

Veggie Box Newsletter

Week 6: April 11

Did you know that the average conventional food product travels about 1,500 miles from farm to consumer? By choosing to eat locally grown foods, you can drastically cut down on these “food miles.” Not only do fewer transport miles mean fewer emissions and larger benefits for local economies, but also results in less food waste. Of all the food grown in the United States, up to 40 percent of it is lost getting it from the farm to our fork, according to research from the Natural Resources Defense Council. Some food waste we can control, some we cannot. We have a nation that demands perfect, soil- and blemish-free food. Many of these not-so-perfect specimens often wind up in the landfill rather than recycled or creatively used. From the “yucky” bits we trim off during our own cooking to the large portions that are discarded at restaurants, we are throwing away 50% more food than we did 40 years ago. Find out how to store fruits and vegetables so they stay fresh longer inside or outside your refrigerator. Freeze, preserve, or can surplus fruits and vegetables - especially abundant seasonal produce. Even vegetable scraps can be frozen to make stock! Meal prepping is another great way to reduce waste and organize what you purchase. What are other ways you can reduce food waste and prioritize sustainability?

Producer Spotlight

Green Gardens Community Farm

Growing healthy organic produce for the community since 2008, Green Gardens is a vibrant small 20-acre farm located just outside of Marshall in Battle Creek. Started by Trent Thompson, he and his wife, Ruthie, have learned the vegetable trade and built wonderful long-lasting relationships with their customers and employees. Their mission is to grow healthy food that sets the standard for freshness and quality, while empowering you and your family to eat better and have higher quality lives.

Crop Profile

Green Garlic

Green garlic is young, slightly milder garlic. Before garlic grows into separate cloves, it starts out as a green plant, with a stalk, leaves, and shoots—it actually looks a lot like scallions. And fittingly, these immature garlic bulbs and edible green stalks have an onion-like flavor that tastes great whether raw or cooked. The whole plant is edible, from bulb, to stalk, to leaf, to scape. The higher up you get on the stalk, the woodier it usually gets -- once it gets to the point where it would be too tough to chew, cut it off and toss that portion into the bag of vegetable scraps you keep in the freezer for stock. You're all doing that, right?

in ALLEN
NUTRITION CENTER

Veggie Box

What's in the Box?

Radishes, *Hunter Park GardenHouse*, Lansing
Red Skin Potatoes, *Hillcrest Farms*, Eaton Rapids
McIntosh Apples, *Phillips Orchards & Cider Mill*, St. Johns
Microgreens, *Hunter Park GardenHouse*, Lansing
Organic Rainbow Swiss Chard, *MSU Student Organic Farm*, Holt
Yellow Onions, *Peckham Farms*, Lansing
Organic Green Garlic, *Monroe Family Organics*, Alma
Carrots, *Green Gardens Community Farm*, Battle Creek

Add-Ons

Bread, *Stone Circle Bakehouse*, Holt
Meat, *Grazing Fields Cooperative*, Charlotte
Sweet Treats, *Rooted Home Farm & Goods*, Lansing

ANC Happenings

East African Cooking with Rahel Musa of Teff-riffic: April 18, 2019 from 6-8. In this class, you will expand your horizons to embrace the cooking emblematic of East African cuisine. Students will leave this class with a wealth of new flavors and textures lingering in their minds, as well as the know-how to reproduce these healthy, satisfying recipes. To register, visit <https://axiom.lcc.edu/CourseStatus.awp1?&course=192CE7009592> Promo Code is: LCCALLEN The class normally costs \$50, but the promo code takes \$10 off!

Recipes

Mini Potato Pancakes with Green Garlic & Chives

Veggie Box potatoes
3 tablespoons chopped Veggie Box green garlic (white and light green parts only)
2 tablespoons chopped chives
1/2 teaspoon salt
Vegetable oil for frying

Grate the potatoes and wrap in a towel or cheesecloth and wring out all the water into a bowl. After a few minutes, the starch will settle to the bottom of the bowl. Carefully pour away the liquid and mix the starch with the grated potatoes, green garlic, chives, and salt. Heat oil in a skillet over medium heat and drop walnut sized scoops of the potato mixture into the pan, and flatten and shape into a thick pancake. Cook until the bottom turns crisp, then flip over with a spatula and continue cooking until crisp. Repeat process with the rest of the mixture and add more vegetable oil to the pan as needed. Serve with butter and/or sour cream!

Baked McIntosh Apples

Veggie Box mcIntosh apples
2 tbsp butter, cold and cubed
2 tbsp brown sugar
1/2 cup old-fashioned oats
(not instant)
1/2 tsp ground cinnamon
1/4 tsp salt
1/2 cup apple juice or apple cider

Preheat your oven to 350°F. Use a paring knife to cut a deep hole into the apples, removing the core; this is where the filling will go. Combine butter, brown sugar, oats, cinnamon and salt. Rub together with your fingers until the butter is incorporated but still crumbly. Fill each apple with about 1 tbsp of oat filling. Place the apples in a baking dish or cast-iron pan. Fill the bottom of the pan with the apple juice and cover with aluminum foil. Bake for 30 minutes and then uncover the foil. Bake for another 10-15 minutes or until the top is golden brown.

Creamed Swiss Chard & Spring Onion Pasta

Veggie Box swiss chard, stems removed and diced, and greens cut into thin ribbons (don't dry)
2 Veggie Box green garlics, thinly sliced (whites and light green parts only)
1/4 cup Veggie Box onions, thinly sliced.
3 tablespoons butter
3 tablespoons flour
2 cups milk
salt + pepper to taste
1/2 cup finely grated parmesan, plus more for serving
1/2 lb pasta

Cook pasta according to package directions in a large pot of salted water. Drain and reserve. In a pot, melt the butter and sautee the swiss chard stems, covered, for a few minutes. Then add in the onion and swiss chard greens and cook for another minute or two. Finally add the green garlic and whisk in flour. Cook roux about 4 minutes, whisking occasionally. Stream in the warm milk, and cook for about 4 more minutes, whisking constantly until sauce is thickened. Mix in parmesan and stir until smooth. Add the cooked pasta and taste and adjust salt and pepper. Serve with extra parmesan.

Herb-Roasted Root Vegetables

1 1/2 lb. red skin Veggie Box potatoes, cut into halves
1 lb. Veggie Box carrots, cut into halves
1 bunch Veggie Box radishes, trimmed, cut into halves
Veggie Box radish tops (greens) chopped
2 stalks of Veggie Box green garlic (whites and light green parts only)
3 tbsp. olive oil
1 tbsp. chopped fresh thyme
1/4 c. fresh parsley, finely chopped

Preheat oven to 450°F. In 7-quart sauce pot, cover potatoes and carrots with cold water; add 1 tablespoon salt. Cover and heat to boiling on high. Reduce heat to maintain simmer; cook 7 minutes. Drain well and return to pot. Toss potatoes, carrots, green garlic and radishes with oil, thyme and 1/4 teaspoon each salt and pepper; arrange in single layer on large rimmed baking sheet. Roast 15 minutes or until vegetables are browned and tender. Mix in the radish tops and roast for 5 more minutes. Enjoy!