

Veggie Box Newsletter

Week 2: March 14

Welcome to the second week of the Spring Veggie Box! This week you will have the opportunity to experiment with more delicious meals using the fresh, locally grown and produced foods in your box. For most people, shopping at the grocery store is such a routine part of life that it has become a weekly chore. In the supermarket setting, it is easy to feel overwhelmed by the variety and quantity of options available to you. It is common to repeatedly buy what we know until the foods we eat become part of a routine and the cooking of those foods, a chore. The Veggie Box breaks up this monotony and challenges us to try new foods, get creative in the kitchen with seasonal produce, and put our trust in others to "shop" for us. This week, the Veggie Box team thanks you for taking a risk and changing how you relate to food and the environment, one week at a time. Thank you for supporting local food!

Producer Spotlight

Teff-Rific

Rahel Musa has been using ANC's incubator kitchen to cook traditional Ethiopian and Eritrean food since 2015. Originally from Eritrea, she served as a social worker in many different capacities before coming to Lansing in 2003. Describing her pancake mix, Rahel says, "It's made with teff, one of the ancient grains. It is gluten free, high in iron, protein, and calcium, and good for your blood pressure and cholesterol; it has many health benefits." Rahel also serves traditional Eritrean dinners that are ready to eat at her booth at the Allen Farmers Market every Wednesday!

Crop Profile

Fennel Fronds

Fennel has a bulb-like base, stalks like celery, and dill-like fronds that resemble Queen Anne's lace - and it's actually part of the carrot family! The lacy fronds that you'll find in your box have a delicate anise flavor and are so tender that they practically melt in your mouth. They can be used the same way as other fresh, soft herbs like parsley or dill. You can mix chopped fennel fronds into pestos, salsas, stocks, curries, and vinaigrettes for an added hit of freshness or use them to top yogurt dips, eggs, stir-fries, toasts, and seared meats.



What's in the Box?

Fennel Fronds (herb), *Hunter Park GardenHouse, Lansing*

Salad Mix, *Hunter Park GardenHouse, Lansing*

Gala Apples, *Phillips Orchards & Cider Mill, St. Johns*

D'avignon Radish, *Hunter Park GardenHouse, Lansing*

Teff Pancake Mix, *Teff-Rific, Lansing*

Garlic, *Ten Hens Farm, Bath*

Organic Green Luobo Daikon Radishes, *MSU Student Organic Farm, Holt*

Organic Kale Tops, *MSU Student Organic Farm, Holt*

Add-Ons

Bread, *Stone Circle Bakehouse, Holt*

Meat, *Grazing Fields Cooperative, Charlotte*

Sweet Treats, *Stone Circle Bakehouse, Holt*

Honey, *Bee Wise Farms, Lansing*

ANC Happenings

Hunter Park GardenHouse Workshop Series

The next workshop is Saturday, March 23, 12-2pm, at Hunter Park GardenHouse. Stop by to learn how to create healthy soil for your backyard or garden space! The suggested donation is \$12. For more information and to see what other workshops are being offered, go to Allen Neighborhood Center's website at allenneighborhoodcenter.org and select GardenHouse Workshops under the Hunter Park GardenHouse dropdown.

Recipes

Butter Toasted Orzo with Fennel Fronds & English Peas

1 cup orzo
handful of cherry tomatoes - sliced
handful of English Peas
handful of Kalamon olives - halved
Veggie box bunch of fennel fronds
olive oil
1 tbsp butter
salt & pepper

In a deep saute pan over low/med heat add orzo and butter. Toast orzo stirring occasionally until it starts to have a nutty aroma and browns a bit. Add 3 cups of water, cover and boil for 10 mins. Drain and rinse with cold water. Mix with other ingredients, drizzle with olive oil and season to taste.



Spicy Roasted Daikon "French Fry" Recipe

Veggie Box daikon radish, peeled & sliced
2 1/2 tablespoons of canola or grapeseed oil
3/4 teaspoon chile paste
1/2 teaspoon low sodium Tamari or soy sauce
1/4 teaspoon ginger pulp, freshly grated
1/4 teaspoon granulated sugar
1/4 teaspoon sea salt

Preheat the oven to 475°F, and adjust a rack to the center. Cut the daikon radishes into 1/4 inch thick sticks. Add all of the Daikon slices to a baking sheet and set aside. Then, in a small bowl, combine the oil, chile paste, Tamari or soy sauce, ginger, sugar and salt. Drizzle this over the Daikon slices and then use your hands to toss them until they're all evenly coated and in a single layer. Place the baking sheet in the preheated 475°F oven and roast until they are golden brown on all sides, about 30 minutes. (You should gently toss/flip them about halfway through the cooking time.)

Serve and enjoy!



Radish Toast

Veggie Box D'avignon Radishes
Veggie Box Fennel
Sea Salt
Salted Butter
Baguette

Slice and toast baguette, and spread butter. Place sliced radishes on top, along with a pinch of sea salt and fennel fronds!

