

Veggie Box Newsletter

Week 6: July 11

Welcome to Week 6 of the Summer Veggie Box! Since you're reading this newsletter as part of a CSA, we know you understand the importance of supporting local farmers and eating local foods. But what about when you go out to eat at a restaurant? Are you thinking about where that food is coming from then, too? The Farm to Table movement advocates for local, seasonal, fresh and sustainably-produced foods and has been promoted by both farmers and chefs as a means to connect consumers to the source of the ingredients in their meals. Farm-to-table restaurants stock their kitchens directly from local farms or their own gardens, and educate diners about the stages of the food cycle and the effects that their choices have on people, animals, economies and the planet. Most restaurants that source locally are also locally owned, so when you are eating at these restaurants, you are supporting both family farms and the families of Lansing. Some local restaurants that source from local farmers include: Red Haven, Gracie's Place, Midtown Brewing Company, The Purple Carrot Food Truck, and Golden Harvest! What other restaurants do you know of that support local farmers and food producers? Thank you for supporting local food!

Producer Spotlight

Owosso Organics

Owosso Organics is a family owned, certified organic vegetable and cut flower farm located four miles west of Owosso. Starting from a small postage stamp garden in 1978, Richard Bowie, Pooh Stevenson and their daughters Cody and Taylor now farm over seven acres of their eighty acre farm, along with eight greenhouses of over 15,000 square feet. They have been certified organic since 1994, and are currently certified with Global Organic Alliance. Their mission is to provide specialty artisan produce and flowers grown with great care and impeccable service available locally to enrich the lives and palates of all people who seek their business assisting in bridging urban and rural communities together.

Crop Profile

Saskatoons

Saskatoon berries, also known as prairie berries or juneberries, are native to North America and grow in the wild across Alaska, Canada, and the Northern U.S. The berry's name comes from the Cree word misâskwatômina (mis-sack-qua-too-mina), which means "the fruit of the tree of many branches." Saskatoons grow on bushes that can reach up to 16 feet in height, and although they look a lot like blueberries, they're actually more closely related to the apple family. Saskatoons continue to ripen off the bush and have a sweet, nutty flavor. High in iron, calcium, potassium, and vitamin C, Saskatoon berries are an even better source of calcium than red meats and vegetables. Saskatoons are also rich in antioxidants, which help to reduce the risk of certain cancers and cardiovascular diseases. Saskatoons can be consumed fresh or preserved when frozen, dried, or canned. They are commonly used in pies, tarts, scones, muffins, bread, coffee cake, jams, sauces, salad dressing, trail mix and much more!

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Veggie Box

What's in the Box?

- Strawberries**, Felzke Farms, Dewitt
- Organic Itachi Cucumbers**, CBI's Giving Tree Farm, Lansing
- Organic Salad Mix**, Monroe Family Organics, Alma
- Organic Carrots**, Monroe Family Organics, Alma
- Organic Basil**, Owosso Organics, Owosso
- Organic Green Beans**, CBI's Giving Tree Farm, Lansing & MSU Student Organic Farm, Holt
- Saskatoons**, Tomac Pumpkin Patch, Chesaning
- Organic Garlic Scapes**, MSU Student Organic Farm, Holt

Add-Ons

- Bread**, Stone Circle Bakehouse, Holt
- Meat**, Grazing Fields Cooperative, Charlotte
- Sweet Treats**, Teff-Rific, Lansing

Recipes and Tips!

Saskatoon Jam

Veggie Box saskatoons

1 1/2 cups sugar

1/8 cup water

Juice and grated peel of 1/4 lemon

Crush the saskatoons in a Dutch oven or a large heavy sauce pan. You may choose to leave some closer to whole than completely crushed to give the jam a little bit of chewy texture. Heat the berries on a medium heat until the juice starts to seep from them. Add in the sugar and the water and bring to a boil making sure to stir constantly. Once you have brought it to a boil, add in the lemon juice and the lemon peel. Bring to a boil again and cook, stirring frequently until thick, about 15 minutes. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. Makes about 1.5 cups.



Strawberry, Cucumber, & Basil Salad

2 cups hulled Veggie Box strawberries, quartered

1 tablespoon thinly sliced Veggie Box basil

1 tablespoon mint (optional)

1 teaspoon balsamic vinegar

1/2 teaspoon sugar

2 cups of Veggie Box cucumber, peeled, halved lengthwise, and thinly sliced

1/2 teaspoon freshly squeezed lemon juice

1/8 teaspoon salt

1/8 teaspoon black pepper

Combine first 4 ingredients in a large bowl, and toss gently to coat. Cover and chill for 1 hour. Combine cucumbers and juice; toss to coat. Add cucumber mixture, salt, and pepper to strawberry mixture; toss gently to combine. Serve immediately.



Garlic Scape Aioli

4 roughly chopped garlic scapes

1/8 tsp sea salt

1 egg yolk

1/2 lemon, juiced (about 1 Tbsp)

1/3 C olive oil

1/3 C vegetable oil

The aioli is best prepared a few hours in advance and left to sit in the fridge, covered, so the flavors can develop. Wash and roughly chop the garlic scapes. In a food processor finely mince the garlic scapes with the salt. Add the egg yolk and lemon juice to the food processor and pulse until fully incorporated. Next, with the food processor running, very, very slowly pour in both of the oils. It's important to add them slowly so that it emulsifies with the egg. Continue to process until the oil is fully incorporated and the aioli is creamy like mayo. Serve immediately or store in the refrigerator for up to one week. This aioli is perfect as a dipping sauce for steamed or roasted new potatoes, but it's really versatile so get creative with it!

*****For a vegan aioli start with a good quality vegan mayonnaise (Vegenaise works great) and then add the lemon juice, garlic scapes, garlic and sea salt.**



Roasted Green Beans

Veggie Box green beans, washed and trimmed

1 teaspoon olive oil

Set the oven to broil at 420 degrees and place the oven rack on the top shelf. If you cannot control the temperature of broil in your oven then move the oven rack to the second from the top position and keep a closer eye on the beans. Line a baking tray with parchment paper. Place the green beans on the prepared baking tray and drizzle them with the olive oil. Broil in the preheated oven for 10 minutes, or until they just start to brown. Serve the beans with the garlic scapes aioli on the side or drizzled over top.