



Veggie Box Newsletter

Week 3 | June 29



Welcome to week three of the Veggie Box! Now that the Fourth of July is upon us, it is time to celebrate not only with family and friends, but with a variety of fresh local food as well. As with any big holiday, festival, and celebration, people have always united around the eating of amazing food with wonderful people. This week's box will give you the freshest and most festive ideas to last all week long!

What's in the Box?

Saskatoons, *Tomac Pumpkin Patch*, Chesaning
Scallions, *Bourne Fraiche Farms*, Lansing
Cucumber, *MSU SOF*, East Lansing
Rosemary, *CBI Giving Tree Farm*, Lansing
Carrots, *CBI Giving Tree Farm*, Lansing
Mixed Greens, *Swallowtail Farms*, Mason
Mini Cucumbers, *Peckham Farms*, Lansing
Garlic Scapes, *Michael Grimes*, Webberville

Add-Ons:

Bread, *Stone Circle Bakehouse*, Holt
Sweet Treats, *Teff-rific*, Mason
Eggs, *Grazing Fields*, Charlotte
Chevre/Cheese, *Hickory Knoll Farms*, Onondaga
Cold Brew/Coffee, *Rust Belt Roastery*, Lansing
Meat Variety, *Heffron Farms*, Belding
Chicken, *Stone E River Ranch*, Eagle
Beef, *Heffron Farms*, Belding
Pork, *Grazing Fields*, Charlotte

Producer Spotlight:



Tomac Pumpkin Farm is a 4-generation family run operation located in Chesaning, Michigan. They started as a 4-H and FFA project selling a few pumpkins, but have grown to primarily raise corn, soybeans, and wheat over the last 30 years. They also now offer almost 100 different pumpkins, gourds and squashes as well as other traditional fall decorations like corn stalks, straw, and Indian corn.



Crop Profile: Saskatoons

Saskatoon berries, also known as prairie berries or juneberries, are native to North America and grow in the wild across Alaska, Canada, and the Northern U.S. The berry's name comes from the Cree word *misâskwatômina* (mis-sack-qua-too-mina), which means "the fruit of the tree of many branches." Saskatoons grow on bushes that can reach up to 16 feet in height, and although they look a lot like blueberries, they're actually more closely related to the apple family. Saskatoons continue to ripen off the bush and have a sweet, nutty flavor. High in iron, calcium, potassium, and vitamin C, Saskatoon berries are an even better source of calcium than red meats and vegetables. Saskatoons are also rich in antioxidants, which help to reduce the risk of certain cancers and cardiovascular diseases. Saskatoons can be consumed fresh or preserved when frozen, dried, or canned. They are commonly used in pies, tarts, scones, muffins, bread, coffee cake, jams, sauces, salad dressing, trail mix and much more!

Roasted Carrots with Scallion-Ginger Glaze

About 1 pound carrots

4 Tbsp vegetable oil

1/2 tsp salt

2 Tbsp minced ginger

1/4 cup chopped scallions

1 Tbsp minced garlic

1. Preheat oven to 400 degrees F
2. Cut carrots in spears about 3" long & 1/2" wide
3. Toss the carrots with 2 Tbsp of the vegetable oil on a baking sheet
4. Roast the carrots in the oven, turning occasionally, until tender & browned, 30-40 min
5. Meanwhile, mix the ginger, scallions, garlic, & salt in a heatproof bowl
6. Heat the remaining 2 Tbsp of vegetable oil in a small saucepan high heat until hot.
7. Carefully pour the oil over the scallion mixture & mix well, mashing with the back of your spoon
8. Remove the carrots from the oven & toss them with the scallion-ginger glaze, serve warm



What do I do with that?

Veggie Box Q & A

What are edible flowers?

There are many flowers that are edible and this week we have a couple in the mixed greens! Nasturtiums are the edible flowers in the salad mix this week. They have a slightly spicy flair to them with an interesting "floral" flavor. The leaves of the nasturtium are edible as well and they have a peppery flavor that is a nice addition to your salad.

How do you make a vinaigrette?

The sky is the limit! I use the general rule 1 part vinegar to 2 parts oil. I use a squeeze of citrus with a dollop of dijon. Combine all the ingredients except the oil. I use an immersion blender or a whisk and start to slowly stream the oil into the vinegar mixture. The combination should start to thicken as you add more oil, creating an emulsified vinaigrette. French cuisine uses an egg yolk to strengthen the bond.



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

Cucumber Sandwiches

In a small bowl, mix one 8oz package of whipped cream cheese and one 0.7oz package of dry Italian dressing mix (or create a DIY mix with 1 tsp dried parsley, 3/4 tsp black pepper, 1 tsp seasoned salt, 1/2 tsp garlic powder, 1/4 tsp onion powder, and 1/8 tsp dried thyme). Spread equal portions of the cream cheese mixture on slices of cocktail rye bread. Top each with one or two slices of cucumber. Tip: Cucumbers hold a lot of moisture, often causing soggy bread. Before you place your slices on top of each sandwich, pat them dry with paper towel.

Saskatoon Berry Muffins

3/4 cup rolled oats

3/4 cup milk

1 1/2 cups all-purpose flour

1/2 cup white sugar

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1/4 teaspoon salt

1/2 cup vegetable oil

1 egg, beaten

1 cup saskatoon berries

1 tablespoon brown sugar

Preheat oven to 350 degrees F

Grease a 12-cup muffin pan

Stir oats & milk together in a small bowl; set aside

Whisk flour, white sugar, baking powder, baking soda, & salt together in a large bowl

Whisk vegetable oil & egg together in separate bowl

Stir egg mixture into flour mixture just until batter is combined.

Fold oat mixture into batter; fold in Saskatoon berries

Divide batter evenly into the prepared muffin cups

Sprinkle muffins with brown sugar

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 18 minutes

Cool in pans, 10 minutes

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Comments, Questions, Suggestions?

We would love to hear from you!

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