

Veggie Box Newsletter

Week 4: October 10

Welcome to the fourth week of the Fall Veggie Box!

We're so thrilled to be sourcing local food for you that we have officially opened registration for the Spring Veggie Box! For the 2020 Spring Veggie Box, there will be two different distribution days: for those who would like to pick up their box from the Allen Market Place, their distribution day is Tuesday; for those who would like their box delivered to their workplace, their box will be delivered on Thursdays. The Spring Season of Allen Neighborhood Center's Veggie Box program runs every Thursday for 12 weeks, March 5 - May 21, with registration closing on February 21st. A subscription to our 12-week CSA is \$270, with add-on items available for an additional cost. The Spring Veggie Box includes a seasonal assortment of fresh, locally grown vegetables & fruits. Projected items include: asparagus, cooking greens, lettuce, peas, radish, herbs, beets, carrots, onions, winter squash, potatoes, garlic, rhubarb, strawberries, & more. To register or find out more information, visit bit.ly/springveggiebox2020. Spots are filling up fast so sign up soon! Thank you for supporting local food!

Producer Spotlight

Hunter Park GardenHouse

The Hunter Park GardenHouse, a project of Allen Neighborhood Center, is a hub for year-round farm & garden education, where neighbors volunteer to grow food, flowers, and community, and youth develop job and life skills in service to the neighborhood. Since 2008, the Hunter Park GardenHouse has empowered neighbors to grow, prepare, and eat healthy food to better their health and become better connected with the community.

Crop Profile

Shishito Peppers

The shishito pepper is a sweet, East Asian variety of the species *Capsicum annuum*. The pepper is small and finger-long, slender, and thin-walled. Although it turns from green to red upon ripening, it is usually harvested while green. The name refers to the fact that the tip of the chili pepper looks like the head of a lion (獅子 shishi). About one out of every ten peppers is spicy - we like to call this pepper roulette! For cooking, a hole is poked in the pepper beforehand to keep expanding hot air from bursting the pepper. It may be skewered then broiled (grilled), or pan-fried in oil, stewed in a soy sauce- and dashi-based liquid, or simply eaten raw in a salad or as a condiment. It is thin-skinned and will blister and char easily compared with thicker-skinned varieties of peppers.



What's in the Box?

Tomatoes, *Hunter Park GardenHouse*, Lansing

Organic Potatoes, *Monroe Family Organics*, Alma

Festival Squash, *Tomac Pumpkin Patch*, Chesaning

Salad Mix, *Hunter Park GardenHouse*, Lansing

Asian Scallions, *Hillcrest Farms*, Eaton Rapids

Organic Sweet Potatoes, *Monroe Family Organics*, Alma

Red Onions, *Hunter Park GardenHouse*, Lansing

Shishito Peppers, *Titus Farms*, Leslie

Add-Ons

Bread, *Stone Circle Bakehouse*, Holt

Meat Variety, *Grazing Fields Cooperative*, Charlotte

Sweet Treats, *Rooted Home Farm & Goods*, Lansing

Maple Syrup, *Tomac Pumpkin Patch*, Chesaning

Recipes and Tips!

Sauteed Shishito Peppers

2 tablespoons olive oil
Veggie Box shishito peppers
Lemon juice
Sea salt

Heat oil in a large saute pan until hot. Carefully place peppers into heated pan (watch out for oil splatter) and cook a few minutes on each side until you hear the peppers make a slight popping sound and the peppers begin to blister. Shake the pan to ensure both sides get slightly blistered and peppers are tender, but not completely soft. Remove from heat. Squeeze fresh lemon juice and sea salt over the peppers before serving.

Sweet Potato Latkes

1 Veggie Box onion
Veggie Box potatoes
Veggie Box sweet potatoes
6 tablespoons all-purpose flour
3 teaspoon kosher salt
Pinch cayenne
3 eggs, lightly beaten
Veggie Box scallions
Vegetable oil
Sour cream
Beet or regular horseradish
2 to 3 sprigs flat-leaf parsley

Preheat the oven to 200 degrees F. Put a wire rack on a baking sheet and place in the oven. Grate the onion on a box grater into a large bowl. Grate both potatoes into the same bowl, grating down the length of the potato to get long strands. Toss the potatoes with the onions as you work to keep them from discoloring. Put potato mixture in a clean dish towel and wring out excess liquid. Toss the latke mixture with the flour, salt, and cayenne. Stir in the egg. Heat a 1/4-inch oil in a large cast iron or other heavy skillet over medium heat. Working in batches, spoon about 1/4 cup of the latke mixture into the skillet, pressing lightly to form 3-inch pancakes. Take care not to overcrowd the pan. Cook, turning once, until just golden, about 2 minutes per side. Transfer to the rack in the oven while you cook the remaining batter. Serve the latkes topped with a small dollop of sour cream, scallions, and horseradish. Garnish with a parsley leaf. Serve immediately.

Roasted Festival Squash and Sweet Potato Soup

Veggie Box festival squash, sliced lengthwise in half and seeds removed
Veggie Box sweet potatoes
2-3 tablespoons extra virgin olive oil, divided
1/2 cup Veggie Box onion, finely chopped
1 teaspoon garam masala
3/4 teaspoon ground ginger
2 3/4 cups vegetable broth
2/3 cup full fat (or light) coconut milk
kosher salt freshly ground black pepper

Preheat oven to 400 degrees (Fahrenheit). Slice the acorn squash in half (lengthwise) and remove the seeds and guts—place cut side up on a large baking sheet, drizzle with 1-2 tablespoons of olive oil and season with salt and pepper. Slice the sweet potatoes in half lengthwise, drizzle and rub the cut side with olive oil and season with salt and pepper. Place cut side down on the baking sheet along with the acorn squash. Roast for 45 minutes to an hour, or until both the potato and acorn squash are fork tender and very soft. Remove from oven and when cool enough to handle, remove the squash and sweet potato flesh from their skin and set aside in a large bowl. Discard the skin. Meanwhile, heat the remaining tablespoon of olive oil in medium-sized soup pot. Add the onion and saute over low heat until soft and completely translucent. Add the ground ginger and garam masala and cook for an additional minute or two, stirring constantly, until fragrant. Add the vegetable broth, roasted squash, and sweet potato. Bring to low simmer, cover, and cook for an additional for 10-15 minutes. Puree in a blender (in batches, if necessary) and return to heat. Add the coconut milk and stir until well combined. Season with salt and pepper to taste (at this point, you can also add an additional pinch of ginger or garam masala, if you so desire). Serve hot and drizzle with a spoonful of coconut milk and touch of extra virgin olive oil.