

Veggie Box Newsletter

Fall 2024 · Week 2 · Tuesday, September 24th

Founded in 1999, ANC grew out of a “healthy communities” initiative called the Eastside Summit. This summit began as an effort between Sparrow Hospital, the Eastside Neighborhood Organization, and community members to create a “healthy community” on the Eastside. One of those community members, Joan Nelson, took a leadership role in facilitating the summit, and many neighbors joined task forces focusing on health, housing, and neighborhood stability.

After four years, the Eastside Summit morphed into a new and independent non-profit organization, the Allen Neighborhood Center! In addition to the Veggie Box you all know and love, we have a wide array of community programming. The Outreach & Engagement services help neighbors navigate housing, medical and other resources in the community. BreadBasket Food Pantry, Allen Farmers Market, Hunter Park GardenHouse, Youth Service Corps, Take Root Garden Club, our Incubator Kitchens, the Senior Discovery Group, and Market Walk are all regular permanent programs, and the building hosts additional special events, workshops, and community space. Over 500 volunteers contribute over 10,000 hours every year to make this work possible. Together, we are building a more vibrant Eastside. Thank you for all the support over these past 25 years, and thank you for supporting local food!



What's in the Box?

Organic Jalapenos, Owosso Organics, Owosso

Organic Onions, Owosso Organics, Owosso

Muskmelon, Titus Farms, Leslie

Organic Green Beans, Monroe Family Organics, Alma

Organic Red Potatoes, Monroe Family Organics, Alma

Cherry Tomatoes, Peckham Farms, Lansing

Organic Parsley, Green Wagon Farm, Ada

Organic Collard Greens, Green Wagon Farm, Ada

Add-ons

Bread, Stone Circle Bakehouse, Holt

Coffee, Strange Matter, Lansing's Eastside

Meat Variety: Organic Ground Beef, Starlight Farms, Lake Odessa

Tea, Youth Service Corps, Lansing's Eastside

Kombucha, Apple Blossom Kombucha Co., Lansing

Chicken: Whole Cut-Up, Heffron Farms Market, Belding

Pork: Chops, Grazing Fields Cooperative, Charlotte

Beef: Organic Misc Cut, Starlight Farms, Lake Odessa

Producer Spotlight *Titus Farms*

Titus Farms was founded by Rose and Paul Titus in 1982. Growing up, both farmers worked at their respective family farms until they got married and purchased a small 20-acre land. Paul and Rose both dedicated their lives to farming so that they could pass on ownership of the farm to their daughter Rebecca Titus. Titus Farms is dedicated to producing the highest quality vegetables using sustainable organic farming methods, as well as producing unique varieties of vegetables that capitalize on great taste.

Crop Profile *Muskmelon*

Muskmelons are large, hard-skinned fruits with sweet, juicy flesh and large seeds. A ripe muskmelon should smell fruity or musky, and give slightly at the stem to gentle pressure. What's the difference between a cantaloupe and a muskmelon? Cantaloupe are a type muskmelon variety! All cantaloupe are muskmelons, but not all muskmelons are cantaloupe. Complicating the issue further, what is called cantaloupe is different in the USA from other parts of the English-speaking world. The variety this week is the **Sugar Cube Muskmelon**, which grows as personal-sized melons, perfect for the Veggie Box! They are great eaten fresh after halving and removing the seeds. Or use the halved melon as a edible bowl for ice cream. Muskmelons can be stored in the fridge for two weeks, but be sure to store them in a container to make sure their aroma doesn't flavor the other food in your fridge.

Recipes and Tips!

Fresh Veggie Box Salsa

- 1 Veggie Box tomato (from last week), diced
- 1/4 cup green onions, finely chopped
- 1 tbsp. Veggie Box parsley, chopped
- 1 tbsp. basil, chopped
- 1 Veggie Box jalapeno, minced (remove seeds for less heat)
- 1 Veggie Box banana pepper (from last week), diced
- 1 clove Veggie Box garlic (from last week), minced
- 2 teaspoons lime juice
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/2 teaspoon sugar

Combine all ingredients into a bowl. Mix together well and let the combination sit for about ten minutes, so all the flavors meld together. Make sure the green onion, garlic, and jalapeno are truly chopped fine enough. There are some powerful flavors in those vegetables and the smaller you can make each piece, the better. Enjoy with tortilla chips or as a topping for tacos, omelets, and more!



Garlicky Collard Greens

- Veggie Box collard greens, chopped
- 1 tablespoon olive oil
- 2 cloves Veggie Box garlic (from last week), minced

Bring a large pot of water to a boil. Add collard greens and simmer 5 minutes. Drain. Heat olive oil in same pot over medium heat. Add garlic and sauté 1 to 2 minutes or until golden brown and fragrant. Add greens and sauté 5 minutes or until tender. Season with salt and pepper and serve warm.