



Veggie Box Newsletter

Week 13 | August 30th



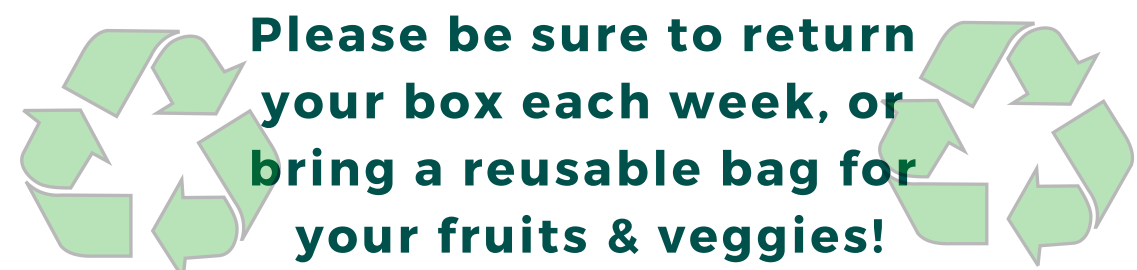
Welcome to week 13 of the Summer Veggie Box! Isn't it amazing the diverse variety of produce that can grow right here in Mid-Michigan? One of our favorite aspects of the Veggie Box is how the program trains us to prepare meals based on what is currently in-season. When fruits and vegetables are picked for consumption that have been naturally ripened on the vine or the tree they have much more flavor and nutrition. This is true for the Fall Veggie Box as well - keep the tasty, nutritious food coming! See the attached flyer for more information about the Fall Veggie Box!

Veggie Box Add-Ons

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

What's in the Box?

Head Lettuce, *Urbandale Farm*, Lansing
Garlic, *Green Eagle Farm*, Onondaga
Potatoes, *Monroe Family Organics*, Alma
Peaches, *Phillips Orchards and Cider Mill*, St. Johns
Salad Mix, *Hunter Park GardenHouse*, Lansing
Dragon Tongue Beans, *MSU SOF*, Holt
Red Onions, *Monroe Family Organics*, Alma
Sugar Cube Muskmelon, *Titus Farms*, Leslie
Parsley, *MSU SOF*, Holt



Producer Spotlight: Green Eagle Farm

Steve and Chela of Green Eagle Farm have been farmers and stewards of the land for over 20 years. They take great joy in growing a wide variety of crops and experimenting with new and unique products, all while being earth friendly in their practices. You know they care about what they do when you see the lemon and mature fig tree carefully protected from the Michigan winters in one of their hoop houses. Not long after Steve and Chela met, the two knew they were destined to be together as life partners and land stewards. Now they grow a large selection of vegetables, flowers, and herbs, including heirloom and open-pollinated varieties. Keeping the health of the land as their top priority, all of Green Eagle Farm's produce is ecologically-grown and follows organic standards.

Crop Profile: Dragon Tongue Beans

Dragon Tongue beans are an open pollinated heirloom variety originally cultivated in the late eighteenth, early nineteenth century in the Netherlands. They are flat and cream coloured with purple stripes, which fade when they have been cooked (a convenient cooking indicator!). To



showcase their coloring utilize young beans in raw preparations such as salads or served alongside creamy dips. Dragon Tongue beans are also perfect for pickling along with fresh herbs, spices, and other vegetables. Fresh Dragon Tongue beans can also be stir-fried, braised or battered and fried in tempura batter.

AMP 1629 E. Kalamazoo Lansing 48912
517.999.3923

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

Dragon Tongue Beans with Onions and Lemon

Adapted from theclevercarrot.com

Veggie Box Dragon Tongue beans, trimmed
1 Veggie Box onion
1 Veggie Box garlic clove, thinly sliced
¼ tsp. dried red chili flakes (depending on preference)
1 lemon
olive oil
coarse, flaky sea salt

In a large saute pan, warm a splash of olive oil over medium-low heat. Add the beans, onion, garlic and chili flakes. Season with salt. Saute the beans until fragrant, about 1 minute. Add a small splash of water to the pan, and place a lid on top. Cook the beans on low for about 3-5 minutes. Tip: If your heat is too high, the outside will overcook, causing the inside to remain crunchy. Remove the lid, and continue to cook until all of the moisture has evaporated and the beans are crisp tender. Add a small squeeze of lemon juice to taste. Adjust with more lemon and salt as desired. Serve warm.

Blackberry Muskmelon Salad

Adapted from marthastewart.com

2 cups blackberries
Veggie Box muskmelon, cut into 1-inch cubes
1 teaspoon sugar
1 teaspoon grated peeled fresh ginger
1/2 teaspoon grated lime zest plus 1 tablespoon juice
2 tablespoons thinly sliced fresh mint leaves

In a large bowl, combine all ingredients except mint. Cover and let stand 30 minutes. Stir in mint just before serving.

**Sign up for the Fall Veggie Box:
bit.ly/fallveggiebox2018**

**Only \$280 for 14 weeks from
September 20-December 20**

Latke Recipe

Adapted from seriouseats.com

Veggie box Potatoes
1 cup of diced Veggie Box onion
1 egg
1/4 cup of flour or matzo meal
1 clove of Veggie Box garlic, minced
1 1/2 teaspoons of kosher salt, to taste
Canola or peanut oil, for frying
Applesauce and sour cream, for serving

Shred potatoes and place in a bowl of water and let sit for 1 hour. A layer of potato starch will form in the bottom of the bowl - you will want to remove potatoes and pour off water, but reserve the starch. Wrap shredded potatoes in a cheesecloth or tea-towel. Twist bundle until water flows out, and squeeze all potatoes until dry. Transfer potatoes to a large mixing bowl along with diced onion. Mix starch into potato and onion mixture with your hands. Mix in egg, salt and matzo meal/flour until latke mix can be formed into patties that just stick together in your hands. Heat 1/2 inch oil in a cast iron skillet over medium-high heat until a shred of potato immediately bubbles when added to pan. Form latke mix into patties and slide into pan, cooking no more than 4 at a time. Fry until a golden-brown crust forms on bottom, then flip with a slotted spatula and fork until same color is achieved on other side. Serve with either sour cream or applesauce on top.

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: bit.ly/bigfuss2018

