Welcome to week 14, the final week of the Summer Veggie Box! Can you believe how fast this summer has flown by? We’ve had so much fun bringing you the freshest, most nutritious produce that Mid-Michigan has to offer. Thank you all for supporting local food and local farmers - together we are developing a healthier and more sustainable future! Don’t forget to sign up for the Fall Veggie Box - today is the last day to register! The Fall Veggie Box will provide a lot of kitchen staples - potatoes, onions, greens, garlic, winter squash, broccoli - but even have some of that last bit of summer for the first few weeks! Please feel free to drop off your final box back here to Allen Neighborhood Center whenever you get a chance, and we’d be so appreciative!

Veggie Box Add-Ons
Sweet Treats, Teff-Rific, Lansing
Bread, Stone Circle Bakehouse, Holt
Meat, Berkshire Farms, Mason

What’s in the Box?
Tomatoes, Owosso Organics, Owosso
Broccoli, Peckham Farms, Lansing
Leeks, Monroe Family Organics, Alma
Carmen Pepper, Ten Hens Farm, Bath
Cucumber, Hillcrest Farms, Eaton Rapids
Jalapenos, Peckham Farms, Lansing
Eggplant, Titus Farms, Leslie OR Tomac Pumpkin Patch, Chesaning
Tomatillos, Bourne Fraiche, Mason
Sun Spot/Gold Nugget/Kabocha Squash, Tomac Pumpkin Patch, Chesaning

Producer Spotlight: Owosso Organics
Owosso Organics is a family owned, certified organic vegetable and cut flower farm located 4 miles west of Owosso. They have been farming full time since 1999. From their humble beginnings (starting with a postage stamp garden at their rental property in 1978 in the East Lansing area while they were finishing our degrees from MSU) Richard Bowie, Pooh Stevenson, and their daughters Cody and Taylor now farm over 6 acres of their 80 acre farm, along with 8 greenhouses of over 15,000 square feet. Their mission is to provide speciality artisan produce and flowers grown with great care and impeccable service available locally to enrich the lives and pallets of all people who seek our business assisting in bridging urban and rural communities together.

Crop Profile: Eggplant
Eggplant is grown for its edible spongy absorbent fruit widely used in cooking. Most people consider it a vegetable despite its botanical definition as a berry fruit, a member of the genus Solanum related to the tomato and the potato. Like the tomato its skin and seeds can be eaten, but like the potato it is not to be eaten raw. Raw eggplant can have a bitter taste, with an astringent quality, but it becomes tender when cooked and develops a rich, complex flavor. The fruit is capable of absorbing large amounts of cooking fats and sauces, which may enrich dishes. This week you may receive a variety of baby eggplants, or one variety of a larger eggplant. Either way, enjoy!

AMP 1629 E. Kalamazoo Lansing 48912 517.999.3923
ANC 1611 E. Kalamazoo Lansing 48912 exchange@allenneighborhoodcenter.org
Roasted Winter Squash

Halve the squash and place cut side down in a cooking dish with 1/2 inch of water, cover and bake for 30-40 minutes at 375 degrees (this depends on the size, so keep an eye on the squash!) Delicious baked and topped with butter and a bit of brown sugar or stuffed with meat mixtures, cheese, or poultry stuffing.

Spicy Roasted Eggplant, Tomato, and Ricotta Frittata

Adapted from joanne-eatswellwithothers.com

2 tbsp olive oil
Veggie Box eggplant diced
1/2 of Veggie Box tomatoes
salt and black pepper, to taste
6 large eggs
1 cup milk
1 tsp red pepper flakes
1 lb ricotta

Heat oven to 450F. In a large bowl, toss together the olive oil, eggplant cubes, and tomatoes. Season to taste with salt and black pepper. Spread on a parchment-lined baking sheet and roast for 20-30 minutes, or until eggplant is tender and tomatoes are bursting. Lower oven to 375F. In a second bowl, whisk together the eggs, milk, and red pepper flakes. Grease a 9-inch pie or tart pan. Stir together the egg mixture with the vegetable mixture. Pour into the prepared pan. Top with the ricotta. Bake for 30-35 minutes, or until set. Let cool for 5 minutes before serving.

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

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

Eggplant, Broccoli, and Tofu Stir-Fry in Garlic Sauce

Adapted from fruitguys.com

Sauce:
½ cup of broth, heated
3 tablespoons rice wine vinegar
3 tablespoons soy sauce
1 tablespoon brown sugar

Stir-fry
2 tablespoons sesame oil
3 garlic cloves, peeled and minced
1 large onion, diced
1 (16 oz) package extra firm tofu, cubed
Veggie Box broccoli, with the base removed, peeled and diced

In a bowl, prepare the sauce by combining heated broth with rice vinegar, soy sauce, and brown sugar. Set aside. Heat sesame oil in a large skillet or wok on stovetop. Add minced garlic and diced onion and fry until onion becomes golden or translucent. Add cubed tofu and continue to cook 1-2 minutes until tofu starts to brown slightly. Add broccoli and stir-fry, stirring gently for about 2 minutes, adding more oil or broth if veggies begin to stick to pan. Add eggplant and keep sautéing for 4-5 minutes, stirring to keep from sticking to pan bottom. Turn heat down to medium or a simmer. Stir the sauce you’ve prepared, and pour it into the pan. Continue to cook until the sauce thickens nicely. Serve over a bed of brown or white jasmine rice and enjoy.

ANC Happenings

Allen Neighborhood Center is looking for two AmeriCorps members to join our team. The Food & Fitness member will help people access food, run our Market Walk/Market Moves programs and help with all our outreach efforts. The Volunteer & Food AmeriCorps member will assist with our weekly food pantry and recruit volunteers for all of our programs. For more information visit our website. Applications are due September 10.