

# Veggie Box Newsletter

Week 3, March 16

Welcome to the third week of the Spring Veggie Box! By being a member of our multi-farm CSA, you are a major part of our local, community-oriented food system! A local food system is a collaborative network that integrates sustainable food production, processing, distribution, consumption, and waste management in order to enhance the environmental, economic, and social health of an area. Increasingly, communities are organizing “food hubs” around co-ops or other community wealth building enterprises to anchor local food systems. Food hubs help provide wider access to markets for small to mid-sized producers, and increased access to fresh healthy food for consumers, including underserved areas and food deserts. In 2011, ANC committed to create a multi-functional food resource center and food hub: the Allen Market Place. As envisioned, this would build upon our previous decade of food-related initiatives and allow creative bundling of additional programs to strengthen the food system of the Eastside and, indeed, the mid-Michigan region. It is through our Food Hub that the Veggie Box is possible, and in return, our local food system is strengthened. Thank you for supporting local food!

## Producer Spotlight

### *Ten Hens Farm*

Adam and Dru Montri have been farming in Bath, Michigan since 2007 with their two daughters and three employees. Their produce is grown on three acres, in six hoopouses totaling over 17,000 sq ft and in one heated greenhouse. Dru and Adam both went to Michigan State and Penn State to study horticulture and worked together on numerous farms before starting Ten Hens Farm. They grow produce for the ANC Veggie Box program, Bath Farmers market, numerous Lansing area restaurants as well as CSA boxes in the greater Flint area. They are proud to have provided produce for the Veggie Box since the program started.

## Crop Profile

### *Cilantro*

Cilantro is an herb from the fresh leaves of the coriander plant. This plant is a member of the parsley family, and the herb is also known as Chinese parsley and Mexican parsley. Fresh cilantro tastes pungent, bright, lemony, and a little peppery. To a certain percentage of the population, it tastes soapy due to the natural aldehyde chemical in the leaves. You will often find cilantro scattered on top of Indian dishes or used in salsa or as a topping in Mexican cuisine. Cilantro is best added to recipes at the end of cooking, since cooking will diminish its flavor. Cilantro is a great garnish for soups, fish, and meat.

ALLEN  
MARKET PLACE

Veggie Box

## What's in the Box?

**Organic Spinach**, Monroe Family Organics, Alma  
**Organic Onions**, MSU Student Organic Farm, Holt  
**Arugula**, Magnolia Farms, Lansing  
**Organic Carrots**, MSU Student Organic Farm, Holt  
**Cilantro**, Ten Hens Farm, Bath  
**Organic Garlic**, MSU Student Organic Farm, Holt  
**Organic Brassica Tops**, MSU Student Organic Farm, Holt

## Add-Ons

**Bread**, Stone Circle Bakehouse, Holt  
**Meat Variety**, Heffron Farms, Belding  
**Cheese**, Hickory Knoll Farms Creamery, Onondaga  
**Chevre**, Hickory Knoll Farms Creamery, Onondaga  
**Eggs**, Grazing Fields Cooperative, Charlotte  
**Coffee**, Rust Belt Roastery, Lansing  
**Kombucha**, Apple Blossom Kombucha, Lansing  
**Pork**, Grazing Fields Cooperative, Charlotte  
**Chicken**, Heffron Farms, Belding  
**Beef**, Heffron Farms, Belding

# Recipes and Tips!

## Cilantro Chutney

2 small bunches cilantro 50-60 grams each, hard stems removed  
1 green chili or to taste  
1/4 - 1/3 inch ginger  
1/8 teaspoon roasted cumin powder  
1/8 teaspoon chaat masala (optional)  
pinch black pepper  
1/2 teaspoon salt or to taste  
1 1/2 teaspoons lemon juice  
1/4 teaspoon sugar  
2 tbsp yogurt - plain milk yogurt or plain almond milk yogurt

**Remove all the hard stems/stalks from the cilantro, the tender ones are okay to have and then wash the cilantro. To a blender add the cilantro leaves, green chili, ginger, cumin powder, chaat masala, black pepper and salt. Also add in lemon juice and sugar. Add yogurt to the blender. Blend it all together to a smooth consistency. If your chutney has a runny consistency, you may add a teaspoon of sev or peanuts to the chutney to make it thicker. Add 1 teaspoon at a time and then go from there. Keep this cilantro chutney refrigerated and use it as needed. You can also freeze the chutney.**



## Veggie Box Pizza

Pizza Crust (homemade or store-bought - the world is your oyster)  
2 tbsp butter  
1 pint mushrooms, sliced  
2 cloves of Veggie Box garlic  
1/2 cup sliced Veggie Box onions  
1/2 cup mozzarella  
1/2 cup crumbled goat cheese  
1 cup balsamic vinegar  
dash of sugar (to taste)  
Veggie Box arugula

**Preheat oven to 450F. Melt butter in a skillet. Add in mushrooms and onions and mix occasionally until mushrooms are translucent and caramelized, about 10 minutes. Place dough on baking sheet and drizzle with olive oil and crushed garlic, and a sprinkle of salt and pepper. Layer onion and mushroom mixture, mozzarella, and goat cheese. Cook for 20 minutes or until cheese is golden brown. While pizza is cooking, put balsamic vinegar and a dash of sugar (to taste) in a small sauce pan and bring to a boil. Lower heat and let simmer until reduced by half stirring occasionally, about 10 minutes depending on consistency desired. Check with a spoon to see how well it sticks to the back. Remove from heat until use. Remove pizza from oven and top with arugula. Drizzle balsamic reduction and enjoy!**

## Black Bean and Kale Burgers

1 15 oz can black beans  
1/4 cup Veggie Box onion, diced  
1 clove of Veggie Box garlic  
a few sprigs of Veggie Box cilantro  
1/2 red bell pepper  
1 cup Veggie Box brassica tops (or spinach, swiss chard, etc.)  
1/2 teaspoon paprika  
1/2 teaspoon cumin  
1/4 teaspoon chili powder  
1 egg  
1/2 cup oat flour

**Add black beans, onion, garlic, cilantro, pepper and brassicas to a food processor and process until well combined. Pour bean mixture into a large mixing bowl and add seasoning, egg and oat flour. Mix well until all ingredients are combined. You might need to add tablespoon or two more flour if the mixture is too wet. Chill the mixture in the refrigerator for about 15 mins. While the mix is chilling, preheat the oven to 400F. Line a baking sheet with tinfoil and lightly coat with oil. Using hands, shape the mixture into 5 patties. Be sure not to make the patties too thin or they will dry out. Bake for 8 minutes on one side, flip and bake for an additional 8 minutes.**