumbers**, *Hillcrest Farms*, Eaton Rapids  
**Bouquet Garnis** (Herbs include: sage, thyme, parsley, oregano, & chives), *Hunter Park GardenHouse*, Lansing  
**Slicer Tomatoes**, *Peckham Farms*, Lansing  
**Green Bell Peppers**, *Peckham Farms*, Lansing  
**Spring Onions**, *Ten Hens Farm*, Bath  
**Lavender**, *Urbandale Farm*, Lansing



## Producer Spotlight: Urbandale Farm

Urbandale Farm was established in 2010, the first agricultural venture of the Lansing Urban Farm Project (501c3). LUFPP's mission is to a) make fresh, affordable produce available to urban residents; b) develop programs that integrate food and farming into larger community-building efforts; and c) provide for economic, environmental, and cultural and social sustainability. The farm is located in the 700 block of S. Hayford in the heart of the city's 100 year flood plain. Since 2010 the farm has quadrupled in size and production. Today they raise and sell vegetables, flowers and herbs on five separate fields, totaling about two acres with just under an acre in production.



# URBANDALE FARM

## Crop Profile: Lavender



Lavandula (common name lavender) is a genus of 47 known species of flowering plants in the mint family, Lamiaceae. Lavender has been shown to be one of the most preferred flowers to many pollinators, including bees! Historically, lavender has been used to treat depression, insomnia, anxiety, and fatigue. Current research supports the calming, soothing and sedative effects of lavender when inhaled. While both the foliage and flowers are fragrant, typically flower buds are harvested and dried to scent potpourri, sleep pillows, and other projects. The flowers are also used in teas, cookies, and other confections as well as savory dishes!

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## Vegetarian Mexican Inspired Stuffed Peppers

Adapted from allrecipes.com

1 tablespoon salt  
2 Veggie box peppers - tops, seeds, and membranes removed  
1 tablespoon olive oil  
1/2 cup chopped Veggie Box onion, diced  
2 cups cooked rice  
(15 ounce) can black beans, drained and rinsed  
1 chopped Veggie Box tomato  
1 teaspoon chili powder  
1 teaspoon garlic salt  
1/2 teaspoon ground cumin  
1/2 teaspoon salt  
1 (8 ounce) package shredded Mexican cheese blend  
1 cup chopped Veggie Box carrots

**Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of water and 1 tablespoon salt to a boil; cook green bell peppers in the boiling water until slightly softened, 3 to 4 minutes. Drain. Heat olive oil in a skillet over medium heat; cook and stir onion in the hot oil until softened and transparent, 5 to 10 minutes. Mix rice, black beans, tomatoes, carrots and cooked onion in a large bowl. Add chili powder, garlic salt, cumin, 1/2 teaspoon salt; stir until evenly mixed. Fold 1 1/2 cups Mexican cheese blend into rice mixture. Spoon rice mixture into each bell pepper; arrange peppers in 9x9-inch baking dish. Sprinkle peppers with remaining Mexican cheese blend. Bake in the preheated oven until cheese is melted and bubbling, about 30 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](http://bit.ly/fallveggiebox2018)

## Lavender Simple Syrup

Adapted from thelavenderhill.com

1 cup water  
3 Tbsp fresh or dried lavender flowers  
2 cups of sugar

**Bring water and lavender to boil. Stir in sugar until fully dissolved. Remove from heat and allow to cool. Keep in the refrigerator for three days, then fine strain the lavender.**

**You can add simple syrups to coffee, tea, lattes, In baking, depending on the thickness, simple syrup is often used to soak sponge cakes and pound cakes to moisten them - you can poke holes in a freshly baked cake and drizzled some simple syrup in to make it rich, moist and full of surprises! Bakers also use simple syrup to glaze baked goods or to preserve fruits. You can also use this flavored simple syrup to add interesting tastes to cocktails!**

## Handmade Lavender Sachets

Adapted from [www.kenarry.com](http://www.kenarry.com)

Two 4" x 4" squares of fabric (cotton and linen work best)  
1/4 cup dried lavender  
1/2 cup uncooked rice  
Lavender essential oil (optional)

**To make the sachet, place your two squares of fabric with the good sides facing inwards. Use a sewing machine or needle and thread, to sew them together all the way around, leaving a small opening on one side. If you'd like to hang them in your closet, add a small loop of ribbon to one side while you're sewing it. Snip the corners to give your sachets crisp corners and to prevent the fabric from bunching. Turn the sachet inside out and use a pencil to gently poke the corners in place. In a small bowl, mix the dried lavender with the rice. If you'd like a stronger lavender scent, stir in a few drops of lavender essential oil. Using a small spoon, carefully add the lavender mixture into your sachet. Hand stitch the opening closed. Toss the sachet in your drawers or closet, or bundle it up as a gift!**

## ANC Happenings

### Flower Arranging Workshop

The Flower Arranging workshop at the Hunter Park GardenHouse will be taught by the wonderful Barb Laxton. The workshop is on Saturday, July 21 from 10am-12 noon. We have a great series of workshops set for this year for both farmers and gardeners. The gardening workshop series offers a wide variety of classes for beginning gardeners to long-time gardeners. The farmers workshop series offers classes on food safety and business essentials.

### Allen Farmers Market Kids Festival

The Allen Farmers Market will be hosting a kids festival Wednesday, July 18th! Special events will be held with everything from face painting, prizes and giveaways, to vision and health screenings. The first 100 kids to show up will receive a free hula hoop! Don't miss out - the market is open from 2:30-7!

