

Veggie Box Newsletter

Week 10: August 6

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 and fill out the short Google form. Thank you for supporting local food!

Producer Spotlight

Swallowtail Farm

Swallowtail Farm is a small family farm in Mason, Michigan.

The Raushcher family takes great pride in producing safe, healthy produce for you to enjoy and share with your family. Swallowtail Farm is known for their variety of salad greens as well as flowers, but grow other types of seasonal produce as well. The farm also hosts a wide variety of workshops and events, including monthly dinners that highlight a variety of local chefs, and wreath making workshops!

Crop Profile

Carmen Peppers

The Carmen pepper is the epitome of why you shouldn't judge a pepper by its shape. It looks like a jumbo hot pepper - with its curved horn-like shape and tapering body. But underneath these hot looks, there's no heat to this Italian pepper. In fact, it's a sweet pepper with big flavor and lots of use cases. Carmen peppers have a robust sweetness even when young on the vine, and their wide cavity and thicker walls make them very versatile in the kitchen - from stuffing to roasting and grilling. Carmen peppers are incredibly flavorful, they are often said to be better than even the best bell peppers!



What's in the Box?

- Beets**, *Green Eagle Farm, Onondaga*
- Garlic**, *Green Eagle Farm, Onondaga*
- Kale**, *Magnolia Farm, Lansing*
- Shallots**, *Ten Hens Farm, Bath*
- Poblano Pepper**, *Ten Hens Farm, Bath*
- Sage**, *Hunter Park Gardenhouse, Lansing*
- Tomatoes**, *Hunter Park Gardenhouse, Lansing*
- Organic Carrots**, *Monroe Family Organics, Alma*
- Carmen Pepper**, *Swallowtail Farm, Mason*
- Blueberries**, *Felzke Farms, Dewitt*

Add-Ons

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

Recipes and Tips!

Veggie Box Tacos

Veggie Box poblano Pepper
Veggie Box carmen Pepper
Veggie Box beets
Veggie Box shallots, sliced
2 cloves of Veggie Box garlic, smashed
2 Veggie Box carrots, diced
1/2 of Veggie Box kale, chopped
Veggie Box tomatoes, diced
1 teaspoon chile powder
1 teaspoon paprika
salt to taste
Qeso Fresco

Preheat oven to 365 degrees F. Trim, peel, and chop the beets into cubes. Put in bowl and toss with 1 Tbsp oil, and sprinkle with 1/4 tsp each salt and pepper. Toss to coat, then bake for 45 minutes, or until tender when pricked with a fork, stirring occasionally. Roast the poblano and carmen directly over a gas flame or charcoal fire, or close under a preheated broiler, turning regularly until blistered and blackened all over, about 5 minutes over an open flame, 10 minutes under a broiler. Collect the peppers in a bowl, cover with a kitchen towel and cool until handleable. Rub off the charred skin, pull out the stems and seed pods, and dice. Heat 2 tablespoons of oil in a pan, add diced carrots, and cook, covered, for a few minutes. Then, add the shallots and garlic, and cook for another 2 minutes. Season with salt, chile powder, and paprika. Add a splash of water to the pan, add in the chopped kale, and cook for another few minutes. When the kale seems tender, uncover, and add in the peppers and beets. Season to taste, and serve on a tortilla with diced tomatoes and queso fresco.



Gingered Carrot & Kale Ribbons

Veggie Box carrots
1/4 cup vegetable oil
1/2 of Veggie Box shallots, thinly sliced
1/3 cup golden raisins, coarsely chopped
2 cloves Veggie Box garlic, finely chopped
2 teaspoons finely grated fresh ginger
1 teaspoon finely grated lemon zest; plus 1 tbsp lemon juice
salt and pepper
4 large Veggie Box kale leaves, tough stems removed and leaves thinly sliced

Using a vegetable peeler, slice the carrots into long, thin ribbons. In a large skillet, heat the oil over medium heat. Add the leeks and cook, stirring frequently, until softened, about 5 minutes. Add the raisins, garlic, ginger, lemon zest and 1/2 tsp. salt. Cook, stirring, for 1 minute. Add the carrots, kale and 1/2 cup water and cook, stirring or turning with tongs, until softened, about 10 minutes. Stir in the lemon juice and season with salt and pepper.

Goat Cheese Stuffed Peppers

3/4 cup fresh bread crumbs
2-3 oz goat cheese
2 tablespoons olive oil
1 garlic clove, minced
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
Veggie Box carmen pepper
Veggie Box poblano pepper

Slice peppers in half lengthwise. Remove seeds and ribs. Mix the rest of the ingredients in a small bowl. Stuff each pepper not too tightly, but not too loosely (heap the stuffing a bit). Place stuffing side up on a parchment- or aluminum-lined cookie sheet. Roast for about 20 minutes on 375 degrees, or until the stuffing starts to brown.

