

# Veggie Box Newsletter

Week 1: June 6

Welcome to the first week of the Summer Veggie Box! We're on native land. Specifically, Allen Neighborhood Center is on land belonging to the Anishinaabe (Odawa, Ojibwe, and Potawatomi people) & Haudenosaunee Confederacy, which today is called Lansing, Michigan – Lansing was originally called “Nkwejong,” meaning “where the rivers meet,” and Michigan comes from the Ojibwe word “mishigamaa,” meaning “large lake.” The purpose of this statement is to show respect for indigenous peoples, and recognize their enduring relationship to the land. Practicing acknowledgment can also raise awareness about histories that are often suppressed or forgotten. Given how closely tied Veggie Box is to the land and the environment, we think it’s important to acknowledge the history of the relationships these indigenous folks had (and still have) with the land, plants and animals, and how these relationships sustained communities for generations. Thank you for supporting local food, and for acknowledging indigenous cultures and history!

## Producer Spotlight

### *Monroe Family Organic Farm*

Monroe Family Organics is very much the fruition of a dream set in motion 20 years ago, & finally realized in 2011. After having a stall at the local Alma farmers market the summer he was 16, Fred Monroe was hooked on organic vegetable production. So off he went to Michigan State to earn his bachelor's degree in horticulture & agribusiness. During this time he worked at MSUSOF and interned at Angelic Organics, a very large CSA farm south of Chicago (where he met his wife Michele). In 2010, Fred & Michele set to work acquiring land, buying a house, & rounding up equipment for the first farm season. Over the next few years, they continued to add more crops, more animals, more CSA drop-offs, more delivery options, and more local mid-Michigan store and restaurant partners. 2019 marks Monroe Family Organics' ninth season.

## Crop Profile

### *Winter Savory*

It is a mystery why Winter Savory is relatively unknown compared to its sister plant, Summer Savory. It is durable and has the same strong spicy flavor. Winter Savory is a one-foot, dark green, semi-woody, herbaceous perennial. It is easy to grow, and makes an attractive border plant for any herb garden, and it makes for a great mixing herb. It blends well with different oreganos, thymes and basil, and it also cooks well meat, poultry, beans, or fish. Its small leaves are the perfect compliment to herb cheeses or as last-minute additions to sautés. It has a strong flavor when fresh, but does not hold up well in prolonged stewing. Famous for making its mark on beans, dried Savory also perks up stuffings and can be mixed with Sage, Thyme, and Bay. Savory is good with cabbage and root vegetables such as onions because it reduces their strong cooking smells.



## What's in the Box?

**Mixed Cooking Greens**, *Monroe Family Organics*, Alma  
**Kohlrabi**, *Ten Hens Farm*, Bath  
**Chives**, *MSU Student Organic Farm*, Holt  
**Asparagus**, *Felzke Farms*, Dewitt  
**Rhubarb**, *Green Eagle Farm*, Onondaga  
**Carrots**, *Ten Hens Farm*, Bath  
**Winter Savory**, *Hunter Park GardenHouse*, Lansing  
**Romaine**, *Ten Hens Farm*, Bath

## Add-Ons

**Cheese**, *Hickory Knoll Farms Creamery*, Onondaga  
**Eggs**, *Grazing Fields Cooperative*, Charlotte  
**Organic Pinto Beans**, *Ferris Organic Farm*, Eaton Rapids  
**Chevre**, *Hickory Knoll Farms Creamery*, Onondaga  
**Cold Brew**, *Rust Belt Roastery*, Lansing  
**Sweet Treats**, *Stone Circle Bakehouse*, Holt  
**Bread**, *Stone Circle Bakehouse*, Holt  
**Coffee**, *Rust Belt Roastery*, Lansing  
**Meat**, *Heffron Farms Market*, Belding  
**Beef**, *Heffron Farms Market*, Belding  
**Chicken**, *Trillium Wood Farm*, Williamston,  
**Pork**, *Grazing Fields Cooperative*, Charlotte

# Recipes and Tips!

## Veggie Box Beans

7 ounces dried beans (use your Veggie Box beans if you get the bean add-on!)

1 small onion

1 Veggie Box carrot, sliced

1 stalk celery, sliced

3 tablespoons of olive oil

1 tablespoon of white wine vinegar

2 cloves of garlic

2 tablespoons of Veggie Box winter savory

2 tablespoons chopped fresh parsley

2 tablespoons of chopped Veggie Box chives

**Soak beans in cold water overnight or at least 3 to 4 hours. Drain and place into a saucepan with water to cover. Slowly bring to a boil. Add half the onions, the carrot, and the celery, and cook until tender. In the meantime, thinly slice the remaining half of onion. When beans are soft, drain them. Mix oil, vinegar, and garlic in a separate bowl, then set aside. While beans are still hot, stir in sliced onion and herbs. Add the oil and vinegar dressing, chives, and then toss lightly. Serve immediately, while hot.**

## Veggie Box Fritters

Veggie Box Kohlrabi

2 Veggie Box Carrots

Shredded kohlrabi greens

2 tablespoons of Veggie Box chives

1 egg

¼ teaspoon kosher salt

¼ teaspoon cayenne

½ cup vegetable oil (enough for ¼-inch depth in a large skillet)

**Cut the leaves off the kohlrabi and peel the bulb. Peel carrots. Shred the vegetables in a food processor, or by hand using a grater. Squeeze the shredded vegetables in a tea cloth (or with your hands) to remove moisture, then add to a medium bowl with the egg, kosher salt, chives, and cayenne. Mix to combine. Place the oil in a large skillet (enough for 1/4-inch depth). Heat the oil over medium high heat, then place small patties of the fitter mixture into the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil. Serve with sour cream or an aioli sauce!**

## Strawberry Rhubarb Jam

Veggie Box rhubarb, chopped

1 1/2 pounds of strawberries, diced

2 cups white sugar

2 teaspoons grated orange zest

1/3 cup orange juice

1/2 cup water

**In a saucepan, combine the rhubarb, strawberries, sugar, orange zest, orange juice and water. Bring to a boil, then cook over medium-low heat for 45 minutes, stirring occasionally, or until thick. It will thicken more as it cools. Ladle into hot sterile jars, and seal with lids and rings. Let jars cool, before storing in the refrigerator.**



## Veggie Box Frittata

2 tablespoons olive oil

Veggie Box Asparagus

8 large eggs

1 cup of Veggie Box greens, shredded

2 tablespoons milk

2 tablespoons freshly grated pecorino, optional

Kosher salt and freshly ground black pepper

2 tablespoons of chives, diced

**Preheat the oven to 350 degrees F. Heat the oil in a 10-inch ovenproof skillet. Add the asparagus and cook over medium heat, covered, until softened but not browned, about 6 minutes. Add a small splash of water, add the shredded greens, and cook for a few more minutes. Meanwhile, in a medium bowl, beat the eggs, milk, cheese if using and 1/4 teaspoon each salt and pepper. Add to the skillet with the asparagus and greens; cook until the eggs begin to set at the edges, about 30 seconds. Using a spatula, lift the edges and tilt the pan, letting the uncooked eggs seep underneath. Cook until the bottom is set, about 3 minutes. Transfer to the oven and bake until fluffy, 6 to 8 minutes; cut into 6 wedges.**