



Veggie Box Newsletter

Week 7 | July 19th



Welcome to week 7 of the Summer Veggie Box - the halfway point in the season! If you're like us and never want the Veggie Box to end, remember that the registration for the 14-week Fall Veggie Box is open. Make sure to sign up to keep these local, fresh goodies coming! Did you know that July is National Blueberry Month? We've decided to help you celebrate by sourcing fresh blueberries for the box this week - enjoy!

Veggie Box Add-Ons

Sweet Treats, *Glory Bee Sweet Treats*, Mason
Pie, *Glory Bee Sweet Treats*, Mason
Cold Brew Coffee, *Rust Belt Roastery*, Lansing
Bread, *Stone Circle Bakehouse*, Holt
Meat, *Schneider Organic Beef*, Westphalia
Beef, *Schneider Organic Beef*, Westphalia
Pork, *Grazing Fields Cooperative*, Charlotte
Chicken, *Trillium Wood Farm*, Williamston
Cheese, *Hickory Knoll Farms Creamery*, Onondaga
Chevre, *Hickory Knoll Farms Creamery*, Onondaga
Eggs, *Grazing Fields Cooperative*, Charlotte

What's in the Box?

Blueberries, *Felzke Farms*, Dewitt
Cooking Greens, *Monroe Family Organics*, Alma
Basil, *Bourne Fraiche Farms*, Lansing
Salad Mix, *Hunter Park GardenHouse*, Lansing
Potatoes, *Monroe Family Organics*, Alma
Turnips, *Bourne Fraiche Farms*, Mason
Garlic, *Ten Hens Farm*, Bath
Summer Squash, *Ten Hens Farm*, Bath
Pablano Peppers, *Ten Hens Farm*, Bath

Producer Spotlight: Ten Hens Farms



Ten Hens Farm is a year-round, family run farm located just a few miles away in Bath. Their fun farm name actually came to them with the help of a neighbor. In helping their neighbor build a hoop house, she gave them ten hens in return...or at least what they thought were ten hens. It turns out they had a whole jumble of hens and roosters, but nevertheless, the name Ten Hens Farm stuck! Today they grow their produce on their three acres and in six hoophouses; over 17,000 square feet of veggies!

Crop Profile: Blueberries

Blueberries are perennial flowering plants with blue- or purple-colored berries. The most commonly cultivated species is the northern highbush blueberry, while so-called "wild" (lowbush)



blueberries are smaller and have a more intense color. Today, Michigan is the number one state in highbush blueberry production with over 100 million pounds harvested each year; there are 36 varieties of Michigan blueberries! Blueberries have also become one of the most well known superfoods, and are now icons of a healthy lifestyle. In the 1990s, scientists began studying the health benefits related to the blueberry's high level of antioxidants that produce its deep blue color. The antioxidants in red/purple fruits and vegetables have been shown to have multiple effects, including supporting the integrity of blood vessels and reinforcing the collagen in skin.

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Blueberry Muffins

Adapted from berryboggfarm.com

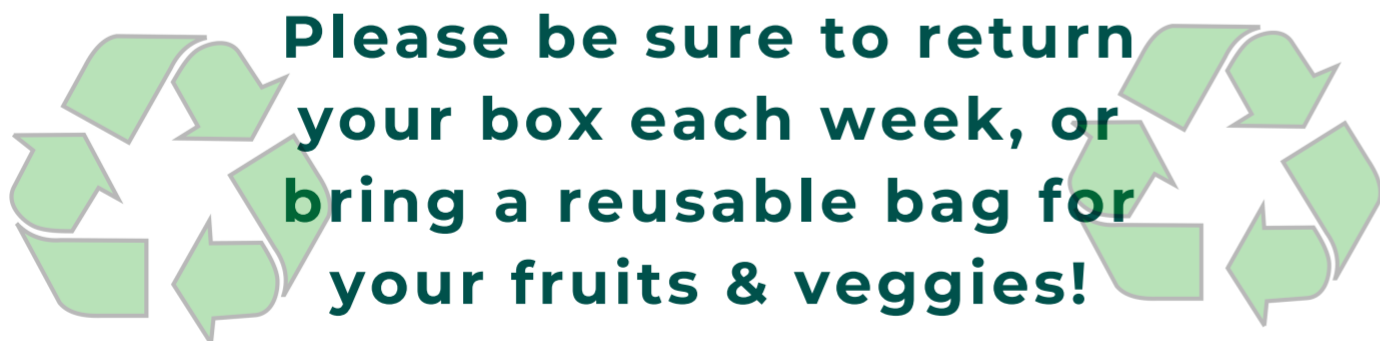
- 1/2 cup sugar
- 1/3 cup canola oil
- 1 egg
- 1/2 cup milk
- 1 1/2 cups flour
- 2 tsp. Baking powder
- 1/2 tsp. Salt
- 1/4 tsp. Soda
- 1 cup of Veggie Box blueberries
- Topping: 2 tbl sugar and 2 tsp. cinnamon combined

Combine sugar and oil. In separate bowl, beat egg and milk. Sift dry ingredients together and add alternately with milk and egg mixture to sugar mixture. Fold in blueberries. Pour into greased muffin tins and sprinkle sugar and cinnamon mixture on top of each muffin. Bake at 375 degrees for 25 to 30 minutes.

Blueberry Salad

Adapted from tasteofhome.com

- 1/4 cup raspberry vinegar
 - 2 teaspoons Dijon mustard
 - 1 teaspoon sugar
 - 1/2 teaspoon salt
 - 1/2 cup canola oil
 - Veggie Box Salad Mix
 - 1 cup of Veggie Box blueberries
 - 1 cup (4 ounces) crumbled feta cheese
 - 1/2 cup chopped pecans, toasted
- Mix first four ingredients; whisk in oil until blended. In a large bowl, combine salad ingredients; toss with dressing.**



Please be sure to return your box each week, or bring a reusable bag for your fruits & veggies!

Skillet Squash and Potatoes

Adapted from www.allrecipes.com

- 2 Veggie Box potatoes, peeled and thinly sliced
- 1/4 cup chopped onion
- 1 clove Veggie Box Garlic minced
- 1 tablespoon canola oil
- 1 Veggie Box summer squash, sliced

In a large skillet, sauté potato and onion in oil until crisp-tender. Add squash; sauté 4-6 minutes longer or until the vegetables are tender, stirring occasionally. Sprinkle with salt, pepper and paprika.

Black Beans with Poblano

Adapted from www.allrecipes.com

- 2 tablespoons of olive oil
- 1 Veggie Box poblano chile, seeded and chopped
- 2 tablespoons freshly squeezed lime juice
- Pinch of cayenne pepper
- lime wedges, for serving
- 2 cans of black beans, rinsed
- 1/2 teaspoon of ground cumin
- 3 cloves of Veggie Box garlic
- 1/3 cup of diced onion
- 2 cups of cooked rice

Heat oil in a medium skillet over medium heat. Add shallots and the chile; cook, stirring frequently, until tender, about 5 minutes. Transfer to a large bowl; add beans, lime juice, cumin, rice, and cayenne pepper. Toss well to combine. Season with salt and black pepper. Serve warm or at room temperature, with lime wedges on the side.

Loving your Summer Veggie Box? Sign up for Fall! 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

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.

Market Walk and Yoga

Such warm weather calls for some outdoor fun! Market Walk combines fitness and food -- for every 10 laps you walk (5 miles) on the Hunter Park Path you earn a \$5 token to our Allen Farmers Market. We meet Tuesday and Thursday evenings from 5 - 7 pm and on Saturday mornings from 9 - 11 am. Join us, meet your neighbors, get fit, and eat well!

