

Veggie Box Newsletter

Week 12: August 22

Welcome to Week 12 of the Summer Veggie Box! Do you know why local food is better for your family? To begin with, local foods often retain more nutrients. Local produce is allowed to ripen naturally, while food that travels long distances is often picked before it's ripe. Also, food picked fresh and in season doesn't have far to travel before being sold. Choosing fruits and vegetables grown in season may be healthier. When researchers at Montclair State University compared the vitamin C content of broccoli grown in season with broccoli imported out of season, they found the latter had only half the vitamin C. Additionally, locally grown produce could potentially be safer. When they are imported and out of season, fruits and vegetables are often picked unripe. Then, they are artificially "ripened" with ethylene gas. By being a part of the Veggie Box program, you're choosing more nutritious, healthy, and safe food for your family.

Would you be willing to donate to offer an a box to an additional family? Let us know! We accept donations by check.

Thank you for supporting local food!

Producer Spotlight

Green Eagle Farm

Steve and Chela of Green Eagle Farm are 30 year veteran farmers and stewards of the land. They take great joy in growing a wide variety of crops and experimenting with new and unique products, all while being earth friendly in their practices and their care for the environment. You know they care about what they do when you see the mature lemon and fig trees carefully protected from the Michigan winters in one of their hoop houses. Not long after Steve and Chela met, the two knew that they were destined to be together as life partners and land stewards.

Crop Profile

Lemon Thyme (Thymus citriodorus)

Although it may look like German or English thyme, lemon thyme definitely tastes citrusy and sweet, and can be used in any recipe that calls for lemon. It is used fresh or dried, as a seasoning in salads, soups, stews, stuffing, marinades, meat/fish dishes, or as a lovely garnish. Lemon thyme leaves are best chopped just before use and added at the very end of the cooking process before they lose flavor and color. This would be a great herb to grow in a home garden, indoors or outdoors. It is easy to grow, loves full sun, and is deer and rabbit resistant! Growing more upright than other thyme varieties, Lemon Thyme produces small, tubular, lavender-pink flowers in early summer that are attractive to bees and butterflies.

ALLEN
COMMUNITY MARKET

Veggie Box

What's in the Box?

Organic Potatoes, *Monroe Family Organics*, Alma

Garlic, *Green Eagle Farm*, Onondaga

Salad Mix, *Hunter Park GardenHouse*, Lansing

Cucumbers, *Ten Hens Farm*, Bath

Organic Carrots, *Monroe Family Organics*, Alma

Green Tomatoes, *Ten Hens Farm*, Bath

Jalapeno Peppers, *Hillcrest Farms*, Eaton Rapids

Organic Green Beans, *MSU Student Organic Farm*, Holt

Lemon Thyme, *Hunter Park GardenHouse*, Lansing

Add-Ons

Bread, *Stone Circle Bake House*, Holt

Meat Variety, *Heffron Farms Markets*, Belding

Sweet Treats, *Hobie's Catering*, Lansing

Recipes and Tips!

Lemon Thyme Salad Dressing

- 2 tablespoons fresh lemon juice
- 1 1/2 tablespoons chopped fresh Veggie Box lemon thyme
- 2 teaspoons Dijon mustard
- 1/2 teaspoon table salt
- 1/2 teaspoon black pepper
- 1/4 cup extra-virgin olive oil

Whisk together lemon juice, thyme, Dijon mustard, salt, and pepper in a medium bowl until smooth. Add olive oil in a slow steady stream, whisking constantly until smooth.



Green Tomato and Hot Pepper Jam

- 1 or 2 Veggie Box hot pepper (depending on tolerance)
- 1/4 cup Veggie Box parsley, chopped
- 4 cloves garlic (chopped)
- 1 inch piece ginger (chopped)
- 1/2 cup cider vinegar
- 2 tablespoons soy sauce
- 3 cups sugar
- Veggie Box green tomatoes, chopped.

Puree the pepper(s), parsley, garlic, ginger, vinegar, and soy sauce in a food processor. Place the mixture into a sauce pan and add the tomatoes and sugar. Bring to a boil and simmer until it thickens, about 45 minutes.



Buttery Lemon Roasted Carrots with Garlic and Thyme

- 1 bunch carrots (about 8)
- 2 medium cloves garlic, chopped
- 1 tablespoon fresh thyme leaves
- 1 1/2 tablespoons Brummel & Brown Organic Buttery Spread
- Juice of 1 small lemon
- Dash of salt and pepper

Preheat oven to 400 degrees Fahrenheit. Spread some parchment paper on a large baking sheet and set aside. 2. Cut off the tops of your carrots, leaving about an inch at the top. Add to a large bowl. 3. In a small saucepan, heat up Brummel & Brown on low heat until melted. Mix in lemon. Remove from heat, and pour over the carrots in the bowl. Add garlic and thyme, and toss until carrots are evenly coated. 4. Spread the carrots out on the parchment paper-lined baking sheet, and pour any butter mixture that is left at the bottom of the bowl evenly over the carrots. Top with a pinch of salt and pepper. Bake for 25 minutes or until carrots are soft.



Garlic Roasted Potatoes

- 1.5 pounds of Veggie Box potatoes
- 2 tbsp of good olive oil
- 3/4 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoons minced Veggie Box garlic
- 1 tablespoons minced fresh parsley

Preheat the oven to 400 degrees F. Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, and garlic; toss until the potatoes are well coated. Transfer the potatoes to a sheet pan and spread out into 1 layer. Roast in the oven for 45 minutes to 1 hour or until browned and crisp. Flip twice with a spatula during cooking in order to ensure even browning. Remove the potatoes from the oven, toss with parsley, season to taste, and serve hot