

# Veggie Box Newsletter

Week 5: April 4

Hello Locavores and welcome to week 5 of the Spring Veggie Box!

Today we are talking labels, and whether you subscribe to them or not, this one may apply to you. In 2005, three women formulated a plan to challenge Bay Area residents to eat only foods grown or harvested within a 100 mile radius of San Francisco for the entire month of August. They came up with a catchy name, launched a website, and the movement grew like an apple in the fall. These are the origins of the term locavore, which was actually the 2007 Word of the Year for the Oxford American Dictionary.

One of the principal goals of Veggie Box, of course, is to support local farmers. For us, buying local means sourcing from farmers and food producers that are within fifty miles of Allen Neighborhood Center. For some, shopping and eating locally may seem an ambitious goal, but the Veggie Box is one easy way to get connected to the many amazing farmers in your surrounding community. Thank you for supporting local food!

## Producer Spotlight

### Zumo Eco Farm

Zumo Eco Farm is a community focused family farm in Williamston owned and operated by Jackie Cosner and her family. She manages the farm with sustainability in mind. Zumo Eco Farm grows a wide variety of heirloom and open-pollinated crops, in part because they can save their own seeds. However, they also tend to lean towards cultivars that are not typically grown increasing the diversity of the plants they grow. Jackie is also a chef and offers private and group cooking classes at their farm.

## Crop Profile

### Shallots

Shallots are known as the onion for people who don't like onions. They are classified as a variety of onion, but unlike common onions, have smaller, slimmer bulbs that grow in clusters. Shallots have a slightly sweeter flavor similar to a cross between onions and garlic. Due to these subtle differences, shallots and onions are often used interchangeably. Both can be eaten raw, pickled, dried, or cooked and caramelized. In classic French cuisine, however, shallots are preferred for their subtle flavor, and they are routinely used to season sauces, soups, and vinaigrettes. In Thai cooking, shallots are used in curry pastes and salads, and deep-fried shallot slices garnish a variety of dishes. Shallots are prized not only for their unique flavor, but also their nutritional value, which actually surpasses that of common onions in a few ways. Shallots have a slightly higher mineral content and more antioxidant compounds, which have anti-inflammatory properties and help to reduce the risk of certain cancers.

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Veggie Box

## What's in the Box?

**Fennel Fronds**, Hunter Park GardenHouse, Lansing  
**Salad Mix**, Hunter Park GardenHouse, Lansing  
**Shallots**, Titus Farms, Leslie  
**Organic Sweet Potatoes**, Lake Divide Farm, Stockbridge  
**Organic Popcorn**, Ferris Organic Farm, Eaton Rapids  
**Organic Spinach**, Monroe Family Organics, Alma  
**Gala Apples**, Phillips Orchard & Cider Mill, St. Johns  
**Garlic Rosemary Sunflower Spread**, Zumo Eco Farm, Williamston

## Add-Ons

**Bread**, Stone Circle Bakehouse, Holt  
**Meat**, GCC Organics, Mt. Pleasant  
**Sweet Treats**, Stone Circle Bakehouse, Holt  
**Pork**, Grazing Fields Cooperative, Charlotte  
**Beef**, Heffron Farms Markets  
**Chicken**, GCC Organics, Mt. Pleasant  
**Cheese**, Hickory Knoll Farms Creamery, Onondaga  
**Chevre**, Hickory Knoll Farms Creamery, Onondaga  
**Eggs**, Grazing Fields Cooperative, Charlotte  
**Cold Brew**, Rust Belt Roastery, Lansing  
**Black Turtle Beans**, Ferris Organic Farm, Eaton Rapids

## ANC Happenings

Check out Hunter Park GardenHouse's "Pruning of Trees and Woody Ornamentals Workshop" this Saturday, April 6, from 10 am to 12 pm. The emphasis will be on homeowner and gardener scale production and will cover the basics of pruning from the first year through advanced age. The workshop will be led by John Hooper who has decades of experience in fruit tree care and pruning and runs his own tree care business. If you can, we ask that you pay the suggested donation of \$12.

# Recipes

## Sweet Potato, Shallot and Spinach Hash

Veggie Box Sweet Potatoes

1 tablespoon olive oil

1/2 cup of Veggie Box shallots, chopped

Veggie Box Spinach

salt and pepper, to taste (optional)

**Grate the sweet potatoes (either with a box/hand grater or a food processor fitted with a coarse grating disc). Heat the olive oil in a large non-stick skillet over medium-high heat. Add the shallots and cook, stirring, until beginning to brown, about 2 or 3 minutes. Add the sweet potatoes and cook, tossing occasionally, until tender, about 7 to 9 minutes more (or longer if you like your potatoes crispier). Add the spinach and cook, tossing, until just wilted, about 1 or 2 minutes more.**



## Roasted Sweet Potatoes with Apple and Fennel Fronds

Veggie Box sweet potatoes

2 Veggie Box Gala apples, peeled

2 sprigs rosemary

2 tablespoons olive oil

salt and pepper

Veggie Box Fennel fronds

**Preheat oven to 450° and place a large rimmed baking dish in the oven. Heat until very hot. Cut sweet potatoes into 2 inch cubes. Slice apples into about 12 wedges each. Toss in a large bowl with olive oil, fennel fronds, and salt and pepper. Remove the pan from the oven and spread vegetables on it. Roast, tossing them a couple of times. Cook until potatoes are nicely browned and tender, about 20 minutes.**



## Garlic Rosemary Sunflower Spread Pasta

1 container of Veggie Box sunflower spread

1 pound of pasta or spiralized vegetable noodles

Butter or olive oil

2 cloves of garlic (from previous veggie boxes)

Veggie Box spinach

1/4-1/3 cup of diced Veggie Box shallots

**Cook noodles. In a pot or large pan add butter or olive oil and add the shallots, garlic and spinach (saving the spinach for last). Cook until desired, then add the pasta and the sunflower spread. The spread can be thinned with water or milk of choice.**

## Sweet Potato Chips and Other Garlic Rosemary Sunflower Spread Recipes

The sunflower spread works well on sandwiches, wraps, and on pizza instead of tomato sauce, or just as a dip for veggies or crackers. If you make sweet potato chips, which are simple and delicious, you can dip them in the spread ( see recipe below).

Cut sweet potato into thin slices. Combine olive oil, sea salt, and chili powder in a bowl. Toss the sweet potato slices in the mixture. Arrange on baking sheet in a single layer. Bake chips in the oven for 10 minutes, flip, & roast another 10 minute. Broil for a couple of minutes to make them nice and crispy. Serve your baked sweet potato chips while they're hot and fresh, and dip in sunflower spread.

## Cinnamon and Spice Apple Chips

2 Veggie Box apples sliced

2 tsp cinnamon

¼ tsp allspice

¼ tsp nutmeg

Splash of lemon juice



**Preheat oven to 225 and line a baking pan with parchment paper or aluminum foil. Place the sliced apples on the pan and sprinkle with the lemon juice. Mix the spices together and sprinkle half on one side of the apples. Turn the apples over and sprinkle with the remaining spices on the other side. Bake for 60 minutes. Flip the apple slices over and bake for an additional 60 minutes (checking them occasionally). Turn off oven, but do not remove the apples. Allow them to cool as the oven cools.**