



Veggie Box Newsletter

Week 10 | August 9th



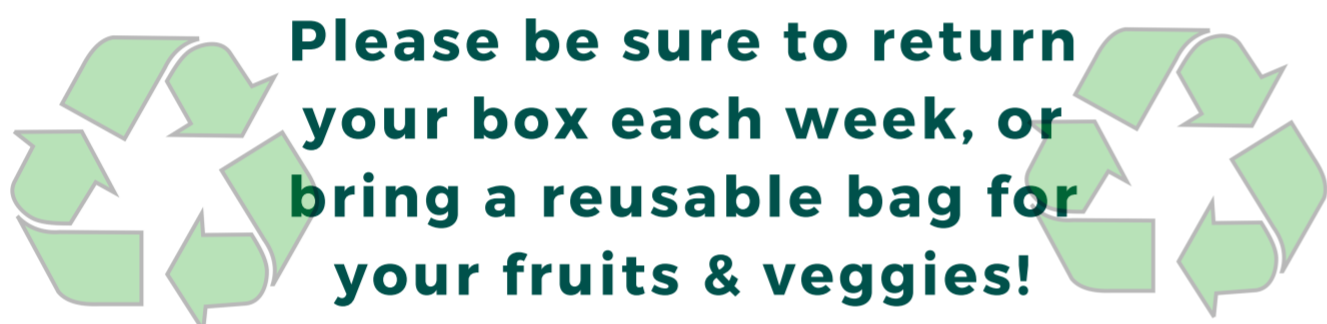
Welcome to week 10 of the Summer Veggie Box! We were so happy to see the rain that came this week - it has been so beneficial to our farmers, and to the Veggie Box! This weekend we will be hosting our **Lansing Eastside Folklife Festival!** Stop by ANC anytime Saturday from **10 am-8 pm** to experience Michigan's rich cultural heritage through music, food, and dance at this free event! **Hope to see you there!**

Veggie Box Add-Ons

Sweet Treats, *Glory Bee Sweet Treats*, Mason
Bread, *Stone Circle Bakehouse*, Holt
Meat, *Trillium Wood Farm*, Williamston
Pie, *Glory Bee Sweet Treats*, Mason

What's in the Box?

Carrots, *Monroe Family Organics*, Alma
Slicing Tomatoes, *Ten Hens Farm*, Bath
Yellow Onions, *Monroe Family Organics*, Alma
Sweet Corn, *Tomac Pumpkin Patch*, Chesaning
Basil, *County Line Market Garden*, East Lansing
Sweet Banana Peppers, *Peckham Farms*, Lansing
Slicing Cucumbers, *Ten Hens Farm of Bath or Hillcrest Farms of Eaton Rapids*
Cherry Tomatoes, *Ten Hens Farm*, Bath
Poblano, *Ten Hens Farms*, Bath



Producer Spotlight: Hillcrest Farms

Hillcrest Farms is a four season farm in Eaton Rapids that offers an extensive selection of fresh produce. Owner, Mark Kastner, started farming in 2008 gaining inspiration from his grandmother, a fantastic chef and farmer with whom he spent summers with as a child. Now he is known around town for his deliciously unique spinach and salad mix, as well as for the impeccable quality of the rest of his produce. His sustainable farming practices assure customers that products are safely produced with regards to environment and human health.



Crop Profile: Sweet Banana Peppers



It comes as no surprise how the banana pepper got its name. Its long curved shape and yellowish hue resembles the fruit from which its named. These are mild and tangy chilies, perfect for pickling and tasty in salads and sandwiches. While its shape and color helps make banana peppers easier to recognize than many other chilies, there's actually a lot of culinary confusion surrounding them. Both pepperoncini and the much hotter Hungarian wax pepper share similar profiles, and they are often mistaken for one another in supermarkets and restaurants. That can lead to more spice than you expect! Banana peppers are more mild and less tangy than a pepperoncini. With a Scoville heat unit range from 0 to 500 SHU, banana peppers are on average, 15 to 20 times milder!

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Veggie Box Pizza!

Crust:

2 cups flour
1 tablespoon yeast
1/4 teaspoon salt
1 tablespoon sugar
2/3 cup lukewarm water (plus an additional 2
tbsp)

Mix 1 cup of flour with all other ingredients. Gradually add 2nd cup of flour until it forms a ball. Use your hands to form and knead the dough. Let the dough rest 30 minutes in a bowl covered with a dish towel or saran to keep it warm. Spread out onto greased pizza pan and top with thinly sliced Veggie Box tomatoes, or halved cherry tomatoes, Veggie Box basil, crushed Veggie Box garlic from last week, thinly sliced Veggie Box onion, and thinly sliced Veggie Box banana pepper! Top with mozzarella, and bake at 400 degrees for approximately 15 minutes. Enjoy!

Maple Glazed Carrots

Adapted from saveur.com

Veggie Box carrots
1 tablespoons salted butter
2 tablespoons of maple syrup
1/2 tablespoon fresh thyme leaves
pinch of kosher salt and pepper

Cut carrots into 2" lengths, then halve or quarter the pieces lengthwise so that all the carrots are in equal-size strips. Melt butter in a large heavy sauté pan over medium-low heat. Add carrots, cover, and braise, stirring occasionally, until carrots are fork-tender, 20–30 minutes. Increase heat to medium, and stir in syrup and a squeeze of lemon juice. Cook for 2 minutes, then season to taste with salt and pepper. Add thyme and mix well.

Corn and Poblano Soup

Adapted from www.mexicanplease.com

Veggie Box poblano pepper
6 Veggie Box cherry tomatoes
Veggie Box onion
Veggie Box corn kernels (removed from the 4 ears)
3 cups milk
3 Tablespoons butter
1/2 teaspoon salt
1/2 cup of cooked black beans
freshly ground pepper
Crema (or heavy cream, or sour cream)
lime juice
finely diced cilantro stems

Rinse the poblano and tomatoes. Roast them at 400F for 20 minutes and flip the poblano at 10 minutes. Once the poblano has cooled, pull off as much of the transparent skin as you can. De-stem and de-seed the poblano, chopping it into bite-sized pieces. Saute the chopped poblano in 3 Tablespoons of butter over medium heat for a couple minutes. Meanwhile, add the tomatoes and onion to a blender and combine well. Add the tomato-onion mixture to the poblanos and let this reduce down for a few minutes. Add 3 cups of corn kernels and 3 cups of milk to a blender and combine well. Run the corn mixture through a sieve and discard the leftover pulp. Slowly add the strained corn sauce to the poblano mixture, stirring continuously. Add the remaining corn kernels along with the black beans and 1/2 teaspoon of salt and freshly ground pepper. Let simmer on low heat for 10-15 minutes but do not bring to a full boil. Salt to taste and serve immediately. Garnish with your choice of Crema (or heavy cream, or sour cream), lime juice, freshly ground pepper, and finely diced cilantro stems.

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!

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, visit:
bit.ly/fallveggiebox2018**

