



# Veggie Box Newsletter

## Week 5 | July 13



Welcome to week five! It's hard to believe we're already a quarter of the way through the Summer Veggie Box! We hope you've enjoyed experimenting with all kinds of local produce, and we're excited to bring you another box full of wonderful surprises! Your continued support and enthusiasm for local food not only reinvests in the businesses close to home that we feature each week, but also provides you with the unique treat of food picked at the peak of ripeness that's full of flavor and nutrients because of the short time and distance between harvest and your table. So dive into week five, and enjoy!

### What's in the Box?

- Zucchini**, *Peckham Farms*, Lansing
- Cucumber**, *Peckham Farms*, Lansing
- Borage**, *Lansing Roots Farm*, Mason
- Beans**, *MSU SOF*, East Lansing
- Broccoli**, *CBI Giving Tree Farms*, Lansing
- Dino Kale**, *Titus Farms*, Leslie
- Pearl Onion**, *Monroe Family Organics*, Alma
- Scapes**, *Ten Hens Farm*, Bath
- Cilantro**, *Urbandale Farm*, Lansing

### Add-Ons:

- Bread**, *Stone Circle Bakehouse*, Holt
- Pie/Sweet Treats**, *Glory Bee Sweet Treats*, Mason
- Meat Variety**, *Grazing Fields*, Charlotte
- Eggs**, *Grazing Fields*, Charlotte
- Cheese/Chevre**, *Hickory Knoll Farms Creamery*, Onondaga
- Dry Beans**, *Ferris Organic Farm*, Eaton Rapids
- Coffee/Cold Brew**, *Rust Belt Roastery*, Lansing
- Chicken**, *Trillium Wood Farm*, Williamston
- Pork**, *Grazing Fields*, Charlotte
- Beef**, *Heffron Farms*, Belding

### Producer Spotlight:

#### TITUS FARMS

Titus Farms was started in 1982 by Paul and Rose

Titus of Dansville, Michigan. Both Paul and Rose grew up just outside of Lansing, raising various animals and field crops as part of their respective family's farms. They also each helped cultivate a family vegetable garden, a mainstay for farming families. Paul continued to farm full-time and raise field crops and horses until, after marriage, Rose developed chemical sensitivities while carrying their daughter. Together, with their broad knowledge of farming, they ventured into farming using only organic methods.

Their daughter Rebecca has chosen to continue the family tradition of farming and currently oversees much of the day-to-day operation of the farm. At Titus Farms, their role as steward of the land is the highest priority, and they use compost, natural fertilizers, and hand-weeding to keep the soil healthy and herbicide-free. They also keep bees, chickens, and natural habitat on their land to help maintain a diverse, thriving farm ecosystem.



### Crop Profile: Borage

Borage, also known as starflower, is an herb native to the Mediterranean that is known for its bright blue flowers and cucumber-flavored leaves, both of which are edible. The flowers have a sweet, honey-like taste and can be tossed with the leaves in salads or used to garnish cocktails and cold soups like gazpacho. Borage can also be infused in tea and lemonade or frozen in ice cubes for a pretty summer drink. Borage flowers are one of the only edible plants in nature that have a true blue color, and in they garden they act like a magnet for a wide variety of pollinators, especially honeybees. Since ancient times, however, borage has mostly been prized for its medicinal uses. Pliny the Elder noted its antidepressant properties, and Romans believed borage helped to provide courage before battle. Today borage is the highest known plant source of gamma-linolenic acid (GLA), an omega-6 fatty acid that has anti-inflammatory effects and may reduce joint pain and swelling. Borage also contains antioxidants, B vitamins, beta-carotene, calcium, iron, and trace minerals important for overall health.

### Lemon Parmesan Broccoli

submitted by Ruthie Sudderth

- 1 head broccoli cut into bite-size florets
- 3 tbsp grated parmesan (grated fresh is best)
- 1 tbsp grated lemon zest
- 2 tbsp fresh lemon juice
- Salt and Pepper
- 2 tbsp extra virgin olive oil

Preheat oven to 400° F  
Cut and wash broccoli florets, then pat dry.  
On a large baking sheet, drizzle olive oil on florets and toss to coat.  
Sprinkle the florets with salt, pepper and parmesan and toss to distribute evenly.  
Roast in 400 degree oven for 18-20 minutes, flipping once.  
Dress with lemon zest and juice. Enjoy!



### What do I do with that? Veggie Box Q & A



#### How do I make kale chips?

The kale that is best for chips is going to be in the box this week! Dino kale is great for chips- just take the rib out and drizzle a bit of olive oil/salt/pepper. Massage the oil on the kale and bake in a single layer at 350 on a parchment-lined sheet tray for 10-14 minutes. Let them cool and enjoy!

#### What is the best way to preserve zucchini?

This time of year has the best zuc and to preserve it you can blanch and freeze. This can be done with many vegetables to preserve and use later (like in the winter when you want some great tasting produce). To blanch, you just cut the zuc in slices and then cook them in boiling water quickly and shock them in ice water. You want to make sure this is done quickly so the cooking stops. Then drain the zuc and put in bags to freeze. I find it best to portion the amount that I will intend on cooking for one meal. You can also shred zuc and use it in a variety of different recipes.

### Cucumber & Borage Salad

- 3 cucumbers, sliced thin
- 1 small onion, chopped
- 2-3 borage leaves, chopped
- 1 cup sour cream
- 2 Tbsp apple cider vinegar
- salt & pepper

Combine the sour cream and vinegar and give it a taste- if you think it needs a little sweet, add about a teaspoon of sugar or 1/2 teaspoon of honey. Add the remaining ingredients and chill for about 30 minutes. The liquid from the cucumber will thin out the sauce. Enjoy!

### Green Bean Saute

- 1 share of green beans
- 1 ea purple onion, chopped
- 1 ea garlic scape, chopped
- 1 tsp olive oil
- stock
- salt & pepper

Heat the oil in a pan (I prefer a cast iron pan) and add the beans to the hot oil. Let them go a bit and then add the onions to the pan. I like to let the onions start to get a little brown and then add the scapes to the pan. The scapes will not take long to cook so be ready with a splash of stock to stop the cooking. Add the stock when the scapes have a bit of color to them. Season with salt and pepper. Sometimes I like to finish the beans with a little butter at the end, it makes a nice sauce for the beans (buerre blanc)

This box has the herb borage which is a very unusual item that is not frequently seen. The flavor is different and almost like a watermelon, turning very green at the end. The flower can be candied if you want an adventure! Candied flowers are fun but be careful when working with syrups. I like to just make a heavy simple syrup then dip the flower and dredge in sugar. This way you preserve the integrity of the flower while adding to the flavor.



Please be sure to return your box every week! or bring a reusable bag for your fruits & veggies!

Comments, Questions, Suggestions?

We would love to hear from you!

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