

Veggie Box Newsletter

Week of June 20

Hello Summer! The summer solstice has arrived, officially marking the start of our favorite warm and sunny season. Ironically, this year's solstice shared the spotlight with a rare and striking celestial phenomenon that has not been seen in the night sky since 1967, the Strawberry Moon. Why the irony, you ask? Well, we are so excited to announce that strawberries are finally here! Grown locally and freshly picked, these sweet fruits are the perfect way to welcome summer.

What's in the Box?

- **Salad Mix**, *Urbandale Farm, Lansing, MI*
- **Carrots**, *CBI's Giving Tree Farm, Lansing, MI*
- **Cucumber**, *Hillcrest Farms, Eaton Rapids, MI*
- **Bok Choy**, *Lansing Roots, Lansing, MI*
- **Romaine Lettuce**, *Ten Hens Farms, Bath, MI*
- **Sage**, *CBI's Giving Tree Farm and Magnolia Farms, Lansing MI*
- **Mint**, *Magnolia Farms, Lansing, MI*
- **Strawberries**, *Zilke Farm, Milan, MI*

Producer Spotlight:



Urbandale Farm, a.k.a The Lansing Urban Farm Project, is a recently created non-profit that uses sustainable practices to produce fresh, affordable produce while building community within Lansing, Michigan. They began their work in Urbandale on Lansing's Eastside and offer asparagus, bok choy, radishes, spinach, yams, and much more! Urbandale Farm continues to thrive and has become a Lansing food staple.

Crop Profile: Bok Choy



Rich in nutrients, vitamins, and antioxidants, this bright green member of the cabbage family packs a healthful punch! Along with its standout nutrient richness, bok choy also provides anti-inflammatory benefits when consumed on a regular basis. It is simple to prepare, has an easy-to-chew texture, and has a delightfully mild sweet taste. To receive the most health benefits from your bok choy, store it up to one week in a plastic storage bag in the fridge and sprinkle it with a little lemon juice prior to preparation. Long story short, this cruciferous vegetable is nutritious, delicious, and sure to be loved!



EXCHANGE

Weekly Recipes:

Box Choy Spring Rolls

Filling:

- 1 small yellow onion
- 2 stalks celery
- 2 carrots
- 1 clove garlic
- 1 c green cabbage
- 1 c baby spinach
- 1 lg bok choy
- 2 shiitake mushrooms
- 1 scallion

Sauce:

- 2 tbs soy sauce
- 1 tsp cornstarch
- 1 tsp sesame oil
- ½ tsp mustard powder
- ground pepper
- ¼ tsp ginger powder
- 1 packet spring roll wrappers

Start by preparing the filling. Mince all of the vegetables in the list above. Separate the onion, celery, carrots, and garlic into one bowl, and all of the other vegetables into a second.

Saute the veggies in the first bowl over medium heat for 6 minutes. After 6 minutes add the second bowl of veggies and cook for 5 minutes. Make sure to stir the mixture well.

As the veggies are cooking, move on to the dipping sauce. Combine the sauce ingredients in a medium size bowl and stir until consistent.

Now you're ready to fill the spring roll wrappers. Dab water on each side of the spring roll and lay them diagonally on a cutting board. Spread the filling evenly starting in the center. Fold the bottom, left, and right edges inward to form a rectangle. Fold the last edge inward to complete the roll. Coat in olive oil and heat in a pan until brown on all sides.

Sage Infused Honey

adapted from thekitchn.com

Ingredients

- 1-2 tbs dried sage
- 1 c honey

Using twine or a rubber band, secure sage and hang upside down in a warm well ventilated area away from sunlight. Leave to dry until the leaves crumble; this takes anywhere from one to four weeks.

Place sage leaves in the bottom of a jar and fill the jar almost to the top with honey. Using a fork or chopstick, stir to coat sage.

Let the sage infuse for at least five days.

Strain the honey into a clean jar and enjoy!

Strawberry Salsa

adopted from shewearsmanyhats.com

- 1/2 ounce balsamic vinegar
- 1/4 tsp kosher salt
- 1/8 tsp ground black pepper
- 1 pound strawberries, diced
- 1/2 tbs finely chopped basil
- 1/2 tbs finely chopped mint

In a large bowl whisk together vinegar, salt & pepper until combined well. Add diced strawberries, chopped basil & mint. Stir. Refrigerate covered until ready to serve. Serve with pita chips, corn chips, or as a dessert toping.

Reminder:

Please return your boxes this week so we can reuse them next week! Thanks!