



Veggie Box Newsletter

Week 11 | August 16th



Welcome to week 11 of the Summer Veggie Box! Can you believe that after today, there are only three weeks left of the Summer Veggie Box? This summer has just flown by! If the Veggie Box has become a staple in your life (and we hope it has), sign up for the Fall Veggie Box to keep the local food coming! Registration is open until September 6th, but we recommend signing up and reserving your spot sooner rather than later!

Veggie Box Add-Ons

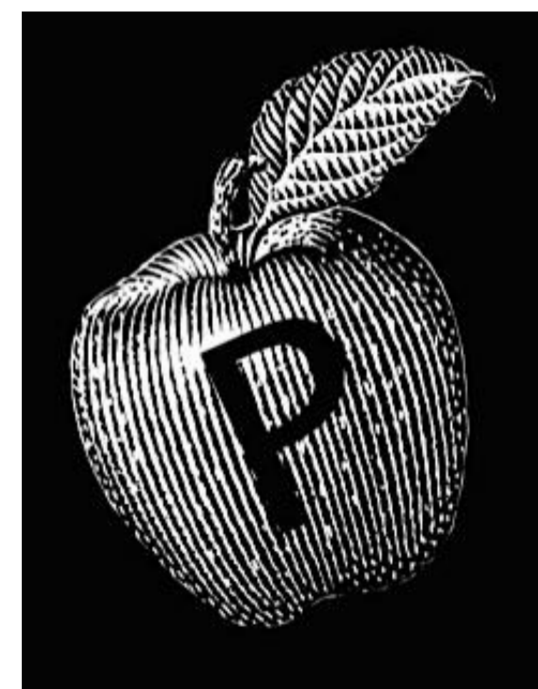
Sweet Treats, *Teff-Rific*, Lansing
Bread, *Stone Circle Bakehouse*, Holt
Meat, *Heffron Farms Market*, Belding
Chicken, *Trillium Wood Farms*, Williamston
Pork, *Grazing Fields Cooperative*, Charlotte
Beef, *Heffron Farms Market*, Belding
Cheese, *Hickory Knoll Farms Creamery*, Onondaga
Chevre, *Hickory Knoll Farms Creamery*, Onondaga
Cold Brew, *Rust Belt Roastery*, Lansing
Eggs, *Grazing Fields Cooperative*, Charlotte

What's in the Box?

Salad Mix, *Hunter Park GardenHouse*, Lansing
Heirloom Tomatoes, *MSU Student Organic Farm*, Holt
Garlic, *Titus Farms*, Leslie
Peaches, *Phillips Orchards and Cider Mill*, St. Johns
Rosemary, *CBI's Giving Tree Farm*, Lansing
Swiss Chard, *MSU SOF*, Holt
Leeks, *Bourne Fraiche Farms*, Mason
Red Norland Potatoes, *Monroe Family Organics*, Alma
Shishito Peppers, *Titus Farms*, Leslie

Producer Spotlight: Phillips Orchards & Cider Mill

Phillips Orchards and Cider Mill, just north of here in St. John's, has been around for quite some time - since 1852! That's five years older than MSU, and is in their 167th year of business - pretty impressive! Another fun fact you might not know about them is that they grow 34 varieties of apples as well as 14 Michigan developed varieties of peaches! Even though Cider Mill season isn't here yet, you can always take a trip to their Gatehouse Market which is open from 9am to 6pm every day!



Crop Profile: Shishito Peppers



The shishito pepper is a sweet, East Asian variety of the species *Capsicum annuum*. The pepper is small and finger-long, slender, and thin-walled. Although it turns from green to red upon ripening, it is usually harvested while green. The name refers to the fact that the tip of the chili pepper looks like the head of a lion (獅子 shishi). About one out of every ten peppers is spicy - we like to call this pepper roulette! For cooking, a hole is poked in the pepper beforehand to keep expanding hot air from bursting the pepper. It may be skewered then broiled (grilled), or pan-fried in oil, stewed in a soy sauce- and dashi-based liquid, or simply eaten raw in a salad or as a condiment. It is thin-skinned and will blister and char easily compared with thicker-skinned varieties of peppers.

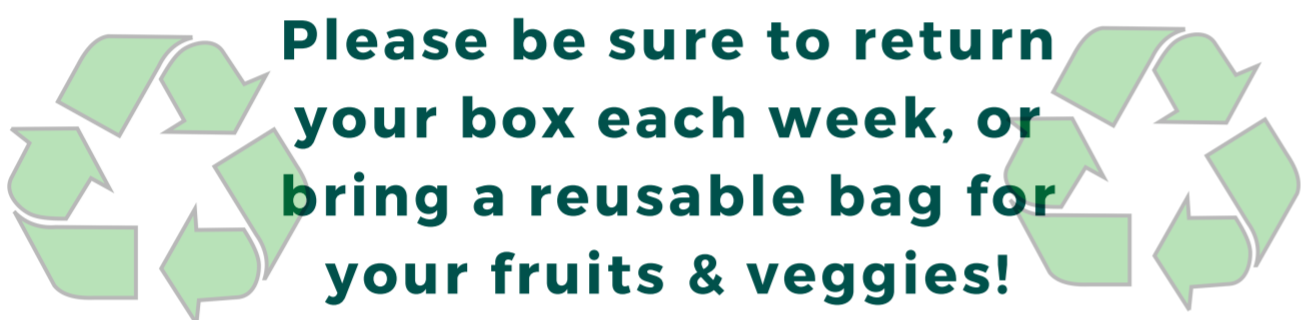
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Rosemary Roasted Potatoes

Veggie Box potatoes
1/8 cup good olive oil
3/4 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
3 cloves of Veggie Box minced Garlic
2 tablespoons minced Veggie Box rosemary

Preheat the oven to 400 degrees F. Cut the potatoes into 1 inch cubes, and place in a bowl with the olive oil, salt, pepper, garlic and rosemary; toss until the potatoes are well coated. Dump the potatoes on a baking sheet and spread out into 1 layer; roast in the oven for at least 1 hour, or until browned and crisp. Flip twice with a spatula during cooking to ensure even browning. Remove the potatoes from the oven, season to taste, and serve



Sauteed Shishito Peppers

Adapted from farmfreshtoyou.com

2 tablespoons olive oil
Veggie Box shishito peppers
lemon juice
sea salt

Heat oil in a large saute pan until hot. Carefully place peppers into heated pan (watch out for oil splatter) and cook a few minutes on each side until you hear the peppers make a slight popping sound and the peppers begin to blister. Shake the pan to ensure both sides get slightly blistered and peppers are tender, but not completely soft. Remove from heat. Squeeze fresh lemon juice and sea salt over the peppers before serving.

Sautéed Swiss Chard with Garlic and Lemon

Adapted from bonappetit.com
1 tablespoons olive oil
2 cloves of Veggie Box garlic, thinly sliced
1/2 teaspoon crushed red pepper flakes
Veggie Box swiss chard, ribs and stems removed and reserved, leaves torn into 2" pieces
Kosher salt and freshly ground black pepper
1 tablespoons fresh lemon juice

Heat oil in a large skillet over medium heat. Cook garlic, stirring occasionally, until golden brown, about 2 minutes. Add red pepper flakes and half of Swiss chard, season with salt and pepper, and cook, tossing often, until wilted, about 4 minutes. Add lemon juice and remaining chard and cook, tossing, just until all chard is wilted, about 1 minute; season with salt and pepper.

Potato-Leek Gratin

Adapted from terrafirmafarm.com
Veggie Box leeks
2T of olive oil
1 1/2 tsp of Veggie Box rosemary
salt and pepper to taste
1 clove of Veggie Box Garlic
Veggie Box Potatoes
1/3 of white wine
1/2 a cup of cream
1/2 cup of grated gruyere cheese

Cut the leaves off leeks. Cut the shanks completely in half lengthwise and run them under water to clean the individual layers. Saute the leeks in a heavy pan in olive oil with fresh rosemary until completely soft. Sprinkle with salt and pepper. Mince garlic, add to the leeks, and cook until translucent. Cut potatoes into large, thin slices. If your pan is cast iron, you can layer the potatoes right over the leeks. Otherwise, transfer the leeks into a 9" baking dish. Deglaze the pan with white wine and pour that into the baking dish as well. Layer the potatoes over the leeks, sprinkling salt and pepper on each layer. Pour cream over the potatoes. Sprinkle gruyere cheese over the potatoes. Bake at 350 until the gratin is bubbling and brown.

ANC Happenings

ANC's Big Fuss About Food Farm to Table Dinner and Fundraiser is being held on Friday, September 7, 5pm. This year's dinner will be created by food entrepreneurs from our Kitchen Incubation Program. Appetizers will be provided by Lettuce Cook, salad by Abundance Cafe, and desserts by Little Light Bakery, Teff-rific and Gluten Free Rox. Nick Fila, Executive Chef at Tannin, will create the entre.

Included with the dinner are two drinks tickets, all at a cost of \$100. Enjoy great food and support Allen Neighborhood Center! To register: denisep@allenneighborhoodcenter.org

