

# Veggie Box Newsletter

Week 2: September 27

Welcome to Week 2 of the Fall Veggie Box! While we do our best to make sure the freshest food that Mid-Michigan farmers have to offer ends up on your kitchen each week, the behind-the-scenes work isn't as easy as it may seem. Last week's Veggie Box had a lot of great things inside (weren't those festival winter squash just beautiful?) but what kinds of things can happen between the farm and your table? While all the organic, heirloom tomatoes that were put in your box's were in great shape, a portion were damaged in transit to ANC due to their sensitivity! Lucky for us, we work with some pretty amazing farmers who were able to bring us some new tomatoes that we could then serve to you all. Also, can you believe the almost monsoon-like weather we had last week? Caleb and Kat braved this terrible weather, to make sure that the farmers bounty made it to our subscribers who have opted for workplace delivery - what an adventure! Thank you for supporting local food!

## Producer Spotlight

### Hillcrest Farm

Hillcrest Farms is a four season farm in Eaton Rapids that offers an extensive selection of fresh produce. Owner, Mark Kastner, started farming in 2008 gaining inspiration from his grandmother, a fantastic chef and farmer with whom he spent summers with as a child. Now he is known around town for his deliciously unique spinach and salad mix, as well as for the impeccable quality of the rest of his produce. His sustainable farming practices assure customers that products are safely produced with regards to environment and human health.

## Crop Profile

### Bok Choy

A deep green leafy vegetable that resembles Romaine lettuce on top and a large celery on the bottom, bok choy is a crucifer more closely related to cabbage. The entire vegetable can be used, and is often added raw to salads for a satisfying crunch. In soups, the leaves and stalks should be chopped and added separately, since the stalks take longer to cook. Cultivated in China for centuries, bok choy has played a large part not only in its cuisine, but in traditional Chinese medicine. Containing a wealth of vitamins C, A, and K, and excellent sources of calcium, magnesium, potassium, manganese, and iron, bok choy deserves its reputation as a powerhouse among vegetables.



## What's in the Box?

**Arugula/Mizuna Mix**, *Urbandale Farm, Lansing*  
**Bok Choy**, *Hillcrest Farms, Eaton Rapids*  
**Spaghetti Squash**, *Tomac Pumpkin Patch, Chesaning*  
**Lunchbox Peppers**, *Hunter Park GardenHouse, Lansing*  
**Sage**, *Hunter Park GardenHouse, Lansing*  
**Poblano Peppers**, *Owosso Organics, Owosso*  
**Romaine**, *Ten Hens Farm, Bath*  
**Red Onions**, *Monroe Family Organics, Alma*

## Add-Ons

**Bread**, *Stone Circle Bakehouse, Holt*  
**Chicken**, *Trillium Wood Farms, Williamston*  
**Meat**, *Grazing Fields Cooperative, Charlotte*  
**Sweet Treats**, *Teff-Rific, Lansing*

## What's Happening at ANC?

Did you know that every Wednesday we have a farmers market here at ANC? Come check us out! The Allen Farmers Market is year-round, and we accept cash, credit card, and EBT. While your boxes are filled with lots of great fruits and vegetables, the farmer's market is a great place to supplement things that might not have come in your box this week and another great way to shop local!

# Recipes

## Lemon Garlic Sautéed Bok Choy

Veggie Box Bok Choy  
1 1/2 table spoons of extra virgin olive oil  
3 garlic cloves (from last week's box), minced  
Pinch crushed red pepper flakes  
Sea Salt  
Half a lemon, cut into wedges

**Place the bok choy into a colander and rinse with cool water, cleaning any grit between the leaves. Trim the ends and slice each bok choy in half lengthwise. Pat dry. Add garlic, pepper flakes, and garlic to a wide room temperature skillet. Place over medium heat and cook, stirring occasionally, until the oil begins to bubble around the garlic, but before it begins to turn light brown. Toss in the bok choy and spread into one layer. Sprinkle with 1/4 a teaspoon of salt then cook, without stirring, until bottom starts to turn brown, about 2 minutes. Flip and cook another 2 minutes. Transfer to platter and squeeze 2 lemon wedges on top.**



## Goat Cheese & Arugula over Spaghetti Squash

Veggie box Spaghetti Squash  
5 1/2 Oz Goat Cheese  
2 Cups Coarsely Chopped Veggie Box Arugula  
1 cup Quartered Cherry Tomatoes  
1/4 cup Olive Oil  
1 clove of minced garlic (from last week's box)  
1/2 teaspoon ground black pepper  
1/2 teaspoon salt

**Preheat oven to 350 degrees. Lightly grease a baking sheet. Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven. Remove squash from oven and set aside to cool enough to be easily handled. Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Mix with goat cheese, arugula, cherry tomatoes, olive oil, garlic, and and salt and pepper.**

## Garlic, Feta, and Basil Spaghetti Squash

Veggie Box Spaghetti Squash  
2 tablespoons Vegetable Oil  
1 Veggie Box Onion, Chopped  
1 Clove Garlic (From last week's box), Minced  
1 1/2 cups Chopped Tomatoes  
3/4 cup Crumbed Feta Cheese  
3 tablespoons Sliced Black Olives  
2 tablespoons chopped Fresh Basil

**Preheat oven to 350 degrees. Lightly grease a baking sheet. Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven. Remove squash from oven and set aside to cool enough to be easily handled.**

**Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.**

**Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and basil. Serve warm.**



## Stuffed Poblano Peppers

Veggie Box poblano peppers  
1 can black beans  
1/4 teaspoon of Salt  
1 cup shredded Mexican cheese blend, divided  
1 medium tomato, finely chopped  
1/2 cup of Veggie Box onions, chopped  
1 tablespoon olive oil

**Preheat oven to 425. Cut peppers lengthwise in half, remove the seeds. Place in foil-lined baking pan. Mix together green onion, tomato, 1/2 cheese, and beans. Bake for 10 min. Remove and top with the other half of the cheese, baking another 5 minutes.**