

Veggie Box Newsletter

Week 12: August 20

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

Peckham Farms

Peckham Farms is a 10 acre farm located in Lansing, MI. It is a part of Peckham Inc., a non-profit organization that provides rehabilitation and vocational training to individuals with disabilities and who face other employment barriers. The farm uses sustainable farming techniques such as water reclamation and Integrated Pest Management. Peckham Farms specializes in small fruits and is a large raspberry producer in the Mid-Michigan area. Peckham is also known for the beautiful flowers grown annually on the fields and in baskets.

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.



What's in the Box?

Garlic, *Farm & Forest, Mason*
Tomatoes, *Hunter Park Gardenhouse, Lansing*
Cucumbers, *Ten Hens Farm, Bath*
Organic Carrots, *Monroe Family Organics, Alma*
Sweet Peppers, *Peckham Farms, Lansing*
Basil, *Ten Hens Farm, Bath*
Fennel, *Ten Hens Farm, Bath*
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!

Roasted Fennel and Sweet Peppers with Garlic and Lemon

Cooking spray
Uncooked VB fennel bulbs - 2-3 medium or 1 large, trimmed, each halved vertically & cut in 8 wedges
VB sweet red peppers - 2 medium, cut into 1-inch strips
VB garlic - 1-2 clove(s), peeled and smashed
Lemon(s) - 1 medium, cut into ¼-inch slices
Olive oil - 1 Tbsp
Fresh VB lemon thyme - 2 sprig(s), minced
Salt ½ tsp, or more to taste
Black pepper ¼ tsp, or more to taste

Preheat oven to 425°F. Coat a rimmed baking sheet with cooking spray; set aside. Put all ingredients, except minced thyme, in a large bowl; toss to combine. Spread on prepared baking sheet in a single layer (it will be crowded); roast, stirring once, 30-35 minutes. Sprinkle with minced thyme and toss; serve hot or at room temperature.



Cucumber, Green Bean & Tomato Salad

Dressing:
1/4 tsp salt
1/4 tsp sugar
1/4 tsp pepper
1 VB clove garlic, minced
1 tbsp extra virgin olive oil
1 tbsp balsamic vinegar
1 tbsp VB lemon thyme
Other herbs such as cilantro, dill, or mint (optional)

Vegetables:
1 VB cucumber, peeled, seeded and diced
2 VB tomatoes, seeded and chopped
5 oz. VB green beans, cut in 1" lengths and lightly steamed until crisp-tender
1 VB sweet pepper
Other veggies such as greens or onion (optional)

Whisk together dressing ingredients until well blended. Toss vegetables in a large bowl. Pour dressing over vegetables and toss to blend. Chill before serving.

Fresh Green Beans, Fennel, and Feta Cheese

1 pound VB green beans, trimmed
1 VB fennel bulb, cut into thin slices
1/4 cup extra-virgin olive oil
2 tbsp chopped VB basil leaves
Salt and pepper to taste
1/4 cup crumbled feta cheese

Fill a saucepan half full with water and bring to a boil. Add the green beans and fennel slices; cook until just beginning to become tender, about 4 minutes. Pour into a colander to drain and run under cold water to stop the cooking process. Return the empty pan to the stove and set heat to medium. Pour in the olive oil and let it heat for a minute. Return the green beans and fennel to the pan. Season with basil, salt, and pepper; cook and stir until coated and warm. Transfer to a serving dish and toss with feta cheese.

Buttery Lemon Roasted Carrots with Garlic and Thyme

1 bunch VB carrots
1-2 medium VB garlic cloves, chopped
1 tablespoon fresh lemon thyme leaves
1 1/2 tablespoons butter of choice
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. Cut off the tops of your carrots, leaving about an inch at the top. Add to a large bowl. In a small saucepan, heat up butter 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. 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.

