

Veggie Box Newsletter

Week 5: July 3

Welcome to week 5 of the Summer 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

Magnolia Farms

Magnolia Farms is a three quarter acre urban farm located on Lansing's Eastside. Founded in 2016 by Egypt Krohn, Magnolia Farms now serves as an incubator farm—providing space for emerging local farmers to develop their farm business. This year, the farm is being managed by Aliza Ghaffari and Nathaniel Kermiet. Aliza and Nathaniel have a combined 20 years of experience growing fruits and vegetables in urban and rural settings. They have both completed organic farming certification programs at MSU and worked on a diverse array of small farms in Georgia, Kentucky and Michigan. Nathaniel and Aliza are passionate about building soil health and focus their growing methods around limiting tillage and usage of gas powered machinery. They believe that health disparities must be addressed through an approach that centers food justice and racial equity and they carry that belief with them in their work as farmers and small business managers.

Crop Profile

Lavender

Lavandula (common name lavender) is a genus of 47 known species of flowering plants in the mint family, Lamiaceae. Lavender has been shown to be one of the most preferred flowers to many pollinators, including bees! Historically, lavender has been used to treat depression, insomnia, anxiety, and fatigue. Current research supports the calming, soothing and sedative effects of lavender when inhaled. While both the foliage and flowers are fragrant, typically flower buds are harvested and dried to scent potpourri, sleep pillows, and other projects. The flowers are also used in teas, cookies, and other confections as well as savory dishes!

ALLEN

Veggie Box

What's in the Box?

Strawberries, Felzke Farms, Dewitt
Zucchini, Ten Hens Farm, Bath
Mint, Magnolia Farms, Lansing
Organic Lavender, CBI's Giving Tree Farm, Lansing
Organic Snap Peas, MSU Student Organic Farm, Holt
Organic Fennel, MSU Student Organic Farm, Holt
Organic Bok Choi, CBI's Giving Tree Farm, Lansing
Organic Hakurei Turnips, MSU Student Organic Farm, Holt

Add-Ons

Eggs, Grazing Fields Cooperative, Charlotte
Chevre, Hickory Knoll Farms, Onondaga
Cheese, Hickory Knoll Farms, Onondaga
Cold Brew, Rust Belt Roastery, East Lansing
Coffee, Rust Belt Roastery, East Lansing
Sweet Treats, Hobie's Catering, Lansing
Bread, Stone Circle Bakehouse, Holt
Meat, Heffron Farms Markets, Belding
Chicken, Trillium Wood Farm, Williamston
Beef, Heffron Farms Markets, Belding
Pork, Grazing Fields Cooperative, Charlotte
Black Turtle Beans, Ferris Organic Farms, Eaton Rapids

Recipes and Tips!

honey + lavender syrup

1/2 cup water
1/2 cup honey
2 Tbsp. fresh Veggie Box lavender leaves

Add water and lavender leaves to a small sauce pan. Bring to a boil. Stir in honey until dissolved. Turn heat down, and allow to simmer for 15 minutes. Remove from heat, and let steep for 30 minutes. Strain lavender leaves out of the syrup, and into an airtight container. Syrup will keep in the refrigerator for up to two weeks! Use in your morning coffee, cocktails, or even lemonade (check out the recipe below!)



Strawberry Mint Lemonade with Lavender

6-8 lemons (approx. 1 cup fresh lemon juice), plus 1 more for garnish (sliced and deseeded)
1 cup Veggie Box strawberries, plus more for garnish
Veggie Box mint
honey + lavender syrup (recipe above)
Veggie Box mint

Juice lemons until you have about 1 cup of juice. Blend together lemon juice and strawberries, and pour into pitcher. Add 4 cups of cold water and half of the syrup. Taste the lemonade, and add more syrup if desired. Add 6-8 mint leaves. Set lemonade in the fridge for at least 2 hours to let flavors meld.



Turnip and Fennel Saute

1 bunch Veggie Box turnips
Veggie Box fennel bulb
2 tablespoon olive or coconut oil
½ lemon, juiced
½ teaspoon sea salt
½ teaspoon lemon zest
Veggie Box turnip greens

Use a mandoline slicer or a sharp knife to slice the turnips and fennel bulb. Heat the oil in a skillet on medium heat. When the oil is hot, add the vegetables and cook, stirring for 5-7 minutes or until just soft. Add the chopped turnip greens, and then add the lemon juice and sea salt and toss to combine. Garnish with lemon zest and enjoy!

Handmade Lavender Sachets

Two 4" x 4" squares of fabric (cotton and linen work best)
¼ cup dried Veggie Box lavender
½ cup uncooked rice
Lavender essential oil (optional)

To make the sachet, place your two squares of fabric with the good sides facing inwards. Use a sewing machine or needle and thread, to sew them together all the way around, leaving a small opening on one side. If you'd like to hang them in your closet, add a small loop of ribbon to one side while you're sewing it. Snip the corners to give your sachets crisp corners and to prevent the fabric from bunching. Turn the sachet inside out and use a pencil to gently poke the corners in place. In a small bowl, mix the dried lavender with the rice. If you'd like a stronger lavender scent, stir in a few drops of lavender essential oil. Using a small spoon, carefully add the lavender mixture into your sachet. Hand stitch the opening closed. Toss the sachet in your drawers or closet, or bundle it up as a gift!

