

# Veggie Box Newsletter

Week 2: June 11

Now that you have all this fresh produce, you may be left wondering how to properly store it all. We are here to help with some tips and tricks! Most fruits and veggies can be stored in the refrigerator, specifically in the crisper drawer; this will help protect your produce and keep the moisture in to maintain freshness for longer. Plastic bags help keep produce fresh longer by lessening the exposure to the air, and therefore, retaining moisture.

Tomatoes and eggplant should be stored in a cool place, but never in the fridge - extreme heat and temperatures below 50 degrees can negatively impact the taste and texture. If you find that you have a lot of herbs leftover, there are a number of ways to store them so you can enjoy them for longer! For items like thyme, oregano, rosemary, and parsley, hang them upside down to dry (I have a piece of twine/string hanging up by command hooks in my kitchen, and then use clothespins to clip the bunches up by their twist-tie/rubber band). Basil can be stored on your counter in water (don't put basil in the fridge!), but you could also chop it up and place it in an ice cube tray; pour olive oil over it and freeze to have ready-to-go herbs for sauces and cooking! I dump these cubes into a ziplock bag and just have them at hand throughout the year - you can do this with other herbs as well! To store chives, cut them up with scissors into a mason jar, and then just put it straight in the freezer. What are other useful tips for storing produce so that none goes wasted? Thank you for supporting local food!

## Producer Spotlight

### *Ten Hens Farm*

Adam and Dru Montri have been farming in Bath, Michigan since 2007 with their two daughters and three employees. Their produce is grown on three acres, in six hoopouses totaling over 17,000 sq ft and in one heated greenhouse. Dru and Adam both went to Michigan State and Penn State to study horticulture and worked together on numerous farms before starting Ten Hens Farm. They grow produce for the ANC Veggie Box program, Bath Farmers market, numerous Lansing area restaurants as well as CSA boxes in the greater Flint area. They are proud to have provided produce for the Veggie Box since the program started.

## Crop Profile

### *Green Garlic*

Green garlic is a young, slightly milder garlic. Before garlic grows into separate cloves, it starts out as a green plant, with a stalk, leaves and shoots- it actually looks a lot like scallions. And fittingly, these immature garlic bulbs and edible green stalks have an onion-like flavor that tastes great whether raw or cooked. The best part? You can use green garlic with pretty much every ingredient spring as to offer. Where-ever you typically use regular garlic, just swap in green garlic for a more subtle, richer flavor.



## What's in the Box?

**Beets**, *Ten Hens Farm*, Bath  
**Green Garlic**, *Ten Hens Farm*, Bath  
**Radishes**, *Ten Hens Farm*, Bath  
**Salad Mix**, *Hunter Park Gardenhouse*, Lansing  
**Organic Cilantro**, *Monroe Family Organics*, Alma  
**Red Enchilada Sauce**, *Zumo Eco Farm*, Williamston  
**Scallions**, *Magnolia Farms*, Lansing

## Add-Ons

**Sweet Treats**, *Teff-Rific*, Lansing  
**Bread**, *Stone Circle Bakehouse*, Holt  
**Meat**, *Grazing Fields Cooperative*, Charlotte

# Recipes and Tips!

## Grilled Green Garlic

Veggie Box green garlic  
Olive oil  
Salt & pepper to taste

**Trim roots and dark green leaves from garlic stems and slice in half lengthwise. Then, toss with olive oil, salt and pepper to coat. Place on the top rack of the grill with the heat on low and roast 10-15 minutes or until tender and starts to brown. Serve whole or dice into smaller pieces as a topping. They are mild enough to be eaten on their own, but make a killer topping for crostini slathered in ricotta, grilled pizzas, pasta, steak or even eggs.**

## Roasted Beetroot Hummus

Veggie Box beets  
1 can chickpeas (14 oz.) drained and rinsed  
2 1/2 tablespoons tahini  
Veggie Box green garlic (the white and lightest green portion), crushed and minced  
1 tablespoon lemon juice  
1/2 teaspoon salt  
1/4 teaspoon cumin  
Water to thin

**Preheat the oven to 400 degrees F. Wrap each beetroot in aluminum foil and roast them for 1 to 2 hours (it depends on the size of your beets) or until soft and tender. Once the beetroots are roasted, remove them from the oven and let them cool. Peel the skin and chop them into chunks. Place the beetroots, chickpeas and garlic into a food processor or blender and blend for 1 minute. Add tahini, lemon juice, salt, cumin, 1 teaspoon of water and blend until the hummus becomes smooth and creamy. If it's too thick, add more water until the consistency is perfect. Taste and adjust the seasonings, adding more salt or lemon if needed. Enjoy!**



## Veggie Box Enchiladas

Veggie Box beets, peeled and cubed  
Veggie Box beet greens, sliced  
2 tsp olive oil  
Veggie Box scallions, diced  
1 can black beans drained and rinsed  
Veggie Box green garlic, minced (the white and lightest green part)  
1 1/2 tbsps. of Veggie Box cilantro  
1/2 cup of sharp cheddar cheese  
2 teaspoons of chili powder  
1 1/2 teaspoon of paprika  
salt to taste  
Veggie Box red enchilada sauce  
8 corn/flour tortillas

**Preheat the oven to 400. Chop off the beet greens, peel the beets, and cut into 1 inch cubes. Place the cut beets on a baking sheet and toss with the olive oil and salt, and roast for 30 minutes, stirring occasionally. Heat olive oil in a pan over medium heat. Add the scallions and green garlic and cook for just a moment, Then add the beet greens, black beans, chili powder, paprika, and salt. After a few more minutes, add the roasted beets, cilantro, and a few tablespoons of the enchilada sauce to the pan. Preheat the oven to 350 degrees. Oil the bottom of a baking dish. Fill each tortilla with approx. 1/4 cup of filling and roll up to contain the filling. Place each filled tortilla seam side down in the baking dish. Top with remaining enchilada sauce, your choice of cheese and place in the oven for 20 minutes. Top with the remaining greens of the scallions, and optional avocado and jalapenos!**

## Radish Salsa

Veggie Box radishes  
1 stalk of Veggie Box green garlic (the white and lightest green portion), crushed and minced  
1 jalapeño, ribs and seeds removed  
1 tablespoon freshly squeezed lemon juice  
2 tablespoons Veggie Box cilantro  
Coarse kosher salt and freshly ground black pepper

**Place radishes, garlic, jalapeño, lemon juice, and cilantro in the bowl of a food processor and pulse until finely chopped. Transfer to a small bowl and stir in salt and pepper to taste. Allow to sit 20 minutes to allow the flavors to develop.**

