



Veggie Box Newsletter

Week 12 | August 23rd



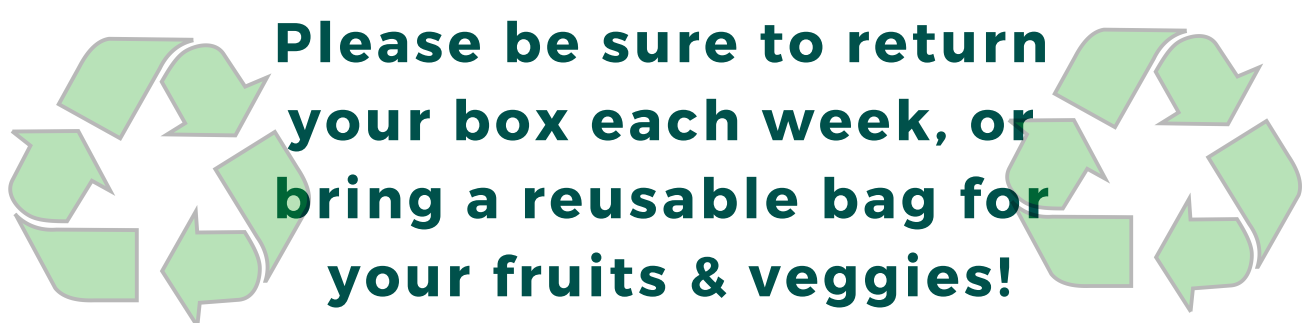
Welcome to week 12 of the Summer Veggie Box! Thank you all for your support of our local food system and Allen Neighborhood Center over the course of this summer - your commitment to our multi-farmer CSA has helped create a sustainable model to support local farms! However, the work of our farmers doesn't stop with the end of summer - all throughout the fall and winter our local farmers will be working hard to bring fresh produce to the Fall Veggie Box. Sign up today!

Veggie Box Add-Ons

Sweet Treats, *Rooted Home Farm and Goods*, Lansing
Bread, *Stone Circle Bakehouse*, Holt
Meat, *Trillium Wood Farm*, Williamston

What's in the Box?

Romaine, *Hillcrest Farms*, Eaton Rapids
Cherry Tomatoes, *Bourne Fraiche Farms*, Mason
Celery, *CBI's Giving Tree Farm*, Lansing
Peaches, *Phillips Orchards and Cider Mill*, St. Johns
Carrots, *Hunter Park GardenHouse*, Lansing
Sweet Corn, *Tomac Pumpkin Patch*, Chesaning
Hot Pepper Mix (Including: 2 Binquinho, 1 Kilian Orange Thai, 2 Green Thai, and 2 Fish Peppers), *Bourne Fraiche Farms*, Mason
Cucumbers, *Ten Hens Farm*, Bath



Producer Spotlight: Stone Circle Bakehouse

Stone Circle Bakehouse specializes in the European tradition of artisanal bread that is cut, scaled, and shaped by hand. Owner Kevin Cosgrove allows his dough to slowly ferment before baking it on the deck of his wood-fired oven. The 18,000 pound oven produces quality artisan breads delivered daily to the Lansing area's grocers, restaurants, farmers markets and Michigan State University. At Stone Circle Bakehouse, the innovative deliciousness stems from Cosgrove's desire to preserve traditional baking methods, rather than change them. Organic, local ingredients are prioritized when possible to bring customers fresh, environmentally and community friendly baked goods.

Crop Profile: Celery



A crunchy snack all by itself or with peanut butter added to round out the nutrients, celery is one of the most versatile vegetables in the garden, useful for its flavorful seeds and pale green leaves and stalks. It's a direct descendant of wild celery and a member of the Apiaceae family with parsnips, carrots, fennel, and parsley, possessing in appearance or flavor some of those characteristics. Celery will keep in your produce drawer for a long, long time if you store it correctly. First cut off most of the leaves, and feel free to use those in a salad or to make a vegetable stock. Keep the root of the plant moist for best keeping - wrap the root of the plant in a moist paper towel and then put the whole thing in a plastic bag. Make sure not to seal the bag!

AMP 1629 E. Kalamazoo Lansing 48912
517.999.3923

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

Cream of Celery Soup

Adapted from farmfreshtoyou.com

2 cups of Veggie Box celery, chopped
1 cup onion, chopped
4 tablespoons butter, divided
2 tablespoons flour
1 quart vegetable stock
1/4 cup heavy cream
1/4 cup dry sherry, optional
salt and pepper to taste

Heat a large saute pan over medium-low heat. Add 2 tablespoons butter and cook the celery and onion until they're translucent and soft. Pour the onion and celery mixture into a food processor or blender and puree until they reach your desired consistency. Add the remaining 2 tablespoons butter to the pan and add 2 tablespoons of flour and cook the flour paste for at least one minute. Add the vegetables to the flour paste, then begin to add the vegetable stock to the pot. Turn the heat up to medium- high heat. When the soup begins to bubble, reduce heat, and add sherry and heavy cream. Stir to incorporate the heavy cream and sherry. Add salt and pepper to taste. Serve.

Peach Dutch Baby

Adapted fromthepioneerwoman.com

4 Eggs
1/2 cup Whole Milk Or Cream
1 teaspoon Pure Vanilla Extract
1/4 cup Flour Up To Double
1/2 teaspoon Salt
1/8 teaspoon Cinnamon Or More To Taste
2 Tablespoons Melted Butter, Plus Extra For The Pan
2 Veggie Box Peaches
Butter and powdered sugar

Preheat oven to 425°F. Butter the bottoms and sides of a 12-inch cast iron skillet or 13x9-inch glass pan. Blend or whisk eggs, milk or cream, and vanilla until smooth. Add flour, salt, and cinnamon and blend. Add butter and blend. Slice peaches. Blend the batter once more. Pour into pan and arrange peach slices on top. Bake in preheated oven for 15 minutes. Lower the oven temperature to 325°F (163°C) and cook for an additional 5–10 minutes, or until golden. Remove from oven and serve immediately with lots of butter and a sprinkling of powdered sugar.

Stir-Fry with Thai Curry Sauce

Adapted from vegetariantimes.com

1 tsp. Thai red curry paste
2 cloves garlic, minced (from last week's Veggie Box!)
2 tsp. minced fresh ginger
1 medium sweet potato, halved
2 tsp. vegetable oil
1 diced onion
2 ears of Veggie box corn kernels
1/2 cup light coconut milk
2 tsp. lime juice
Veggie Box carrots, sliced
Veggie Box hot peppers - as many as you can handle!

Combine curry paste, garlic, and ginger in small bowl, and set aside. Heat oil in wok or large skillet over medium-high heat. Cut sweet potato into 1 inch cubes and add to the wok, cooking for 10 minutes until sweet potato is softening and browning. Add carrots and onions and cook for 5 minutes. Then add corn, minced hot peppers, followed by curry paste mixture, and cook for 1 minute. Add coconut milk and lime juice, and remove pan from heat. Serve over rice!!

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

