

Veggie Box Newsletter

Week 12: December 6

Welcome to Week 12 of the Fall Veggie Box! Can you believe there are only 2 more weeks of the Fall Veggie Box? Also, registration for the Summer Veggie Box program is officially open! A subscription to the Summer Veggie Box is a great present to give away during the holidays - the gift that keeps on giving all throughout 2019! For the 2019 Summer Veggie Box, there will be two different distribution days: for those who would like to pick up their box from the Allen Market Place, their distribution day is Tuesday; for those who would like their box delivered to their workplace, their box will be delivered on Thursdays; the season will run for 14 weeks from June 4 to September 3, with registration closing May 16. Projected items include: asparagus, cooking greens, salad mix, lettuce, peas, radish, okra, herbs, beets, carrots, cabbage, green beans, peppers, kohlrabi, tomatoes, summer squash, cucumbers, sweet corn, onions, potatoes, garlic, rhubarb, strawberries, blueberries, apples, peaches, & more! To register or find out more information, visit bit.ly/summerveggiebox2019. Spots are filling up fast so sign up soon! Thank you for supporting local food!

Producer Spotlight

Zuco Eco Farm

Zuco Eco Farm is a community focused family farm owned and operated by Jackie Cosner and her family. She manages the farm with the sustainability of our earth and our practices in mind. Zuco Eco Farm choose to grow a wide range of heirloom and open-pollinated varieties, in part because they can save our own seeds. However, they also tend to lean towards cultivars that are not typically grown increasing the diversity of the plants they grow and we can eat. Jackie is also a chef and offers private and group cooking classes at their farm.

Crop Profile

Sunflower Pesto

Zuco Eco Farm's pesto is 7oz which is enough to coat a whole lb of pasta if you choose to use it for that! The farm actually has several flavors that they make throughout the season depending on what they are harvesting, but their most popular flavors are basil, red pepper, and three herbs. They are all sunflower seed based spreads, vegan, refrigerated, and smooth like hummus. Try it on pasta, pizzas, sandwiches, and more!



What's in the Box?

Red Delicious Apples, *Phillips Orchards and Cider Mill, St. Johns*
Onions, *Hunter Park GardenHouse, Lansing*
Potatoes, *Hunter Park GardenHouse, Lansing/Hillcrest Farms, Eaton Rapids*
Baby Bok Choy, *Ten Hens Farm, Bath*
Cilantro, *Ten Hens Farm, Bath*
Salad Mix, *Hunter Park GardenHouse, Lansing*
Garlic, *Green Eagle Farm, Onondaga*
Sunflower Pesto, *Zuco Eco Farm, Williamston*

Add-Ons

Bread, *Stone Circle Bakehouse, Holt*
Meat, *Trillium Wood Farm, Williamston*
Sweet Treats, *Stone Circle Bakehouse, Holt*

Once a year, ANC's Annual Campaign raises funds for our regular, ongoing expenses, which includes supporting and developing all our various programs: our year-round, SNAP-friendly Allen Farmers Market; weekly Breadbasket pantry; Hunter Park GardenHouse; Take Root and Youth Service Corps youth programs; Incubator Kitchens; Exchange Food Hub; the Veggie Box, a multi-farm CSA; the Senior Discovery Group; and outreach and engagement services. Our programs have been designed with careful attention to the wide range of incomes as well as cultural, educational, and racial backgrounds of people living in this richly and wonderfully diverse area of the City. Working together, we can continue to create an ever more livable, connected, and nurturing neighborhood. Thank you so much for considering a contribution in any amount to support our efforts!

Recipes

Sunflower Pesto Pasta Recipe

1/2 cup Veggie Box onion, choppe
Veggie Box pesto
2 tbs Extra Virgin Olive Oil
2 tablespoons grated Parmesan cheese
16 ounce package pasta
Salt to taste
Ground black pepper to taste

Cook pasta in a large pot of boiling water until done. Drain. Meanwhile, heat the oil in a frying pan over medium low heat. Add pesto, onion, and salt and pepper. Cook about five minutes, or until onions are soft. In a large bowl, mix pesto mixture into pasta. Stir in grated cheese.



Apple Chips Recipe

Veggie Box Apples
Cinnamon

Preheat oven to 225 °F. Wash and dry the apples. Core apples (optional). Slice apples as thin as possible, and place them on the baking sheet in a single layer. Sprinkle cinnamon evenly over apple slices. Bake for approximately 1 hour and then turn each slice over, and continue to bake for at least another hour so. The longer they stay, they crispier they get.



Lemon Garlic Baby Bok Choi

Veggie Box baby bok choy
1 1/2 tablespoons extra-virgin olive oil
3 cloves of Veggie box garlic, minced
Pinch crushed red pepper flakes
Sea salt
Half of a lemon, cut into wedges

Trim the ends then slice each bok choy in quarters lengthwise. Add the oil, garlic and red pepper flakes 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 the garlic starts to turn light brown. Toss in the the boy choy and spread into one layer. Sprinkle with about 1/4 teaspoon of salt then cook, without stirring, until the bottom is starting to turn brown, about 2 minutes. Flip then cook another 2 minutes or until the green leaves have wilted and the white bottoms are beginning to soften, but still have some crunch. Transfer to a platter then squeeze 2 lemon wedges on top. A teaspoon or so of olive oil is nice, too. Serve with more lemon wedges on the side.

Latkes

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.

