

# Veggie Box Newsletter

Week 1: September 20

Welcome to Week 1 of the Fall Veggie Box! Community supported agriculture (CSA) consists of a community of individuals who pledge support to a farm operation, with the growers and consumers providing mutual support and sharing the risks and benefits of food production. The CSA model helps to keep sustainable farming a viable way of life for small-scale family farms that are increasingly threatened by large-scale agribusiness. ANC's model is a multi-farm CSA that unites several growers to feed a common community - all of you! It provides the advantages of a traditional CSA, but also highlights crop diversity, minimized risks and burden, and a more cooperative feel. In our model, ANC manages the funds (CSA fees from customers) and uses that money to buy produce from local farmers in the Greater Lansing area and bring the farmers' bounty straight to you. Thank you for supporting local food!

## Producer Spotlight

### *Phillips Orchards and Cider Mill*

Phillips Orchards & Cider Mill is tucked away at the end of a country road just three miles west of US127. Founded in 1852, they continue to adhere to the principles of their forefathers, providing Great Fruit at a Great Value to their customers. They grow 34 varieties of apples as well as 14 Michigan developed varieties of peaches!

## Crop Profile

### *Apples*

The apple tree first originated in Central Asia. Many believe that the apple tree was one of the earliest trees to be cultivated. Apple trees have grown for thousands of years throughout Asia and Europe and found their way to North America by European colonists. There are more than over 7,500 varieties of apples that are bred to a certain taste, for specific cooking needs, to eat raw, or for cider production. A cross between Golden Delicious and Kidd's Orange Red, the Gala apple is currently one of the most extensively grown apples in the world. Gala apples are a great snacking fruit as they are low in calories, high in water content and offer a fair amount of vitamins A, C and B. They also contain a dietary fiber known as pectin, which has been shown to lower cholesterol levels and help prevent heart attacks.



## What's in the Box?

**Gala Apples**, *Phillips Orchards and Cider Mill, St. Johns*  
**Braising Mix**, *Hunter Park GardenHouse, Lansing*  
**Sweet Potatoes**, *Monroe Family Organics, Alma*  
**Heirloom Tomatoes**, *MSU Student Organic Farm, Holt*  
**Sweet Peppers**, *Titus Farms, Leslie*  
**Garlic**, *Ten Hens Farm, Bath*  
**Cilantro**, *Urbandale Farm, Lansing*  
**Festival Squash**, *Tomac Pumpkin Patch, Chesaning*

## Add-Ons

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

# Recipes

## Sweet Potatoes, Apples, and Braising Greens

Veggie Box sweet potatoes, cut lengthwise into quarters, then cut crosswise into 1/8-inch slices  
5 tbs unsalted butter, plus 3 tbs melted  
1 tbs salt  
2 tsp pepper  
3 Veggie Box apples cored, and cut into quarters  
Veggie Box braising mix, stems removed and torn into 2-inch strips  
1/4 cup loosely packed fresh parsley leaves, coarsely chopped

**Preheat oven to 400°F. On foil-lined baking sheet, toss potato slices with 3 tablespoons melted butter, 1 teaspoon salt, and 1/2 teaspoon pepper. Bake until cooked through and slightly caramelized, about 20 minutes. In a skillet over moderate heat, melt 3 tablespoons butter. Add apples and sauté until tender and golden brown, about 15 minutes. In heavy large pot over moderate heat, combine remaining 2 tablespoons butter and 3 tablespoons water. Add greens and sauté, stirring occasionally, until wilted, about 5 minutes. Lower heat to moderately low and add sweet potatoes and apples. Continue cooking, stirring occasionally, until warmed through, 3 to 4 minutes. Stir in parsley, remaining 2 teaspoons salt, and 1 1/2 teaspoons pepper.**



## Brown Sugar Glazed Squash Recipe

Veggie Box Festival Squash  
1 tablespoon Butter  
1 tablespoon Brown Sugar  
Salt

**Preheat oven to 425 degrees. Generously butter a rimmed baking sheet. Halve squash crosswise. Scoop out seeds; discard. Slice a small piece off bottom of each squash half just enough to level. Set squash halves, scooped sides down, on prepared sheet. Bake until golden, 20 to 25 minutes. Turn squash; prick insides all over with a fork. Divide butter and sugar among halves; season with salt. Continue to bake until flesh is easily pierced with the tip of a paring knife, about 20 minutes. Serve warm.**

## Pasta with Roasted Tomatoes & Bell Pepper

Veggie Box tomatoes, cut into 1 inch pieces  
One Veggie Box Pepper, cut into 1-inch pieces  
1 large sweet onion, cut into 1-inch chunks  
2 tablespoons olive oil  
2 cloves of Veggie Box garlic  
Salt and pepper  
8 ounces dried farfalle (or other pasta)  
3 tablespoons thinly sliced basil leaves  
Freshly grated Parmigiano-Reggiano cheese (optional)

**Preheat the oven to 375 degrees. Toss together the tomatoes, bell pepper, onion, whole garlic cloves, oil, and salt and pepper to taste in a large roasting pan, spreading them in an even layer. Roast for 25 to 35 minutes, until the vegetables are soft and the pepper pieces are just starting to brown. While the vegetables are roasting, cook the pasta according to the package directions. Drain. Combine the roasted vegetables with the pasta and basil; toss to incorporate. Taste, and adjust the seasoning as needed. Serve warm with grated cheese if desired.**

## ANC is Hiring!

Allen Neighborhood Center is seeking a highly organized and energetic person to manage all programming in our licensed commercial kitchens, including our Incubation Program for food entrepreneurs; and, to oversee rental of ANC's Great Room and Conference Room for special events, meetings, and community activities. -- Compensation commensurate with experience and training; competitive benefit package offered for this full-time employee. Please submit your resume and cover to [joann@allenneighborhoodcenter.org](mailto:joann@allenneighborhoodcenter.org), or drop it at ANC, located at 1611 E. Kalamazoo, Lansing, MI 48912 by September 26. Call Joan Nelson at 517-999-3912 with questions. For more information, check out our website!