

# Veggie Box Newsletter

Week 11, August 13

Welcome to week 11 of the Summer Veggie Box! Would you be willing to donate to a new 'Subsidized Veggie Box Program'? We strongly believe that everyone should have access to nutritionally dense, local food, especially those who experience poverty and food insecurity. That's why we offer a Subsidized Veggie Box Program in which low-income families with children may participate for only \$5 a week. Once we reach a total of \$245 in donations, we would be able to provide local food to a family for an entire season! Your sponsorship of the Veggie Box is a direct investment in your local community: supporting small, family farms; providing fresh, healthy, local food to families in need; and promoting healthy people, communities & economies. Since the beginning of 2020 - with donations from folks like yourself, as well as a few local businesses like TechSmith and DexSys - we have raised enough money to feed 30 families! If interested, please write a check for any amount you would like to donate - please make the checks payable to Allen Neighborhood Center (Subsidized Box Program in the memo line) and can be dropped off or mailed to 1611 E. Kalamazoo St. Lansing, MI 48912. Donations can only be made with checks! Thank you for supporting local food!

## Producer Spotlight

### Felzke Farm

Felzke Farms is a family farm located in Dewitt, Michigan that was founded in 1960. They are the largest producer of strawberries in mid-Michigan, offering both U-Pick opportunities as well as prepicked options at their indoor farm market that has been in operation since 1978. Felzke Farms also grows a variety of vegetables such as asparagus, summer squash, cucumbers, peppers, and more!

## Crop Profile

### Sweet Cherries

With 3 grams of fiber per cup, these little fruits are a yummy way to get closer to your recommended fiber goal of 25-30 grams a day. According to the National Sleep Foundation, they also happen to be an excellent choice for a bedtime snack. They are a natural source of the hormone melatonin, which helps control your body's internal clock and promote healthy sleep patterns. For the biggest benefits, try eating sweet cherries shortly before turning in for the night. Another less known benefit of sweet cherries is they can be a source of pain relief. They're rich in anthocyanins, a group of polyphenols that fights tissue inflammation the same way that meds like ibuprofen do. The anthocyanins may also be good for your heart, by reducing inflammation and promoting healthy artery function. Plus, Michigan is one of the leading suppliers of cherries in the US!

ALLEN  
NEIGHBORHOOD CENTER

Veggie Box

## What's in the Box?

**Blueberries**, Felzke Farms, Dewitt  
**Green Beans**, Felzke Farms, Dewitt  
**Organic Potatoes**, Monroe Family Organics, Alma  
**Sweet Corn**, Tomac Pumpkin Patch, Chesaning  
**Bell Peppers**, Felzke Farms, Dewitt  
**Sweet Cherries**, Felzke Farms, Dewitt  
**Slicer Tomatoes**, Hunter Park Garden House, Lansing  
**Rosemary**, CBI's Giving Tree Farm, Lansing

## Add-Ons

**Bread**, Stone Circle Bakehouse, Holt  
**Cold Brew Coffee**, Rust Belt Roastery, Lansing  
**Coffee**, Rust Belt Roastery, Lansing  
**Cheese**, Hickory Knoll Farms Creamery, Onondaga  
**Chevre**, Hickory Knoll Farms Creamery, Onondaga  
**Sweet Treats**, Stone Circle Bakehouse, Holt  
**Meat Variety**, Trillium Wood Farm, Williamston  
**Chicken**, Trillium Wood Farm, Williamston  
**Beef**, Heffron Farms, Belding  
**Pork**, Grazing Fields Cooperative, Charlotte  
**Kombucha**, Apple Blossom Kombucha, Lansing  
**Maple Syrup**, Tomac Pumpkin Patch, Chesaning

# Recipes and Tips!

## Cherry Chutney

Veggie Box cherries, pitted and diced  
1/3 cup minced onion  
1/4 cup apple cider vinegar  
1 teaspoon freshly grated ginger  
1 1/2 teaspoon mustard seed  
A dash of cinnamon and nutmeg  
Diced jalapeno pepper to taste  
pinch of salt

**In a medium sauce pan, heat olive oil over medium-high heat. Saute onion and pepper until onion is translucent, about 5 minutes. Stir in ginger and saute until fragrant, about 1 minute. Add cherries, cider vinegar, cinnamon, nutmeg, and salt. Bring to a boil; lower heat to a rapid simmer and cook until sauce thickens, about 30-40 minutes. Transfer to a bowl or serving dish and set aside to cool. Chutney will continue to gel and thicken as it cools. Serve room temperature or store in fridge and serve cold. Goes great with chicken, pork, or tofu, but also with cheese and crackers, and flatbread!**



## Rosemary 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 degrees 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 for 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.**

## Northwest Cherry Salsa

1 cup of Veggie Box sweet cherries, chopped  
2 tablespoons chopped fresh basil  
2 tablespoon finely chopped Veggie Box green pepper  
1 teaspoon lemon juice  
1/4 teaspoon Worcestershire sauce  
1/4 teaspoon grated lemon zest  
1/8 teaspoons salt  
Dash hot pepper sauce (of your choice)

**Prep time is 15 minutes and will make about 3/4 cups of salsa. After cherries, basil, and green peppers are chopped, add lemon juice, Worcestershire sauce, grated lemon zest, salt and hot pepper sauce. Mix and combine all ingredients well; refrigerate at least 1 hour.**

## Potato Corn Chowder

1 tablespoon butter  
1 small onion minced  
4 cups Vegetable Broth  
2 cups Veggie Box corn kernels  
2 cups Veggie Box potatoes cut into 1 inch cubes  
1/2 cup of Veggie Box bell pepper, diced.  
1 teaspoon white vinegar  
1 teaspoon salt  
1 sprig fresh thyme or 1/2 teaspoon dried thyme (or Veggie Box rosemary!)  
1 cup milk  
2 tablespoons flour

**Over medium heat, melt butter and saute onions for 3 minutes. Add corn, potatoes, pepper, stock, thyme, vinegar, and salt. Bring to a simmer over medium heat and then reduce the heat to medium-low. Cover the pan with a tight-fitting lid and simmer for 20 minutes. Stir the chowder and test to see if potatoes are fork-tender. Once they are, remove the sprig of thyme. Whisk together the milk and flour. Remove soup from heat and whisk in milk mixture. Return to heat, turn heat to high, whisk, and cook for about 3-5 minutes or until creamy and bubbly.**

