

Veggie Box Newsletter

Week 11, August 11

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

Mac's Market

Dan McMaster started farming when he was about 4 years old - it all started when he harvested the leaves on his mother's snake plant for silage. While he hasn't farmed his whole life, since 1973 he's lived on a family farm in Laingsburg that was his great grandfather's - it's been in the family for over a hundred years. The McMasters grow a variety of produce, like leeks, onions, tomatoes, peppers, beans, beets, etc.

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

Cherry Tomatoes, Peckham Farms, Lansing

Green Beans, Felzke Farms, Dewitt

Organic Lacinato Kale, MSU Student Organic Farm, Holt

Organic Basil, Monroe Family Organics, Alma

Sweet Corn, Tomac Pumpkin Patch, Chesaning

Bell Peppers, Felzke Farms, Dewitt

Leeks, Mac's Market, Laingsburg

Jalapeños, Hillcrest Farm, Eaton Rapids

Sweet Cherries, Felzke Farms, Dewitt

Add-Ons

Bread, Stone Circle Bakehouse, Holt

Cold Brew Coffee, Rust Belt Roastery, Lansing

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Cheese, Hickory Knoll Farms Creamery, Onondaga

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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 Veggie Box 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!



Jalapeno Bruschetta

Chopped Veggie Box tomatoes
1/2 baguette
1 small red onion
1 Veggie Box jalapeno pepper (remove seeds and veins for a less spicy bruschetta)
1/2 cup fresh Veggie Box basil
3 tsp. balsamic vinegar
1 garlic clove
1/4 cup olive oil
Salt & pepper
Optional: cheese of choice

With the rack in the middle position, preheat the oven to 350 °F. Place thin slices of the baguette on a large baking sheet. Drizzle with 2 tablespoons of olive oil. Toast in the oven for about 10 minutes or until lightly browned. Let cool on the baking sheet. Chop tomatoes, basil, and garlic & dice onions and jalapenos. In a bowl, combine tomatoes, onions, jalapeño, basil, vinegar, garlic, and the remainder of olive oil. Season mixture with salt and pepper. Spoon the Tomato mixture onto the toasted bread. If desired, sprinkle with cheese

Jalapeño Cornbread Recipe

1 Tbsp canola oil
1 cup cornmeal
1 cup all purpose flour
1 1/4 teaspoons baking soda
1/2 teaspoon salt
3/4 cup plain yogurt
1/2 cup milk
1 egg
5 Tbsp unsalted butter, melted
Veggie Box jalapenos, diced (to taste!)
1/2 cup Veggie Box corn kernels
1/2 cup grated Monterey jack or cheddar cheese

Put the canola oil in a 9 or 10 inch cast iron skillet and place the skillet in the oven. Heat oven to 400°F with the skillet inside. In a large bowl, whisk together the cornmeal, flour, baking soda and salt. In a separate bowl, whisk together the yogurt, milk, and egg. Pour the wet ingredients into the bowl of dry ingredients and stir to combine. Stir in the melted butter, the chopped jalapeños, corn, and cheese. Once the oven has reached 400°F and the skillet is hot, carefully remove the empty skillet from the oven. Pour the cornbread batter into the skillet, and smooth the surface with a wooden spoon or spatula. Return the skillet to the oven and bake for 20 to 25 minutes, until lightly browned on top and a skewer inserted into the center comes out clean. Let the jalapeño cornbread rest in the skillet for 10 to 20 minutes before cutting wedges and serving. Remember that the skillet is still very HOT. Serving tip—drizzle with honey! There's plenty of butter in the batter, none extra needed.