

Veggie Box Newsletter

Week 3: June 18

Welcome to week 3 of the Summer Veggie Box! Chefs, health experts, and Veggie Box staff encourage eating seasonally and locally, when produce is at the peak of its freshness, flavor, and nutrition. Among the many benefits of buying locally, it means that your veggies haven't had a chance to lose flavor or health benefits by sitting in a shipping container for a trip across the country or ocean. Buying seasonal produce also means you are buying it at its peak supply, so it will be cheaper than at other times of the year. Before farming advancements and grocery stores, seasonal eating was the norm - our bodies actually naturally crave these seasonal foods! In the fall and winter, our bodies begin to crave heavier, warm foods; the cold dries out the earth and our bodies, and to counteract these drying effects, we rely on warm, heavy, oily foods to replenish our moisture reserves (stews with potatoes, and rutabagas, roasted root vegetables, etc.). The spring brings bitter greens, which helps detox our liver from the fatty foods from winter. In the summer, since we are more active and are outdoors more often, our bodies crave added energy from sugars and carbohydrates in the summer's bounty (ex. corn, peas, peaches, cantaloupe, strawberries). We also need a higher water intake due to heat in the summer, so foods like watermelon and cucumbers help to sustain us. What are other benefits to eating seasonally? Thank you for supporting local food!

Producer Spotlight

CBI's Giving Tree Farm

CBI's (Community Based Interventions) Giving Tree Farm is a seven acre, non-profit CSA farm just north of Lansing, MI between Old Town and Dewitt. The farm originally began as a community garden for people with disabilities. As it's volunteer base grew, so did the available programs. The farm has established a heated greenhouse and eight hoop houses for year-round horticultural therapy programs. Monday through Friday, the farm provides vocational training for people who have suffered from traumatic brain injuries, allowing them to organically cultivate the produce provided to provide to the community.

Crop Profile

Garlic Scapes

Garlic scapes are the slim, serpentine flower stems that grow from the tops of hardneck garlic. Farmers have long known that removing them in late June encourages the plant to direct its energy toward growing a plump underground bulb, but only recently has this byproduct begun to find itself into farmers markets, stores, and even CSAs (like the Veggie Box!). Raw garlic scapes have an assertive garlic flavor that's less fiery than raw garlic cloves, and when cooked, scapes become more muted and sweet, like roasted garlic. Garlic scapes are very hardy, and can be refrigerated in a plastic bag, left slightly open, for up to three weeks!



What's in the Box?

Organic Turnips, *CBI's Giving Tree Farm*, Lansing

Scallions, *Ten Hens Farm*, Bath

Garlic Scapes, *Ten Hens Farm*, Bath

Organic Beets, *MSU Student Organic Farm*, Holt

Organic Bok Choi, *MSU Student Organic Farm*, Holt

Cucumbers, *Peckham Farms*, Lansing

Organic Swiss Chard, *MSU Student Organic Farm*, Holt

Salad Mix, *Hunter Park GardenHouse*, Lansing & *Magnolia Farms*, Lansing

Add-Ons

Sweet Treats, *Rooted Home Farm and Goods*, Lansing

Bread, *Stone Circle Bakehouse*, Holt

Meat, *Trillium Wood Farm*, Williamston

Chevre, *Hickory Knoll Farms Creamery*, Onondaga

Cheese, *Hickory Knoll Farms Creamery*, Onondaga

Coffee, *Rust Belt Roastery*, Lansing

Chicken, *Trillium Wood Farm*, Williamston

Beef, *Heffron Farms Markets*, Belding

Pork, *Grazing Fields Cooperative*, Charlotte

Eggs, *Grazing Fields Cooperative*, Charlotte

Recipes and Tips!

Garlic Scape and Scallion Pesto

Veggie Box garlic scapes
1/4 a cup of Veggie Box scallions
2 Tbsp lemon juice
1/3 cup nuts of choice (walnut, pine nut, pistachio, etc)
3 oz parmesan cheese
1 1/2 C olive oil (up to 1 1/2 C)
Salt & pepper, to taste

Place the garlic scapes and the scallions into a food processor, along with the lemon juice, nuts and parmesan cheese. Process, drizzling in the olive oil in increments. Check the pesto every so often while adding the olive oil until you've reached the texture and flavor intensity that suits you. Add salt and pepper to taste. Toss with some pasta, throw in a little more cheese and pistachios and dig on in.



Roasted Beet and Turnip Salad

(salad)
3 cups Veggie Box salad mix
3 Veggie Box beets
2 Veggie Box turnips
1 T olive oil
salt to taste
(dressing)
2 T whole grain mustard
1 T honey
5 T olive oil

Preheat oven to 425°. Slice clean beets and turnips into matchstick pieces and arrange in a single layer on parchment paper, placed over a baking sheet. Drizzle with olive oil and season with salt. Place in oven for 15 minutes, turn, then roast for 12-15 more minutes or until turnips are slightly golden on edges. Allow to cool slightly, then place on a bed of salad. In a separate bowl whisk mustard, honey, olive oil together to create the dressing. Drizzle over the vegetables and spinach and serve.

Sautéed Turnips with Scallions and Egg

1/2 of Veggie Box scallions, chopped
1/2 of Veggie Box garlic scapes, chopped
Veggie Box turnips, sliced
Veggie Box turnip greens, chopped
2 eggs
salt and pepper to taste

Slice the turnip, and chop the greens. Chop the scallions and garlic scapes, stem and all. Then, sautee the turnips in butter, covered, for a few minutes until they begin to soften. Add the scallions, garlic scapes, and turnip greens, cooking for a few minutes more. Fry two eggs and place on top, and season with salt and pepper. Enjoy!



Veggie Box Stir Fry

Veggie Box Swiss Chard
Veggie Box bok choy
Veggie Box scallions
1 tablespoon peanut oil (or vegetable oil)
Veggie Box garlic scapes, chopped
Soy sauce to taste
Red pepper flakes to taste

Chop Swiss Chard and bok choy. Heat oil in wok or large pan, and add the chopped greens. After a few minutes, add garlic scapes and scallions, as well as soy sauce and red pepper flakes. Cook for a few moments longer until it is fragrant, and the bok choy and Swiss Chard are soft.

