

# Veggie Box Newsletter

Week 6: July 9

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

### *Monroe Family Organics*

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

### *Leeks*

As a cousin to the onion, leeks offer a similar but more subtle and sweet taste when used in your kitchen. Leeks have been cultivated since the time of Ancient Egyptians and have been regarded as a superior vegetable throughout history. Associated with anything from improving your singing voice and purging your blood, to curing nosebleeds, the leek is commonly viewed as a healthy and virtuous plant. According to an old Welsh legend, St. David advised the Britons to wear leeks in their helmets as a clever way to distinguish themselves from an enemy army on the battlefield. They emerged victorious and to this day Welsh Guardsmen wear a special green and white plume in their helmets as a tribute. If you don't want to wear them on your head, you can use leeks in place of an onion in most roasts and stews to add a dose of vitamins A, B, and K, magnesium, and dietary fiber.



## What's in the Box?

**Strawberries**, Felzke Farms, Dewitt

**Organic Carrots**, Monroe Family Organics, Alma

**Organic Kale**, Monroe Family Organics, Alma

**Organic Leeks**, Monroe Family Organics, Alma

**Basil**, Ten Hens Farm, Bath

**Zucchini**, Ten Hens Farm, Bath

**Beets**, Ten Hens Farm, Bath

**Garlic Scapes**, Titus Farms, Leslie

## Add-Ons

**Bread**, Stone Circle Bakehouse, Holt

**Meat**, Grazing Fields, Charlotte

**Sweet Treats**, Teff-Rific, Lansing

# Recipes and Tips!

## Strawberry, Cucumber, & Basil Salad

(Serves 2)

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  
1 medium cucumber, peeled, halved lengthwise, seeded, and thinly sliced (about 2 cups)  
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.**



## Leek Frittata

(Serves 4)

1/4 cup milk  
1 tablespoon all-purpose flour  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
8 large eggs, lightly beaten  
1 ounce Parmesan cheese, grated (about 1/4 cup)  
1 tablespoon extra-virgin olive oil  
1 large Veggie Box leek, trimmed, and thinly sliced  
1/2 cup chopped and cooked Veggie Box kale  
1/4 cup finely chopped Veggie Box garlic scapes  
1/2 tablespoon chopped Veggie Box basil

**Preheat oven to 350°F. Combine milk, flour, salt, pepper, eggs, basil, kale, and cheese in a medium bowl, stirring with a whisk. Heat oil in a medium ovenproof skillet over medium. Add leek and garlic scapes to pan; cook for about 4 minutes. Add egg mixture; stir gently. Cover skillet, and reduce heat to low. Cook until eggs are partially set, about 6 minutes. Uncover skillet, and bake at 350°F until center is set, 10 to 12 minutes. Loosen frittata from skillet, and slide onto a cutting board. Cut into 8 wedges.**

## Zucchini & Carrots with Garlic & Herbs

(Serves 4-6)

1 tablespoon olive oil  
Veggie Box carrots, cut into fine julienne strips  
Veggie Box zucchini, cut into fine julienne strips  
1/4 cup Veggie Box garlic scapes, chopped  
Salt and pepper, to taste  
1 tablespoon finely chopped fresh parsley  
1 tablespoon finely chopped fresh Veggie Box basil  
1 tablespoon finely chopped fresh oregano

**Heat olive oil in a large skillet over moderate heat. Add carrots, zucchini and garlic scapes. Cook, stirring occasionally, for about 5 minutes or until just barely tender. Season with salt and pepper. Stir in fresh herbs. Serve immediately.**

## Roasted Beets with Feta & Basil

(Serves 3)

Veggie Box beets  
2 tablespoons Veggie Box basil, cut into thin strips  
1/4 cup feta cheese, crumbled  
3 tablespoons balsamic vinegar, divided  
3 tablespoons extra virgin olive oil, divided  
Salt and pepper, to taste

**Preheat oven to 350F degrees. Scrub beets well and dry, then coat each with a little olive oil. Place in an ovenproof pan, cover with foil and roast for 40-45 minutes, or until the beets are tender (a knife should easily go into the beets). Remove the beets from the oven and set aside until they are cool enough to handle. Remove the skin from the cooled beets and cut into bite sized pieces. Place the cut beets back in the pan and toss with 2 tablespoons each of balsamic vinegar and olive oil. Roast for an additional 10 minutes. Place the cooked beets in a large bowl. Add the basil with the remaining 1 tablespoon each of balsamic and olive oil and mix well. Add feta cheese and toss gently, then season to taste with salt and pepper. Serve immediately or cover and chill in the refrigerator until ready to use.**

