

# Veggie Box Newsletter

Week 4: March 28

Welcome to week 4 of the Spring Veggie Box! Food traditions that have been passed through your family are more than just recipes – they're windows into the culture and history of those who came before you. For most people, there are specific foods and recipes that help to connect us to a culture or history that has been handed down for generations. The intersection of food with culture and history is understood through the study of **foodways**. Foodways are all of the traditional activities, attitudes, beliefs and behaviors associated with the food in your daily life. Foodways include customs of food production, preservation, preparation, presentation, gathering, marketing (both buying and selling), uses of food products other than for eating and food folklore. Foodways connect people to a geographic region, a climate, a period of time, an ethnic or religious group, and a family. New foodways are being created or revived all the time - for example, there is a renewed interest in canning and preserving as a result of foodways being rediscovered. Considering how foodways are alive in your life can help create an appreciation for the role and importance that food plays in our lives. What role do you think Veggie Box play in foodways? Thank you for supporting local food!

## Producer Spotlight

### *Half Barn Farm*

Ben Linsemier founded Half Barn Farm in 2012 on Lansing's Eastside when a large plot of scrubby land on the 600 block of South Clemens became available through the Ingham County Land Bank's Garden Program. On nearly an acre of land, and with a hoop house on-site, Ben grows a variety of local produce. Half Barn Farm wants to help nourish a vibrant healthy community and local food system while being a good steward of the land for those that follow.

## Crop Profile

### *Black Spanish Radishes*

Different from traditional spring radishes, the ones that are pink and purple, these Spanish radishes have a black exterior (hence the name). The textured, matte-black exterior of the Black Spanish gives way to a smooth, bright cream-colored interior that is high in Vitamin C, and has a spicy bite to it. The meat of this radish is firm, yet also tender: this a toothsome, almost velvety radish -- not a crisp, juicy winter radish like the watermelon or daikon. These black radishes were first cultivated in the eastern Mediterranean and were even grown in Egypt before the pyramids were built as remains of them have been found in excavations.

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## Veggie Box

## What's in the Box?

**Salad Mix**, *Hunter Park GardenHouse*, Lansing  
**Asian Braising Greens**, *Hillcrest Farms*, Eaton Rapids

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

**Bacchus Radishes**, *Hunter Park GardenHouse*, Lansing

**Kale**, *CBI's Giving Tree Farm & Half Barn Farm*, Lansing

**Mixed Organic Onions**, *Monroe Family Organics*, Alma

**Black Spanish Radishes**, *Titus Farms*, Leslie  
**Carrots**, *Hunter Park GardenHouse*, Lansing

## Add-Ons

**Bread**, *Stone Circle Bakehouse*, Holt

**Meat**, *Grazing Fields Cooperative*, Charlotte

**Sweet Treats**, *Rooted Home Farm & Goods*, Lansing

## ANC Happenings

ANC's Youth Service Corps is recruiting! YSC is a job and life skills training program rooted in gardening and nutrition for youth ages 11-17. Members will learn cooking techniques, gardening skills, and customer service while being engaged with and serving our vibrant and diverse Eastside community! Email [youthprograms@allenneighborhoodcenter.org](mailto:youthprograms@allenneighborhoodcenter.org) for more info

# Recipes

## Lemon Garlic Sautéed Veggie Box Greens

Veggie kale and braising greens  
1 1/2 tablespoons of extra virgin olive oil  
3 garlic cloves (from last week's box), minced  
Half a cup of Veggie Box onions, sliced  
Pinch crushed red pepper flakes  
Sea Salt  
Half a lemon, cut into wedges

**Chop kale, and chop braising greens if you'd like smaller pieces. Heat oil in a skillet, and add garlic, pepper flakes, garlic, and greens, and spread into one layer. Sprinkle with 1/4 a teaspoon of salt then cook, without stirring, until bottom starts to turn brown, about 2 minutes. Flip and cook another 2 minutes. Transfer to platter and squeeze lemon wedges on top.**



## Radish Chips

Veggie Box Black Spanish Radishes  
2 Tbsp olive oil  
salt and pepper to taste

**Preheat the oven to 375 degrees. Scrub the black radishes well, then slice them thinly (a mandoline works best). Toss them in a bowl with the olive oil and salt so that all the slices are coated. Spread the radish slices in a single layer on two baking sheets. Bake the radish chips about 15-20 minutes, until they are brown in spots and getting dry and crisp. Remove from the baking sheets and sprinkle on more salt if desired. Serve immediately.**



## Black Spanish Radish Slaw

Veggie Box Black Spanish Radishes, grated  
3 cups finely shredded cabbage  
1 cup coarsely grated Veggie Box carrots  
1/2 cup thinly sliced Veggie Box onions  
1 Veggie Box apple, julienned (aka little sticks)  
2 tablespoons fresh lemon juice  
1/2 teaspoon sugar  
2 tablespoons olive oil

**Mix together and enjoy!**

## Small Batch of Applesauce

Veggie Box Apples, peeled, cored, and quartered  
1 cup apple cider  
1/4-1/2 cup brown sugar  
1 pinch salt  
pinch of cinnamon  
1 teaspoon of lemon juice

**Place the apples and apple cider in a pan over medium heat. Allow to cook for 25-30 minutes, until soft, stirring a few times. Add the sugar, cinnamon, and salt, and mash with a potato masher. Remove from heat, add the lemon juice.**



## Kale Chips

Veggie Box Kale  
1 Tbsp olive oil  
salt

**Preheat the oven to 275°F. Tear the kale leaves into 1" - 2" pieces, discarding the ribs, and place in a bowl. Drizzle with olive oil and toss with your hands until evenly coated. Arrange the leaves in a single layer (with NO overlap) on ungreased cookie sheets. Sprinkle with salt, and bake for 20 minutes or until leaves are crispy - make sure to check them often to prevent burning!**