



Veggie Box Newsletter

Week 9 | August 2nd



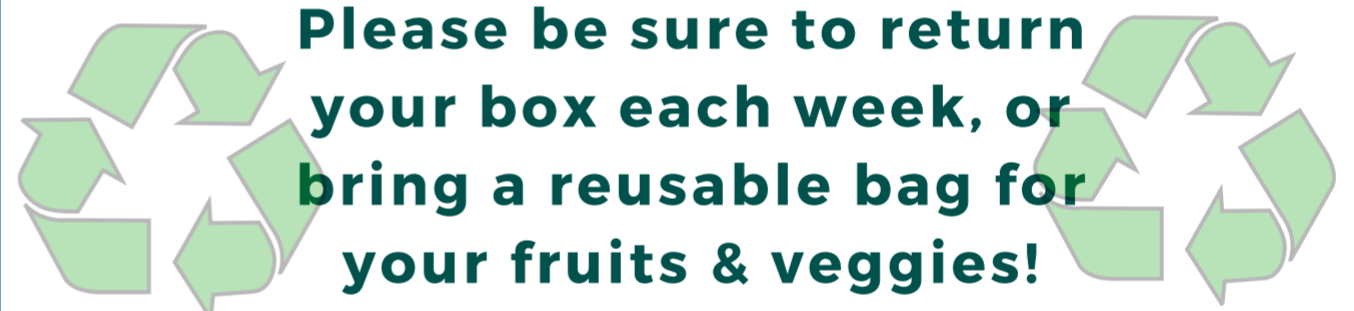
Welcome to week 9 of the Summer Veggie Box! In what seems like no time at all, we have made it to the first week of August. With a lot of coordination and flexibility with local farmers, we have worked hard to bring you the best of what Michigan's summer has to offer! Can you believe that Fall is almost here? Don't wait too long and miss out - register for the Fall Veggie Box today!

Veggie Box Add-Ons

Sweet Treats, *Rooted Home Farm & Goods*, Lansing
Bread, *Stone Circle Bakehouse*, Holt
Meat, *Trillium Wood Farm*, Williamston
Chicken, *Trillium Wood Farm*, Williamston
Beef, *Heffron Farms Market*, Belding
Pork, *Grazing Fields Cooperative*, Charlotte
Eggs, *Grazing Fields Cooperative*, Charlotte
Chevre, *Hickory Knoll Farms Creamery*, Onondaga
Cheese, *Hickory Knoll Farms Creamery*, Onondaga
Cold Brew, *Rust Belt Roastery*, Lansing
Coffee, *Rust Belt Roastery*, Lansing
Honey, *Bee Wise Farms*, Lansing
Beans, *Ferris Organic Farm*, Onondaga

What's in the Box?

Garlic, *Magnolia Farms*, Lansing
Kale, *Monroe Family Organics*, Alma
Cabbage, *Monroe Family Organics*, Alma
Salad Mix, *Hunter Park Garden House*, Lansing
Potatoes, *Monroe Family Organics*, Alma
Patty Pan Squash, *Peckham Farms*, Lansing
Jalapeno mix, *Bourne Fraiche*, Lansing
Red Onions, *Monroe Family Organics*, Alma
Blueberries, *Felzke Farms*, Dewitt



Producer Spotlight: Trillium Wood Farm

Trillium Wood Farm was created by two sisters from a simple idea: to provide food to their family and community that they want to eat. As Nutritional Therapy Practitioners, they know that it's not just about what we eat, but what our food also eats that matters. They maintain sustainable practices such as soil conservation and improvement, crop rotation, and no chemical usage. The sisters also pride themselves on their connection with the community and only selling locally to create a more positive impact. Grass-fed meat, pastured poultry, and mushrooms are just some of the products they offer.



Crop Profile: Patty Pan Squash



Patty pan squash is a summer squash known for its many names such as scallop squash, peter pan squash, sunburst squash, and many others. Patty pan squash has a small size, round and shallow shape, and scalloped edges, somewhat resembling a small toy top, or flying saucer. The name "patty pan" derives from "a pan for baking a patty". They come in yellow, green, and white varieties. Patty pan is a good source of magnesium and vitamins A and C. It is often sliced, baked, boiled, or coated and fried until coated brown.

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Summer Squash Soup

1 tbsp olive oil
1 Veggie Box minced onion
2 cups finely diced Veggie Box patty pan squash
1 cup of Veggie Box diced potatoes
1/4 cup diced carrots
1 clove of Veggie Box garlic, minced
3/4 tsp cumin powder
1/2 tsp coriander
1/2 tsp turmeric
1/2 tsp smoked paprika
1/4 tsp mustard powder
1/4 tsp cinnamon
2 cups vegetable broth
1/4 cup coconut milk
Salt to taste

Heat a pot over low/medium heat. Add olive oil followed by onions. Cook until onions are translucent 4-5 min. Stir in squash, potato, and carrots. Cook for 5 min or so. Stir in garlic, then all spices and stir for another minute. Measure in vegetable broth. Bring to a boil then reduce heat and simmer. Let cook until potatoes are tender 10-15 min. Puree the soup in a blender then serve!

Indian Cabbage Potato Curry

1 tbsp coconut oil
1 tsp cumin seeds
1 tsp mustard seeds
1 Veggie Box onion, finely sliced
2 cloves of Veggie Box Garlic, minced
1/4 tsp cayenne
1/2 tsp ground turmeric
1 tsp ground coriander
Veggie Box potatoes, diced into 1/2" cubes
Veggie box cabbage, cored and sliced
1/2 cup diced fresh tomatoes
1/4 tsp salt
1/4 cup chopped cilantro
Salt and pepper to taste

Heat the coconut oil in a large skillet over a medium heat. Add the cumin and mustard seeds and cook for 1-2 minutes. Add the onions, stir well to combine, and cook for a further 2 minutes. Stir in the garlic powder, cayenne, turmeric, and coriander and cook for 1 minute. Add the potatoes, cabbage, tomatoes, 1/4 tsp salt, and 1/4 cup water. Stir well, reduce heat to low, cover, and cook until the potatoes are tender, about 30 - 35 minutes. Once cooked, remove from the heat, stir in the cilantro, and add salt and freshly ground black pepper to taste.

Kale Chips

1 bunch of Veggie Box kale
1.5 tablespoons of olive oil
1.5 teaspoon of garlic salt

Preheat oven to 325. Tear kale leaves into bite-size pieces, and remove the stems. Drizzle kale with olive oil and sprinkle with salt. Place on a cookie sheet so they do not overlap, and bake for 10-15 minutes (watch it so it doesn't burn!)

Quick Pickled Red Onions and Jalapenos

1 Veggie Box red onion
3 Veggie Box jalapeños
1 cup water
1/2 cup apple cider vinegar
1 tbsp. sugar
2 tsp. salt

Slice the red onion into rounds or half moons. Slice the jalapeños into thin rounds and remove as many of the seeds as you would like for less spice. Combine the sugar, salt, water, and vinegar in a medium pan over medium/ high heat and bring to a boil. Lower the heat to a simmer and whisk until everything is dissolved. Put the onions and jalapeños in a jar or container with a fitted lid and pour the liquid mixture over them. Let them sit at room temperature for an hour uncovered. They can be eaten then or left in the refrigerator for up to two weeks!

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**

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!

