

Veggie Box Newsletter

Week 9: July 30

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. 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

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

Lemon Cucumbers

Lemon cucumbers closely resemble lemons in shape and color, but has the consistency of a cucumber. It is distinctly different in taste compared to a regular cucumber in that it has a slightly sweeter taste. Lemon cucumbers contain a good source of Vitamin A & C, as well as iron, calcium and antioxidants. Lemon cucumbers are commonly used like regular cucumbers, and pairs really well with other vegetables in salads as well as fruits. The outer skin is also considered edible and can even be pickled. Check out some recipes involving lemon cucumbers below!



What's in the Box?

- Organic Rosemary**, *CBI's Giving Tree Farm, Lansing*
- Banana Peppers**, *Hillcrest Farms, Eaton Rapids*
- Salad Mix**, *Hunter Park Greenhouse, Lansing*
- Organic New Potatoes**, *Monroe Family Organics, Alma*
- Cherry Tomatoes**, *Ten Hens Farm, Bath*
- Bell Pepper**, *Ten Hens Farm, Bath*
- White Onions**, *Titus Farms, Leslie*
- Lemon Cucumbers**, *Titus Farms, Leslie*

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!

Lemon Cucumber Tomato Salad

Veggie Box lemon cucumbers, diced
1 Veggie Box onion, diced
Veggie Box cherry tomatoes, halved
Veggie Box salad mix
Olive oil, to taste
Balsamic vinegar, to taste
Sea salt and pepper, to taste
A few basil leaves

Put salad mix, cucumbers, and tomatoes in bowl. Drizzle with olive oil and balsamic vinegar. Add salt and pepper and mix together. Top with torn basil.

Pickled Banana Peppers

2 Veggie Box banana peppers, seeded & sliced into rings
1 clove garlic, minced
2/3 cup white vinegar
1/2 cups water
1/2 tablespoon kosher salt
1/4 tablespoon sugar
1/4 teaspoon mustard seeds (optional)
1/4 teaspoon celery seed (optional)

Add the sliced banana peppers and minced garlic evenly into one 1-pint jar. In a saucepan over medium heat, combine the white vinegar, water, salt, sugar, mustard seeds, and celery seed. Stir until the mix is completely dissolved and nearing boil, then remove from heat and allow the brine to cool to room temperature. Add the brine to the mason jars, leaving 1/2 inch free at the top of the jar, then seal with a lid. For best flavor, allow the banana peppers to pickle for a minimum of 24 hours or - even better - up to a week prior to eating.

Chef's tip: pickled banana peppers are a delicious addition to salads, pizza, sandwiches, and more!



Rosemary and Garlic Roasted Potatoes

Veggie Box potatoes, cut into 1-inch-thick wedges
2 tablespoons olive oil
2 teaspoons of Veggie Box rosemary
1 garlic clove, smashed & peeled
1 teaspoon salt
1/2 teaspoon pepper

Preheat oven to 450°F with a 4-sided heavy sheet pan in upper third. Toss ingredients with salt and pepper. Spread in 1 layer on hot pan and roast 18 minutes. Loosen potatoes with a metal spatula and turn, arranging pale potatoes around outer edge of pan and golden potatoes in center (for even roasting). Roast 12 minutes, then loosen and turn potatoes over again. Roast until potatoes are golden and cooked through and edges are crisp, about 10 minutes more.



Bell & Banana Pepper Tomato Sauce

1 Veggie Box green bell pepper, chopped
1 Veggie Box banana pepper, chopped
1/2 Veggie Box onion, chopped
Crushed Veggie Box tomatoes (all)
1 teaspoon tomato paste
1 tablespoon canola oil
1 garlic clove, smashed.
salt to taste

Cut all peppers and onion into large dice and put in a large pot. Add crushed tomatoes, tomato paste, oil, garlic powder and salt; Let simmer until vegetables are soft.

