



# Veggie Box Newsletter

## Week 14 | September 6th



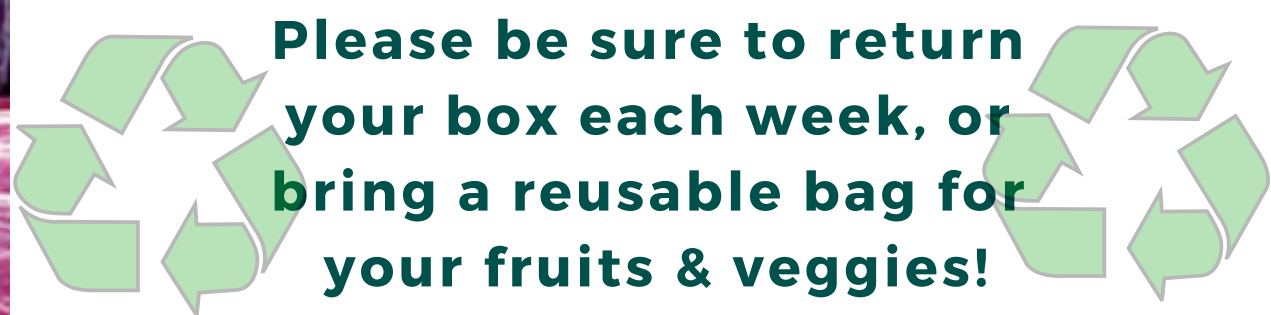
Welcome to week 14, the final week of the Summer Veggie Box! Can you believe how fast this summer has flown by? We've had so much fun bringing you the freshest, most nutritious produce that Mid-Michigan has to offer. Thank you all for supporting **local** food and **local** farmers - together we are 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

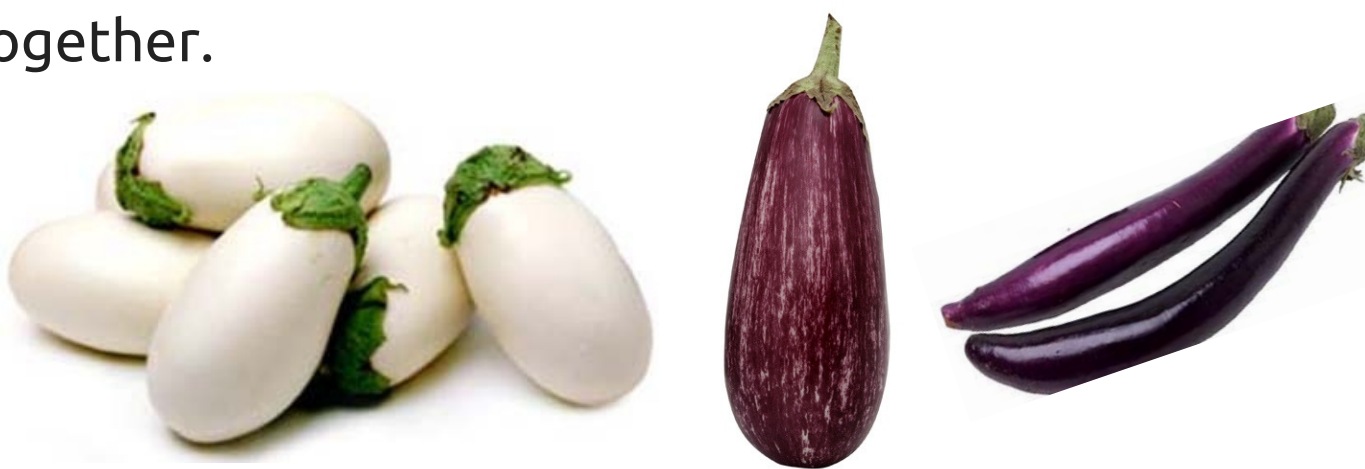
Owosso Organics is a family owned, certified organic vegetable and cut flower farm located 4 miles west of Owosso. They have been farming full time since 1999. From their humble beginnings (starting with a postage stamp garden at their rental property in 1978 in the East Lansing area while they were 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**



## 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.

## 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.

**Sign up for the Fall Veggie Box:  
[bit.ly/fallveggiebox2018](http://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:

2/3 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  
Veggie Box eggplant, cubed

**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.

