

# Veggie Box Newsletter

Summer Week 14, Thursday August 31

Welcome to the final week of the Summer Veggie Box!



Shopping local is fairly easy during the warmest months when fresh produce is abundant and farmers markets pop up all over Michigan. However, buying local foods may not seem as easy as we move into the colder months. However, many farmers markets are open year-round for a wide selection of winter produce, including our own Allen Farmers Market. Michigan farmers can use hoop houses to plant cold-hardy crops in the late summer and keep them growing into winter. Some Michigan crops that often grow in hoop houses include salad greens, spinach, kale, swiss chard, carrots, parsnips, beets, and other root crops. Some of these crops actually gain flavor and sweetness in the cold temperatures! With advancing storage technology, crops such as squash, potatoes, onions, and apples can be harvested late in the season, stored, and sold throughout the winter. Many people forget about supporting local food in the colder months, the same months that farmers and food producers need it more than ever.

## What's in the Box?

**Peaches**, *Phillips Orchard & Cider Mill, St. Johns*  
**Cherry Tomatoes**, *Peckham Farms, Lansing*  
**Sweet Peppers**, *Ten Hens Farm, Bath and Owosso Organics, Owosso*  
**Cantaloupe**, *Titus Farms, Leslie*  
**Kale**, *Titus Farms, Leslie*  
**Organic Jalepenos**, *Owosso Organics, Owosso*

## Add-Ons

**Bread**, *Stone Circle Bakehouse, Holt*  
**Meat Variety**, *Heffron Farms, Belding*  
**Chicken**, *Ham Sweet Farm, Williamston*  
**Cheese**, *Hickory Knoll Creamery, Onondaga*  
**Chevre**, *Hickory Knoll Creamery, Onondaga*

**Last Week of Veggie Box! Please Return The Empty Boxes**

## Producer Spotlight *Ham Sweet Farm*

Ham Sweet Farm is a small family pasture-based pork and poultry farm in Williamston, Michigan. The 30-acre backyard farm is run by Kate and her husband Christian, with the help of their young son. They operate with the core values of ensuring the best quality products, supporting their community, and maintaining ethical raising practices. All of the animals are fed only locally-grown and milled grain that is organic and GMO-free. Ham Sweet Farm is a model for economic, social, and environmental sustainability for a farming operation. Through their local market involvement, social consideration in pricing, and environmentally sustainable practices, they effectively and thoughtfully uphold the three pillars of sustainability.

## Crop Profile *Kale*

Though you may have only become familiar with Kale in the recent years with its popularity rise, Kale is actually a very old leafy green. It actually was one of the most popular greens throughout Europe until the end of the middle ages when other crops began to rival it. In addition to being a leafy green staple, Kale was also used medicinally to help alleviate intestinal ailments. Kale was given a new role due to World War II. Because so many countries were forced to ration, causing people to lack key nutrients, Kale production increased to help fill in some of the nutritional gaps. Kale is a great source of iron, Vitamins C and K, calcium, and many antioxidants. These days, Kale has many uses, such as in salads, soups, smoothies, and casseroles. To keep kale for up to a week, wrap the bunch in paper towels in a plastic bag and store them in the fridge crisper drawer.

# Recipes and Tips!

## Cantaloupe Sorbet

- 1 Veggie Box Cantaloupe (small cantaloupe)
- 2 Veggie Box peaches
- 1 cup water
- 1 cup sugar
- 1 tsp lime zest
- juice from 2 limes (about 1/4 c)

**Make simple syrup:** In a saucepan, bring water, sugar, lime juice, and lime zest to boil. When sugar is fully dissolved, turn off heat and cool.

**Fruit prep:** Cut cantaloupe into slices. Remove rind. Cut into chunks. Slice peaches and remove pits. Using a blender, puree fruits to liquid (working in batches may be helpful).

**Making sorbet:** Put all pureed fruit in a large, freezer-safe bowl. Add simple syrup gradually, stirring to mix and tasting as you go to achieve desired sweetness. You are aiming for a flavor that's slightly more sweet than you would normally eat, since freezing will alter the flavor.

Cover bowl with cling wrap and place in the freezer. Set a timer for 1 hour. When timer goes off, remove bowl and stir mix. Repeat timer and stirring at 1 hour intervals until the mix is very hard to stir. After 5-7 hours, depending on freezer temperature, the sorbet should be ready.



## Cashew Crunch Salad with Maple Tahini Dressing

- 1 bunch Veggie Box kale
- 1 red onion
- 1 Veggie Box red pepper, thinly sliced
- 1 cup shredded carrots
- 1 bunch scallions (chopped)
- 2 avocados, diced
- 1 cup cashews
- 3 tbsp sesame seeds
- dressing (below)
- 1 tsp salt

### Maple Tahini Dressing

- 1/3 cup tahini
- water (approx 1/4 c, added slowly)
- 2 tbsp lemon juice
- 2 tbsp maple syrup
- 2 tsp sesame oil
- 1 clove garlic, finely minced
- salt to taste

Wash and dry kale. Remove large stems. Chop leaves into small pieces. Add to large bowl with 1 tsp salt. massage kale gently to soften, and set aside.

Prepare the dressing by whisking together ingredients in the order listed. Set aside.

To kale, add onion, red pepper, carrots, and scallions. Toss. Add avocado, cashews and sesame seeds. Pour dressing over salad and toss until combined.

Optional toppings: more cashews and sesame seeds, bacon crumbles, pumpkin seeds, cheese (ex: feta, parmesan), fresh or dried herbs (ex: dill, oregano, thyme), red pepper flakes or finely diced jalapeno

