

Veggie Box Newsletter

Week 1: June 4

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

Wildflower Eco Farm

Draw to farming due to the combination of physical and mental work, Phil Throp achieved his MS in Horticulture from Michigan State University and has continued farming ever since. He established his own 3.5 acre farm in Bath Township, MI, and named it for the wonderful array of wildflowers throughout the property. Wildflower Eco Farm specializes in using sustainable growing practices with over sixty types of fruits and vegetables. They offer their own CSA and are familiar faces at many of the area's farmers markets.

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 with 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?

Organic Spinach, *Monroe Family Organics*, Alma

Salad Mix, *Hunter Park Gardenhouse*, Lansing

Asparagus, *Hillcrest Farms*, Eaton Rapids

Rhubarb, *Wildflower Eco Farm*, Bath & Zumo Eco Farm, Williamston

Winter Savory, *Hunter Park Gardenhouse*, Lansing

Scallions, *Ten Hens Farm*, Bath

Organic Kale, *MSU Student Organic Farm*, Holt

Organic Green Garlic, *CBI's Giving Tree Farm*, Lansing

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

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 Bean Soup

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

Veggie Box scallions, chopped

1 carrot, sliced

1 stalk celery, sliced

3 tablespoons of olive oil

1 tablespoon of white wine vinegar

2 stalks of Veggie Box green garlic, (can use up to the lightest green part of the stalk)

2 tablespoons of Veggie Box winter savory

2 tablespoons chopped fresh parsley

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 and discard the vegetables. 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, then toss lightly. Serve immediately, while hot.

Spinach and Kale Smoothie

2 cups of Veggie Box spinach

1 cup almond milk (or milk of choice)

1 tablespoon of peanut butter

1 tablespoon of chia seeds (optional)

1 leaf Veggie Box kale

1 sliced frozen banana

Blend spinach, almond milk, peanut butter, chia seeds and kale together in a blender until smooth. Add banana and blend until smooth. Enjoy!



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.



Sautéed Veggie Box Veggies

Veggie Box asparagus

1 pound fresh mushrooms

Salt and pepper to taste

Veggie Box scallions

Veggie Box kale

1 teaspoon white-wine vinegar

1 tablespoons olive oil

2 stalks of Veggie Box green garlic (using up to the lightest green part of the stalk)

Thinly slice mushrooms. In a large nonstick skillet, heat oil over high heat. Add mushrooms; cook, tossing often, until browned, about 7 minutes. Meanwhile, bring 3 cups salted water to a boil in a small saucepan; add asparagus. Cook until crisp-tender, 3 to 5 minutes; drain. To mushrooms, add kale, and cook for a few minutes, and then add asparagus, green garlic, and scallions; season with salt and pepper. Cook, tossing, until scallions have wilted and pan is dry, about 2 minutes. Stir in vinegar; serve immediately.