

# Veggie Box Newsletter

## Week of July 14

Today we join France in celebration of Bastille Day. Similar to our Independence Day, Bastille Day commemorates the beginning of the French Revolution, the end of monarchy, and the beginning of the modern republic. On this day in 1789, a group of Parisians stormed the Bastille, a prison and fortress where political prisoners were held. Also on this day in 1790, la Fête de la Fédération was celebrated to signify peace and unity in France. In your Veggie Box you'll find French Breakfast Radishes and Raspberries, which were originally cultivated in France and throughout Europe. Tous a la Bastille!

### What's in the Box?

**Lavender**, CBI's Giving Tree Farm, Lansing

**Rosemary**, CBI's Giving Tree Farm, Lansing

**Basil**, CBI's Giving Tree Farm, Lansing

**Shelling Peas**, Ten Hens Farm, Bath

**French Breakfast Radish**, Ten Hens Farm, Bath

**Scallions**, Ten Hens Farm, Bath

**Cucumber**, MSU SOF, East Lansing

**Raspberries**, Peckham Farms, Lansing

**Swiss Chard**, Titus Farms, Leslie

#### Add Ons:

**Meat Variety: Breakfast Sausage**

**Links**, Grazing Fields Farm

**Pork: Pork Shoulder**, Grazing Fields Farm

**Chicken: Chicken Wings**, Stone E River Ranch, Eagle

**Bread**, Stone Circle Bakehouse, Holt

**Coffee**, Rust Belt Roastery, Lansing

**Blueberry Pie**, Glory Bees Sweet Treats, Mason



### Producer Spotlight: *Rust Belt Roastery*

Attention all coffee lovers:

This one's for you!

After falling in love over a cup of coffee in Baja, Mexico, Paul and Emily Nichols began their search for their own coffee bean roaster. The couple eventually discovered their antique Italian roaster and instantly began making magic.

They roast their coffee beans with hardwood, yielding a deeply rich, unique, and delicious coffee flavor.

Paul and Emily also have a strict policy on only purchasing coffee beans that have been grown in humane and environmentally sustainable conditions. They are regulars at many areas Farmer's Markets, offering cold-brews, coffee beans, and even their own organic chocolate.

With their friendly personalities and amazing coffee, you will definitely not regret stopping by and checking them out at our farmer's market!

### Crop Profile: French Breakfast Radishes

Typically available year round, this heirloom radish flourishes in milder months. Known for its vibrant coloring of vivid fuchsia-red and bright white, the French breakfast radish is topped with edible, leafy greens and boasts a mildly spicy flavor. They are crisp, crunchy, and packed with Vitamin C, calcium, magnesium, folate, and potassium. These little guys are also great at promoting healthy digestion!

French breakfast radishes can be prepared in a variety of ways. They can be grilled or oven roasted; which brings out a subtly sweet and nutty flavor. They can also make for a quick snack eaten by themselves or sprinkled with a dash of sea salt. You can toss them onto salads, add them to tacos, or include them in omelettes. They also pair well with blue and feta cheese, as well as lemon juice and

fresh herbs.



EXCHANGE

Fun fact: the word "radish" in Greek means "fast appearing." This name fits perfectly because radishes grow very quickly and are ready harvested just 20-30 days later!

# Weekly Recipes:

## **Perciatelli with French Breakfast Radishes, Bacon & Greens**

*adapted from thekitchn*

6 ounces dried perciatelli  
Large bunch French breakfast radishes, greens included  
4 strips bacon  
2 tablespoons olive oil  
1/3 cup freshly grated Pecorino Romano

Bring a large pot of salted water to a boil. Cook the pasta 12 minutes, until just tender. Separate the radishes from the greens and slice enough radishes 1/8-inch thick to yield 1 cup. Measure out 3 cups of packed radish greens and coarsely chop. Cut the bacon into 1/3-inch strips. Cook in a very large sauté pan over high heat for 3 minutes, until the fat is rendered and the bacon is soft, not crispy. Add the oil, chopped radish leaves, and sliced radishes. Cook over high heat until the greens wilt and the radishes soften, 5 minutes.

Drain the pasta; add to the pan and cook 2 minutes. Toss with half the cheese, lots of coarsely cracked black pepper, and salt. Sprinkle with the remaining cheese.

## **Mint Pea Salad**

*adapted from popsugar.com*

2 1/2 cups shelled peas  
1 small scallion, thinly sliced  
1 small leek, cleaned, white part only, thinly sliced  
Zest and juice of 1 lemon  
1/4 cup extra virgin olive oil  
1/2 cup shredded fresh mint leaves

Bring a large pot of water to a boil. Cook peas for no more than two minutes.

Drain immediately and plunge the peas into a bowl of ice water. Drain and pat dry.

Puree 1/2 cup of cooked peas with lemon juice, zest and olive oil in blender until smooth.

Gently toss remaining peas, scallion, leek, and mint in a medium bowl. Pour puree over salad and serve.

## **Sautéed Swiss Chard with Parmesan**

*adapted from allrecipes.com*

2 tbsp olive oil  
2 tbsp butter  
1 tbsp minced garlic  
1/2 small red onion diced  
1 Bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately  
1/2 cup dry white wine  
1 tbsp fresh lemon juice  
2 tbsp freshly grated Parmesan cheese

Melt butter and olive oil together in large skillet. Stir in garlic and onion, cook for one minute. Add chard stems and white wine. Simmer for five minutes. Stir in chard leaves and cook until wilted. Stir in lemon juice and Parmesan cheese.



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Don't forget to bring back your boxes this week so  
we can reuse them. Thanks!

