

# Veggie Box Newsletter

Week 13 August 26

Are you looking for things you can do to improve your garden this season or ways to live a more sustainable lifestyle? Composting can meet both of those goals. Homemade compost builds the health and disease resistance of the plants in your garden while diverting organics from the landfill which reduces green house gas emissions. Composting requires 3 basic ingredients: browns, greens and water. Your compost pile should have an equal amount of browns and greens. Browns consist of dead leaves, branches, and twigs. Greens consist of grass clippings, vegetable waste, fruit scraps, and coffee grounds. Water provides moisture to help break down the organic matter. Adding compost to your garden soil will improve its fertility, consistency, drainage and health. It builds up the beneficial microorganisms in the soil leading to healthier garden overall. Composting also helps stop soil loss and helps save water. Organic material retains at least 18 times its weight in water. There are multiple ways that you can compost outside and indoors. Visit <https://www.epa.gov/recycle/composting-home> to get more information on the various methods of composting. You can find a method that works best with the space you have at home. Thank you for supporting local food!

## Producer Spotlight

### *Hillcrest Farms*

Hillcrest Farms is a four season farm in Eaton Rapids that offers an extensive selection of fresh produce. Owner, Mark Kastner, started farming in 2008 gaining inspiration from his grandmother, a fantastic chef and farmer with whom he spent summers with as a child. Now he is known around town for his deliciously unique spinach and salad mix, as well as for the impeccable quality of the rest of his produce. His sustainable farming practices assure customers that products are safely produced with regards to environment and human health.

## Crop Profile

### *Dill*

Dill (or Dillweed) has been used in kitchens for centuries. In fact, the first written evidence of it is from medical texts in Egypt from 3000 B.C.! Today it is popular in a variety of foods; pickles, dill dip, potato dishes, and sauces for fish. One careful thing to note is that dill weed and dill seed are very different in terms of flavor intensity as well as appearance, so be sure to note which one a recipe calls for! For those of you who are interested in gardening, dill is a fairly easy plant to grow. Just be sure to harvest before the plant goes to seed as the seeds are harmful to birds! Of course, if you're wanting the seed, keep a close eye on visiting birds.



## What's in the Box?

- Organic Cubanelle Peppers**, MSU Student Organic Farm, Holt
- Organic Eggplant**, Cinzori Farms, Ceresco
- Summer Squash**, Ten Hens Farm, Bath
- Organic Dill**, MSU Student Organic Farm, Holt
- Zestar Apples**, Hillcrest Farms, Eaton Rapids
- Salad Mix**, Hunter Park GardenHouse, Lansing
- Cherry Tomatoes**, Clear Street Farm or Peckham Farms, Lansing
- Organic Sweet Onions**, Cinzori Farms, Ceresco
- Microgreens**, High Water Farms, Lansing

## Add-Ons

- Eggs**, Grazing Fields Cooperative, Charlotte
- Bread**, Stone Circle BakeHouse, Holt
- Chevre**, Hickory Knoll Farms Creamery, Onondaga
- Cheese**, Hickory Knoll Farms Creamery, Onondaga
- Coffee**, The 517 Coffee Company, Lansing
- Organic Navy Beans**, Ferris Organic Farm, Eaton Rapids
- Kombucha**, Apple Blossom Kombucha, Lansing
- Meat**, Heffron Farms Market, Belding
- Pork**, Grazing Fields Cooperative, Charlotte
- Beef**, Heffron Farms Market, Belding
- Chicken**, Heffron Farms Market, Belding

# Recipes and Tips!

## Eggplant and Zucchini Fritters with Garlic Dill Sauce

### For Fritters:

1/2 cup flour  
2 eggs  
1/4 cup chopped Veggie Box onions  
2 tbsp grated cheese  
2 cups coarsely shredded zucchini/eggplant, wrung of excess liquid  
1 tsp salt  
1/2 tsp baking powder  
1 cup canola oil, for frying

### For Sauce:

1/2 cup sour cream  
1 1/2 tablespoons Dijon-style prepared mustard  
1 tablespoon lemon juice  
2 1/2 teaspoons chopped fresh Veggie Box dill

**Thoroughly mix flour, eggs, onions and cheese with grated eggplant and squash. Add salt and baking powder and mix again. Heat about an inch of canola oil in a large frying pan over medium-high heat. To test the oil, dip the handle of a wooden spoon in the oil. If little bubbles rapidly appear around the base of the spoon, the oil is ready. Using a 1/4 cup measuring cup, carefully drop batter into oil. Using a spatula, flatten the fritter so that it is no more than 3/4 inch thick. Fry on each side until golden brown, about 5-6 minutes. Remove from oil and put on paper towels to drain excess oil. The middle should be thoroughly cooked.**

**Whisk together the sauce, and enjoy!**



## Crispy Potatoes With Lemon Dill Tahini Dressing

1.5 lbs. potatoes, cubed (from last week)  
1/4 tsp salt  
2 Tbsp cooking oil

1/4 tsp garlic powder  
1/4 tsp onion powder  
2 tsp fresh Veggie Box dill  
1/2 tsp dried parsley  
1/4 tsp salt  
freshly cracked pepper  
1/4 cup tahini  
1/4 cup water  
3 Tbsp lemon juice  
2 green onions

**Place the potatoes in a pot and add 1/4 tsp salt and enough water to cover the potatoes by one inch. Place a lid on the pot, turn the heat on to high, and allow the water to come to a boil. Boil the potatoes for 8-10 minutes, or until they are fork tender. While the potatoes are boiling, prepare the Lemon Dill Tahini Dressing. Add the garlic powder, onion powder, dill, dried parsley, salt, some freshly cracked pepper (about 10 cranks of a pepper mill), tahini, water, and lemon juice to a bowl. Stir or whisk until smooth. If the dressing is too runny, place it in the refrigerator and it will thicken as it chills. Drain the potatoes and let them cool for 5 minutes, or until they are cool enough to handle. Once slightly cooled, slice the potatoes in half. Add 2 Tbsp cooking oil to a non-stick skillet (cast iron if you have it). Heat the oil over medium-high. Once hot, add the potatoes. Let the potatoes cook, stirring only occasionally, until they are browned and crispy on the outside (about 10 minutes total). While the potatoes are frying in the skillet, slice the green onions. Remove the skillet from the heat and either transfer the potatoes to a serving dish or use the skillet as the serving dish. Drizzle a generous amount of the lemon dill tahini dressing over top, then add the green onions. Serve immediately.**