



Veggie Box Newsletter

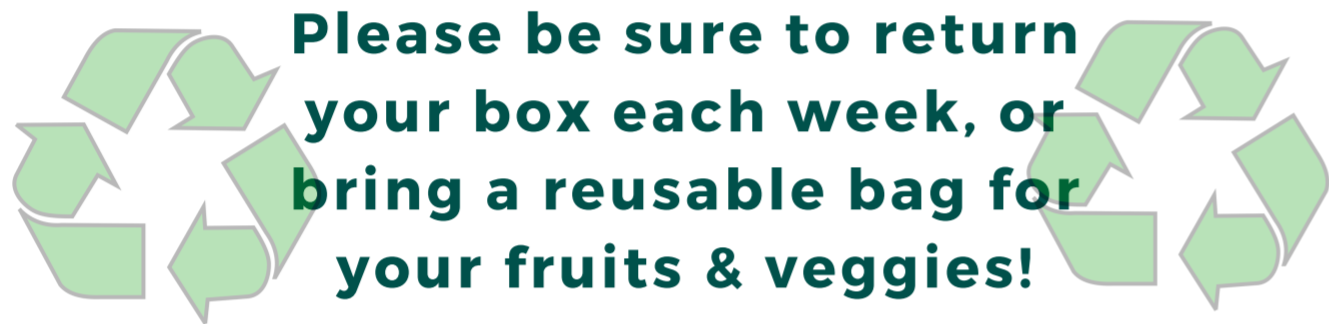
Week 8 | July 26th



Welcome to week 8 of the Summer Veggie Box! Though dealing with abnormally dry weather here in Michigan, we'd like to thank our local farmers for working endlessly to bring you fresh, nutritious produce. Today marks National Intern Day, so we'd also to recognize and thank the wonderful Veggie Box Interns for everything they do to make the program run smoothly - thank you Hannah, Sammy, and Rahul!

Veggie Box Add-Ons

Sweet Treats, *Rooted Home Farm & Goods*, Lansing
Bread, *Stone Circle Bakehouse*, Holt
Meat, *Overland Lamb and Wool*, Jonesville



What's in the Box?

Carrots, *Hunter Park GardenHouse*, Lansing
Pickling Cucumbers, *Peckham Farms*, Lansing
Slicing Tomatoes, *Peckham Farms*, Lansing
Sweet Corn, *Tomac Pumpkin Patch*, Chesaning
Dill Seed, *HPGH*, Lansing
Tomatillos, *Bourne Fraiche Farms*, Mason
Sweet Cherries, *Felzke Farms*, Dewitt
Shallots, *Ten Hens Farms*, Bath

Producer Spotlight: Bourne Fraiche Farms

Bourne Fraiche Farms started in 2017 in Mason, Michigan. The name of the farm stems from a combination of the owner's middle name, 'Chadbourne', and 'Fraiche', which is the French word for fresh. After 14 years of specializing in culinary business, Chad Kaliher switched from cooking to growing fresh produce. Embracing the "seed to table" movement, Bourne Fraiche Farms specializes in unique items and exotic vegetables for local restaurants, and are a pesticide, and artificial fertilizer free operation.



Crop Profile: Tomatillos



Tomatillos, also known as the Mexican husk tomato, is a plant of the nightshade family bearing small, spherical and green or green-purple fruit. Tomatillos have a slightly more acidic, slightly less sweet flavor than ripe and unripe tomatoes. Overall, the flavor is more vegetal and bright, and the interior texture is denser and less watery. Prepping a tomatillo is pretty straight forward. The husks can be easily removed with your hands and discarded. From here, you decide what you want to do with them. If you want to keep the flavor bright and play up their bracing acidity, use them raw. If you want to mellow out that acidity a bit and access the fruit's deeper, more savory qualities, then try cooking them!

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Roasted Tomatillo Salsa

Adapted from rickbayless.com

Veggie Box tomatillos, husked and rinsed
Hot green chiles to taste (a serrano or jalapeno), stemmed (try the poblano from last week's box!)
2 large garlic cloves, peeled (from last week's box!)
6 sprigs of fresh cilantro (thick bottom stems cut off), roughly chopped
1 Veggie Box shallot, finely chopped
1 tablespoon of lime juice
Salt

Roast the tomatillos, chile(s) and garlic on a rimmed baking sheet 4 inches below a very hot broiler, until blotchy black and softening (they'll be turning from lime green to olive), about 5 minutes. Flip them over and roast the other side. Cool, then transfer everything to a blender, including all the delicious juice the tomatillos have exuded during roasting. Add the cilantro, 2 tbs of water, and lime juice, then blend to a coarse puree. Scoop into a serving dish. Stir the shallot into the salsa and season with salt

Diana Logan's (Kat's Mom!) Half-Sour Pickles

Veggie Box cucumbers, quartered (or halved) lengthwise
3 cloves of garlic (from last week's box!)
Veggie Box dill (add more for more flavor!)
2 tablespoons of pickling spices (you can buy pickling spices, or make your own! It includes: mustard seed, whole allspice, coriander seeds, whole cloves, ground ginger, crumbled bay leaf).
2 tablespoons of kosher salt
1/3 cup of white vinegar
3 1/2 cups of water

Wash the cucumbers and quarter them. Flatten the garlic with the back of a knife. Place the cucumbers, garlic, dill, and pickling spices in a crock, glass jar, or bowl large enough to allow at least 2 inches of space between the pickles and the top of the container. Bring the salt, vinegar, and water to a boil and boil for 2 minutes. Pour the brine over the cucumbers and weigh down with a plate and some cans or jars filled with water. Leave them out overnight, and the next day place contents in the refrigerator in a large jar, or several smaller jars (this includes dill, garlic, and the brine!). After 4-5 days in the fridge, enjoy! They can keep for up to 3 weeks.

Fresh Cherry Cobbler

Adapted from allrecipes.com

1/2 cup butter
1 cup all-purpose flour
1 cup white sugar
1 teaspoon baking powder
1 cup milk
2 cups Veggie Box sweet cherries
3/4 cup white sugar
1 tablespoon all-purpose flour

Preheat the oven to 350 degrees F (175 degrees C). Place the butter in a 9x13 inch baking dish, and place in the oven to melt while the oven is preheating. Remove as soon as butter has melted, about 5 minutes. In a medium bowl, stir together 1 cup of flour, 1 cup of sugar, and baking powder. Mix in the milk until well blended, then pour the batter into the pan over the butter. Do not stir. Rinse out the bowl from the batter, and dry. Place cherries into the bowl, and toss with the remaining 3/4 cup of sugar and 1 tablespoon of flour. Distribute the cherry mixture evenly over the batter. Bake for 50 to 60 minutes in the preheated oven.

Mexican Street Corn (Elote)

4 ears of corn, husked and rinsed
2 tablespoons Extra Virgin Olive Oil
Softened unsalted butter
Crema Mexicana or sour cream
Crumbled queso fresco or cotija cheese
Kosher salt
Dried ground chile powder
Mexican hot sauce, such as Valentina
Limes

Heat grill to medium. Pull away corn husk and soak corn for a few minutes. Lightly brush with olive oil. Add corn to grill and flip every 3 minutes until charred. Top with butter, crema mexicana, cotija cheese, hot sauce, salt, chile powder, and lime juice.

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

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!

Market Walk

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!

