



Veggie Box Newsletter

Week 2 | June 14th



Welcome to week 2 of the Summer Veggie Box! We so hope you enjoyed your first box of the season, and are excited to bring you the freshest in-season produce from the Greater Lansing area. We'd also like to recommend the Allen Farmers Market as a great supplement to what you receive in your Veggie Box each week. The 2018 outdoor season features roughly 25 local vendors offering a wide range of food products, including dinner options to enjoy outside on our patio or inside the Allen Market Place! Stop by Wednesdays from 2:30-7pm!

Veggie Box Add-Ons

Bread, *Stone Circle Bakehouse*, Holt
Sweet Treats, *Teffrific*, Lansing
Meat Variety, *Grazing Fields*, Charlotte



What's in the Box?

Strawberries, *Peckham Farms*, Lansing
Romaine Lettuce, *Monroe Family Organics*, Alma
Spring Mix, *Monroe Family Organics*, Alma
Dill, *Hunter Park GardenHouse*, Lansing
Cooking Greens, *Monroe Family Organics*, Alma
Cucumbers, *MSU Student Organic Farm*, Holt
Bok Choi, *MSU SOF*, Holt

Producer Spotlight: Hunter Park GardenHouse

Hunter Park GardenHouse (HPGH), a project of Allen Neighborhood Center, is located at Hunter Park, just down the road from ANC. Since it's start in 2008, it has been a year round farm & garden education center where neighbors can volunteer to grow food, flowers, & community. It also gives youth a chance to develop job & life skills through service to the Eastside neighborhood. HPGH is open six days a week, so feel free to stop by & get your hands dirty!



Crop Profile: Bok Choi



A deep green leafy vegetable that resembles Romaine lettuce on top and a large celery on the bottom, bok choy is a crucifer more closely related to cabbage. The entire vegetable can be used, and is often added raw to salads for a satisfying crunch. In soups, the leaves and stalks should be chopped and added separately, since the stalks take longer to cook. Cultivated in China for centuries, bok choy has played a large part not only in its cuisine, but in traditional Chinese medicine. Containing a wealth of vitamins C, A, and K, and excellent sources of calcium, magnesium, potassium, manganese, and iron, bok choy deserves its reputation as a powerhouse among vegetables.

Stir-Fried Bok Choi

Adapted from <https://amindfullmom.com/>

For the Sauce:

2 tablespoons honey
1/2 teaspoon freshly grated ginger
2 cloves of garlic grated or minced finely
2 tablespoons reduced sodium gluten-free soy sauce
1 tablespoon rice wine vinegar

For the Stir-Fry:

1 teaspoon sesame oil
1 pound of protein (chicken, tofu, tempeh, pork, etc.)
1 head of Veggie Box bok choy washed and cut into 1 inch strips
2 large carrots peeled in strips or 1/2 cup matchstick carrots
5-6 green onions diced
1 tablespoon sesame seeds

Stir together all the ingredients for the sauce and set aside.

Heat sesame oil in a large wok or skillet over medium-high heat. Add in chicken and cook for 5-7 minutes. Add in bok choy, carrots, green onions, and sesame seeds. Stir continuously for 3 minutes and then add in sauce. Cook until sauce has coated the chicken and vegetables and heated through.

What to do with Cooking Greens?

Pasta. Sauté chopped greens in olive oil or butter, and add to any pasta dish!

Soup. Toss washed and chopped greens into any soup homemade or store bought.

Eggs. Add greens into scrambled eggs or make a frittata.

Sautéed : Greens are delicious simply sautéed with olive oil, garlic, and crushed red pepper flakes. Sauté sliced onions until tender, add garlic and pepper flakes, then add chopped greens and a pinch of salt to the pan. Cover the pan for a few minutes to allow the leaves to wilt, then uncover and allow any liquid to cook off. Finish with a squeeze of lemon or splash of vinegar.

Freeze. To freeze greens for later use, remove stems, clean and chop greens. Bring a large pot of salted water to a boil. Blanch greens by cooking for one minute, then use tongs or a slotted spoon to transfer to a bowl of ice water. Freeze cooled greens in one and two cup containers to use later in the week. Thaw and use in soups, stews, and sautés.

Really, try them in just about anything - Quesadillas, Burritos, Curries, Stir-Fry, Pizza and Smoothies!

Strawberry Salad with Candied Pecans

Vinaigrette

1/2 cup balsamic vinegar
1/2 cup olive oil
1 Tbsp dijon mustard
1 Tbsp honey
Salt and freshly ground black pepper

Candied pecans

3/4 cup broken or roughly chopped pecans
1 1/2 Tbsp brown sugar
1/2 Tbsp butter

Salad

Veggie Box Spring Mix and/or Romaine Lettuce
1 pt of Veggie Box strawberries, sliced
1/3 small red onion, thinly sliced

For the Dressing:

bring vinegar to a boil over medium heat and allow to boil until reduced by half, about 3 minutes. Pour into a jar or bowl, add olive oil, dijon mustard, honey and whisk to blend while seasoning with salt and pepper to taste. Thin with a little water if desired. Set aside.

For the pecans:

Add pecans, brown sugar and butter to a small non-stick skillet and cook over medium-heat, stirring constantly until sugar starts to melt and caramelize, about 2 - 3 minutes. Transfer to a plate in a single layer to cool.

Loving your Veggie Box? Sign up for our Fall 2018 distribution; 14 Weeks, September 20 - December 20!

\$20 per week (\$280 for the season) plus the cost of add ons.

For more information, pricing, and registration go to:
bit.ly/fallveggiebox2018

ANC Happenings

Plant Therapy June 16, 2018 10:00 am – 12:00 pm

Come to a session dedicated to the therapeutic benefits of plants. Discussion will include which plants to incorporate into your home and garden to ease various ills.

Register at hpgh-plattherapy.eventbrite.com

Intermediate Beekeeping June 23, 2018 10:00 am -12:00 pm

This will be a hands-on intensive working a live bee hive and will cover: hive handling, hive inspections, testing for varroa mites, and discussing management and treatment options. Participants must be properly clothed with loose fitting jeans, closed toed shoes, a long sleeve cotton shirt, and gloves.

Register at hpgh-interbeekeeping.eventbrite.com

