

Veggie Box Newsletter

Week 9: August 1

Welcome to week 9 of the Summer Veggie Box! Registration is starting to fill up for the Fall Veggie Box - there is only one 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. We offer free work-site delivery to businesses in Lansing with six or more boxes, and out of town delivery for businesses with ten or more boxes. To reserve your spot for the fall, visit bit.ly/fallveggiebox2019 and fill out the short Google form. 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

Shallots

Shallots (*Allium cepa* var. *aggregatum*) are classified as a variety of onion, but unlike common onions (*Allium cepa*), shallots have smaller, slimmer bulbs that grow in clusters rather than individually. Shallots also have a slightly sweeter flavor similar to a cross between onions and garlic. Due to these subtle differences, shallots and onions are often used interchangeably. Both can be eaten raw, pickled, dried, or cooked and caramelized. In classic French cuisine, however, shallots are preferred for their subtle flavor, and they routinely season sauces, soups, and vinaigrettes. Shallots are also used widely in many Southeast Asian cuisines. In Thai cooking, shallots are used in curry pastes and salads, and deep-fried shallot slices garnish a variety of dishes. People often prefer the taste of shallots over onions, and as a result, they have been called the onion for people who don't like onions. Shallots have a slightly higher mineral content and more antioxidant compounds, which have anti-inflammatory properties and help to reduce the risk of certain cancers. Shallots also replace salt as a garnish in many recipes, helping people with high blood pressure or heart disease reduce their sodium intake. Like common onions and garlic, whole shallots will stay fresh and crisp the longest in a dry, well-ventilated storage area.



What's in the Box?

- Cherry Tomatoes**, Ten Hens Farm, Bath
- Bell Pepper**, Ten Hens Farm, Bath
- Shallots**, Ten Hens Farm, Bath
- Organic Summer Squash**, MSU Student Organic Farm, Holt
- Organic Chard**, MSU Student Organic Farm, Holt
- Beans**, CBI's Giving Tree Farm, Lansing & Magnolia Farms, Lansing & Monroe, Alma
- Slicer Tomatoes**, Hunter Park GardenHouse, Lansing
- Organic Rosemary**, CBI's Giving Tree Farm, Lansing

Add-Ons

- Eggs**, Grazing Fields Cooperative, Charlotte
- Chevre**, Hickory Knoll Farms Creamery, Onondaga
- Cheese**, Hickory Knoll Farms Creamery, Onondaga
- Cold Brew Coffee**, Rust Belt Roastery, Lansing
- Coffee**, Rust Belt Roastery, Lansing
- Bread**, Stone Circle Bake House, Holt
- Meat Variety**, Grazing Fields Cooperative, Charlotte
- Sweet Treats**, Stone Circle Bake House, Holt
- Chicken**, Trillium Wood Farm, Williamston
- Beef**, Heffron Farms Markets, Belding
- Pork**, Grazing Fields Cooperative, Charlotte
- Organic Navy Beans**, Ferris Organic Farm, Eaton Rapids
- Honey**, Bee Wise Farms, Lansing

Recipes and Tips!

Veggie Box Braised Beans

2 tablespoons vegetable oil
Veggie Box shallots, thinly sliced
6 garlic cloves, 3 minced
1/2 teaspoon sweet paprika
1/8 teaspoon cayenne pepper
Veggie Box green beans
Veggie Box slicer tomatoes, finely diced
Salt and freshly ground black pepper

In a deep skillet, heat the vegetable oil. Add the sliced onion and cook over moderate heat until translucent and softened, about 5 minutes. Add the minced garlic, paprika and cayenne pepper and cook, stirring, until fragrant, about 2 minutes. Add the green beans and 3 whole garlic cloves and cook for about 2 minutes, tossing to coat the beans. Pour the diced tomatoes and their juices into the skillet and bring to a boil. Reduce the heat to low, cover the skillet and simmer, stirring occasionally, until the green beans are very tender, about 30 minutes. Season the braised green beans with salt and pepper. Transfer them to a platter and serve warm.

Greek Stewed Beans and Squash With Tomatoes

3 tablespoons extra-virgin olive oil
Veggie Box shallots, chopped
2 large garlic cloves, minced
Veggie Box beans, trimmed
Veggie Box squash, sliced
1 1/2 cups of Veggie Box tomatoes, chopped.
Salt and freshly ground pepper to taste
1/4 cup chopped fresh mint, parsley or dill
1 to 2 tablespoons fresh lemon juice (optional)

Heat 2 tablespoons of the olive oil in a wide, covered skillet over medium heat, and add the onion. Cook, stirring, until tender and translucent, five to eight minutes. Add the garlic and cook, stirring, for another minute. Stir in the beans, squash and remaining oil. Stir together for a few minutes, then add the tomatoes and 1/3 cup water. Bring to a simmer, then add salt and freshly ground pepper. Cover and simmer 30 minutes until the beans are tender and the mixture is stew-like. Add the herbs, and simmer for another five to 10 minutes. Add lemon juice if desired. Taste, and adjust seasonings with salt and pepper.

Rosemary Garlic Roasted Cherry Tomatoes

Veggie Box cherry tomatoes
Dash of sea salt
1/2 Tablespoon olive oil
1 small clove garlic, peeled and thinly sliced
1/2 teaspoon roughly chopped fresh rosemary

Preheat the oven to 425°F. Wash and de-stem the cherry tomatoes. In a 9" pie plate, toss the cherry tomatoes with the rest of the ingredients.

Place in the oven and roast for 10 minutes, or until the tomatoes just begin to split. Enjoy hot, warm, or cold out of the fridge!



Easy Swiss Chard Stir Fry

Veggie Box Swiss Chard
1 tablespoon peanut oil (or vegetable oil)
3 cloves garlic, coarsely chopped
Veggie Box shallots, diced
1 teaspoon sugar
2 teaspoons soy sauce

To prep the swiss chard, cut off the stems and chop the stems into 1/2-inch pieces. Chop the leaves into 1 1/2 inch pieces. Separate the stems and leaves. Heat oil in a cast iron pan (or wok, or a heavy skillet) until hot. Add garlic. Stir a few times until fragrant. Add the chard stems and shallots. Cook and stir a few times until they start to soften. Add the leaves. Quickly stir a few times. Add sugar and swirl in soy sauce. Immediately stir to mix well. Cook and stir until the chard turns tender. Transfer to a serving plate immediately to stop cooking. Serve warm or at room temperature as a side dish.

