

# Veggie Box Newsletter

## Week 12 | May 24



Welcome to week 12 of the Spring Veggie Box! It is our last week of the Spring Veggie Box. It is a bittersweet week for all of us here at Allen Neighborhood Center, but we are happy knowing we will see your smiling faces again this summer. Today is also National Asparagus Day! Celebrate with a nice asparagus and leek quiche! (recipe on back)

### What's in the Box?

**Asparagus**, *Hillcrest*, Lansing  
**Red Head Lettuce**, *HPGH*, Lansing  
**Fennel**, *Hunter Park GardenHouse*, Lansing  
**Sage/Oregano**, *HPGH*, Lansing  
**Beets/Beet Greens**, *HPGH*, Lansing  
**Easter Egg Radishes**, *CBI's Giving Tree Farm*, Lansing  
**Braising Greens** (Kale, Arugula, Tokyo Bekana, Mixed Mustards, Mizuna, Maruba Santoh, and Yokatta-na), *Half Barn Farm*, Lansing  
**Cameo Apples**, *Phillips Orchards*, Saint Johns  
**Leeks**, *Magnolia Farms*, Lansing

### Veggie Box Add-Ons

**Bread**, *Stone Circle Bakehouse*, Holt  
**Meat Variety**, *Grazing Fields*, Charlotte



### Producer Spotlight: Magnolia Farms

Magnolia Farms is a small family owned operation located in Lansing Eastside's Urbandale neighborhood. This urban farm also serves as an incubator farm that provides up-and-coming farmers an experience to serve as the farm manager and coordinate its operation without having to start from scratch! Magnolia Farms grows a diverse range of fruits, vegetables, herbs, and more!

### Crop Profile: Leeks



Leeks are our featured crop this week!

Leeks belong to the Allium vegetable family and contain many beneficial compounds for your health. They are native to Central Asia but they have been cultivated in Europe and this region for thousands of years. Leeks are related to garlic, onions, shallots and scallions. With a sweeter flavor than onions, they are the perfect touch to add to recipes without overpowering any other flavors that are present. There are many ways to prepare and cook leeks! Check out this weeks recipes to learn a few ways!

### Asparagus, Leek, and Gruyere Quiche!

Adapted [www.marthastewart.com](http://www.marthastewart.com)

1 Leek (white and light green parts only), thinly sliced

1 pound of Asparagus, tough ends removed, thinly sliced on the diagonal

4 large eggs

Pie crust, fitted into a 9-inch pie plate, well chilled

1 tablespoon of butter

Salt and pepper to taste

Ground nutmeg

1 cup shredded Gruyere cheese

1 1/4 cups of half and half

**Preheat oven to 350 degrees. In a large skillet, melt butter over medium. Add asparagus, leek, and season with salt and pepper. Cook 6-8 minutes then let cool. In a large bowl, whisk eggs, half and half, 1/2 teaspoon salt, teaspoon pepper, and a pinch of nutmeg. Place pie crust in a rimmed baking sheet. Sprinkle with cheese; top with asparagus mixture. Pour egg mixture over top.**

**Bake 50-60 minutes, rotating sheet halfway through. Let stand 15 min. then serve!**

Loving your Veggie Box? Sign up for our Fall 2018 distribution;

14 Weeks, September 20 - December 20!

\$20 per week (\$280 for the season)

plus the cost of add ons.

For more information, pricing, and registration go to: [bit.ly/fallveggiebox2018](http://bit.ly/fallveggiebox2018)

### Arugula and Red Head Lettuce Salad

1/2 pound arugula

1/2 pound red head lettuce

1 tablespoon Dijon-style mustard

1 tablespoon red wine-vinegar

1/8 teaspoon ground cumin

4 tablespoons olive oil

4 tablespoons finely chopped parsley

Salt and pepper to taste

**Pick over arugula and lettuce then rinse. In a salad bowl, put the mustard, vinegar, salt, pepper, and cumin. Beat gradually with a whisk while adding the oil. Add the lettuce and arugula, and toss well to blend.**

### Roasted Beet and Sautéed Beet Greens

Adapted from [www.allrecipes.com](http://www.allrecipes.com)

1 bunch of beets with greens

2 tablespoons chopped onions (optional)

1/4 cup olive oil

2 cloves of garlic, minced

1 tablespoon red wine vinegar (optional)

Salt and pepper to taste

**Preheat oven to 350 degrees. Wash beets thoroughly, leaving the skins on. Remove the greens and rinse, remove any large stems. Place beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. Cover and bake 45 to 60 minutes.**

**When roasted beets are almost done, heat the remaining olive oil in a skillet over medium heat. Add garlic and onions, and cook for a minute. Tear beet greens into 2-3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.**

## ANC Happenings

### Apartment Gardening: May 26, 2018 2:00 – 4:00 pm

Join us in learning how to garden in small spaces—be it a front yard, balcony, or even your kitchen counter! We will discuss which herbs and other plants flourish in these environments, as well as space optimization strategies from creative containers to vertical gardening. Workshop facilitated by ANC's Gardening Educator, Karalyn Grimes.

### Market Walk 2018

Market Walk will meet at Hunter Park on Tuesday and Thursday evenings from 5-7pm, and Saturday mornings from 9-11am beginning on May 15th. For every 10 laps (5 miles) walked, participants earn \$5 vouchers to buy local food at the Allen Farmers Market!

### Be a Tourist in Your Own Town: June 2, 10am-5pm

The Allen Market Place is a site for this city-wide event! Tour our incubator kitchens, purchase food products made on-site, select plant starts begun in our GardenHouse, talk with urban farmers, and learn more from ANC staff about our health, housing, food, and arts focus!

### Get Involved!

Looking to volunteer or intern in your community? Visit the Allen Neighborhood website to sign up for programs such as the Veggie Box, Market Walk, and so much more!

