

# Veggie Box Newsletter

Week 10: August 8

Welcome to week 10 of the Summer Veggie Box! Registration is starting to fill up for the Fall Veggie Box - there is less than a month left to sign up! You know that farmers face a wide variety of obstacles, such as climate change and competing with large agribusiness, but did you know another major obstacle is finding consistent, loyal buyers throughout the year - not just in the peak of summer. In fact, the majority of farmers who participate in the Veggie Box program need support in the fall and winter more than any other time of year! Being part of our multi-farm CSA is an effective way of supporting local farmers, and helping them overcome these obstacles, so don't miss out on the Fall Veggie Box! We have some exciting new add-ons to look forward to (maple syrup and kombucha!) in addition to the rest of the add-ons we already offer. You can also look forward to the seasonal, fresh, locally grown fruits and vegetables that come with the fall season! Some expected crops are sweet corn, apples, sweet potatoes, winter squash, cabbage, and much more. Our fall season runs for 14 weeks, from September to December. The cost of the box is \$315, plus an additional cost for desired add-ons. To reserve your spot for the fall, visit [bit.ly/fallveggiebox2019](http://bit.ly/fallveggiebox2019) and fill out the short Google form. Thank you for supporting local food!

## Producer Spotlight

### *Titus Farms*

Titus Farms was founded by Rose and Paul Titus in 1982. Growing up, both farmers worked at their respective family farms until they got married and purchased a small 20 acre land. Paul and Rose both dedicated their lives into farming so that they can pass on ownership of the farm to their daughter Rebecca Titus. Titus farms is dedicated to producing the highest quality vegetables using sustainable organic farming methods, as well as producing unique varieties of vegetables that capitalize on great taste.

## Crop Profile

### *Banana Peppers*

It comes as no surprise how the banana pepper got its name. Its long curved shape and yellowish hue resembles the fruit from which its named. These are mild and tangy chilies, perfect for pickling and tasty in salads and sandwiches. While its shape and color helps make banana peppers easier to recognize than many other chilies, there's actually a lot of culinary confusion surrounding them. Both pepperoncini and the much hotter Hungarian wax pepper share similar profiles, and they are often mistaken for one another in supermarkets and restaurants. That can lead to more spice than you expect! Banana peppers are more mild and less tangy than a pepperoncini. With a Scoville heat unit range from 0 to 500 SHU, banana peppers are on average, 15 to 20 times milder!

ALLEN  
AMERICAN LOCAL FOOD CENTER

Veggie Box

## What's in the Box?

**Salad Mix**, *Hunter Park Gardenhouse*, Lansing  
**Heirloom Tomatoes**, *Ten Hens Farm*, Bath  
**Organic Garlic**, *Owosso Organics*, Owosso  
**Organic Potatoes**, *Monroe Family Organics*, Alma  
**Cucumbers**, *Titus Farms*, Leslie  
**Poblano Peppers**, *Ten Hens Farm*, Bath  
**Blueberries**, *Felzke Farms*, Dewitt  
**Banana Peppers**, *Felzke Farms*, Dewitt  
**Organic Fennel**, *Monroe Family Organics*, Alma  
**Organic Carrots**, *Monroe Family Organics*, Alma

## Add-Ons

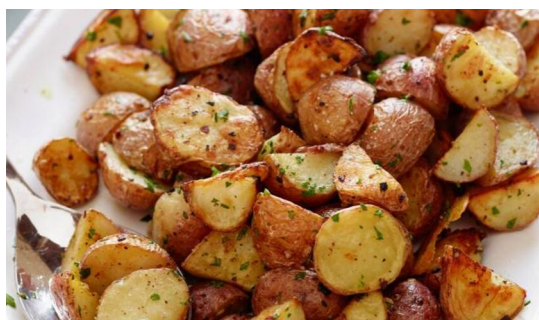
**Bread**, *Stone Circle Bake House*, Holt  
**Meat Variety**, *Grazing Fields Cooperative*, Charlotte  
**Sweet Treats**, *Stone Circle Bake House*, Holt

# Recipes and Tips!

## Crispy Garlic Roasted Potatoes

Veggie Box potatoes  
1 1/2 Tablespoons olive or canola oil  
3/4 teaspoon sea salt  
1 1/2 Tablespoons minced Veggie Box garlic  
(optional) 1 1/2 Tablespoons chopped parsley

**Preheat the oven to 400°F. Cube potatoes into 1 inch cubes. In a bowl, mix the potatoes, oil, salt, pepper, and garlic. Toss until the potatoes are well coated and seasoned. Roast in the oven for 45 minutes to 1 hour, while flipping occasionally, until crisp and golden. Remove the potatoes from the oven and season with a little extra salt and pepper to taste. Sprinkle over with parsley and serve!**



## Spicy Roasted Carrots and Fennel

Veggie Box carrots  
Veggie Box fennel  
1 1/2 Tablespoons olive oil  
1 1/4 teaspoon salt  
1/4 teaspoon cayenne pepper

**Preheat oven to 400 degrees. Remove the top stem ends from the carrots. Slice the carrots diagonally into 1 1/2 inch pieces. Towards the top of each carrot the pieces may get wider; slice these wide pieces lengthwise so all pieces are a somewhat uniform width. Slice the white part of each fennel bulb into thin bite-sized pieces. Place the fennel pieces and carrots into a large bowl and toss with olive oil, kosher salt, black pepper and a pinch of cayenne pepper until evenly coated. Spread the vegetables out across two baking sheets. Place the sheets in the oven and let the vegetables roast for 20 minutes. Stir the vegetables and change rack positions on the baking sheets, then continue to roast for another 10-30 minutes, stirring every 5 minutes, until the largest carrot piece is tender. Cook time may vary quite a bit based on the thickness of the carrots.**

## Simple Tomato Cucumber Salad

Veggie Box tomatoes  
Veggie Box cucumbers  
1/2 Small red onion  
1/2 Teaspoon salt  
Freshly cracked pepper  
1/4 Cup olive oil  
1 Teaspoon dried oregano  
2 Tablespoons red wine vinegar

**Whisk together the olive oil, red wine vinegar, oregano, salt, and some freshly cracked pepper in a bowl, or combine them in a jar and shake until mixed. Set the dressing aside to allow the flavors to blend. Thinly slice\* the tomato, cucumber, and red onion. Place them in a large bowl. Pour the dressing over the sliced vegetables and toss to coat. Serve immediately, or refrigerate until ready to eat. The onions will become more mild as they marinate in the dressing.**

## Banana Pepper Salsa

Veggie Box tomatoes  
Veggie Box banana peppers  
1 clove of Veggie Box garlic  
1/2 red onion  
1/4 cup cilantro  
2 limes  
(optional) 1 jalapeno or serrano pepper

**Chop up the tomatoes, banana peppers, red onion, and cilantro. Juice the two limes. Mince the clove of garlic. Add one thinly sliced jalapeno or serrano pepper for a spicier salsa. Combine all the ingredients together and add salt as needed.**

