

Veggie Box Newsletter

Week 11: August 15

Welcome to Week 11 of the Spring Veggie Box! The Veggie Box provides you with a box of fresh, nutritious, and safe food every single week. But what about those who don't have enough money to buy healthy food, if any food at all? What about those who don't have sufficient means or knowledge about how to store and prepare foods? These questions center around the concept of food security: "Food security, as defined by the United Nations' Committee on World Food Security, means that all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life." In 2017, an estimated 1 in 8 Americans were food insecure, equating to more than 40 million Americans - including more than 12 million children. In fact, Lansing's Eastside (ANC's neighborhood) has a food insecurity rate of 29% - more than double the national average. Food insecurity is more complex than the simple notion of hunger, it deals with food access as it relates to socioeconomic status, education, and even location. This brings up the concept of food deserts as well: parts of the country void of fresh fruit, vegetables, and other healthy whole foods, and are usually found in impoverished areas. This is largely due to a lack of grocery stores, farmers markets, and healthy food providers. ANC offers our Veggie Box program, weekly Allen Farmers Market (every Wednesday!), free BreadBasket Food Pantry, Hunter Park GardenHouse, gardening workshops, and both adult and youth programs that focus on cooking and nutrition education. A couple of our amazing neighbors who participate in Veggie Box have recently donated towards a subsidized box for a low-income family dealing with food insecurity in our neighborhood! Would you be willing to donate to offer an additional box to another family? Let us know! We accept donations by check. Thank you for supporting local food!

Producer Spotlight

Grazing Fields Cooperative

Grazing Fields is a Michigan, multi-farm cooperative and wholesaler of natural free-range brown eggs. They have been delivering great products to mid and southeast Michigan grocery stores and restaurants every week since 1997. Grazing Fields supports small and medium size farms throughout the region. When you purchase Grazing Fields eggs you purchase the assurance that your Michigan natural brown eggs are delivered fresh to your door each week by cage-free chickens and people who care.

Crop Profile

Sweet Cherries

With 3 grams of fiber per cup, these little fruits are a yummy way to get closer to your recommended fiber goal of 25-30 grams a day. According to the National Sleep Foundation, they also happen to be an excellent choice for a bedtime snack. They are a natural source of the hormone melatonin, which helps control your body's internal clock and promote healthy sleep patterns. For the biggest benefits, try eating sweet cherries shortly before turning in for the night. Another less known benefit of sweet cherries is they can be a source of pain relief. They're rich in anthocyanins, a group of polyphenols that fights tissue inflammation the same way that meds like ibuprofen do. The anthocyanins may also be good for your heart, by reducing inflammation and promoting healthy artery function. Sweet cherries are great uncooked, eaten straight off the stem, or incorporated into a salad. They are much sweeter than tart cherries, which are best baked, jammed, and juiced.

ALLEN
FARMERS MARKET

Veggie Box

What's in the Box?

Tomatoes, Hunter Park GardenHouse, Lansing
Organic Onions, Monroe Family Organics, Alma
Organic Sweet Pepper, MSU Student Organic Farm, Holt
Summer Squash, Felzke Farms, Dewitt
Organic Cherry Tomatoes, Monroe Family Organics, Alma
Sweet Cherries, Felzke Farms, Dewitt
Arugula/Mizuna Mix, Ten Hens Farm, Bath
Basil, Ten Hens Farm, Bath
Curly Kale, Ten Hens Farm, Bath

Add-Ons

Eggs, Grazing Fields Cooperative, Charlotte
Chevre, Hickory Knoll Farms Creamery, Onondaga
Cheese, Hickory Knoll Farms Creamery, Onondaga
Cold Brew Coffee, Rust Belt Roastery, Lansing
Coffee, Rust Belt Roastery, Lansing
Bread, Stone Circle Bake House, Holt
Meat Variety, Grazing Fields Cooperative, Charlotte
Sweet Treats, Rooted Home Farm & Goods, Lansing
Chicken, Trillium Wood Farm, Williamston
Beef, Heffron Farms Markets, Belding
Pork, Grazing Fields Cooperative, Charlotte

Recipes and Tips!

Cherry Almond Arugula Salad

Veggie Box arugula/mizuna mix
1 cup fresh Veggie Box cherries, halved
1 large grilled chicken breast, thinly sliced (optional)
1/2 cup roughly chopped unsalted almonds
4 oz. crumbled goat cheese (or feta)
1/4 cup Veggie box onions

For dressing:

1/2 c. olive oil
1/2 c. white balsamic vinegar
1 Tbsp. honey
1 Tbsp. dijon mustard
1 Tbsp. minced fresh Veggie Box basil

In a large salad bowl, layer arugula with cherries, chicken breast, almonds, cheese, and onion. Combine dressing ingredients and shake well; drizzle on salad as desired. You may not use all of the dressing.



Kale Chips

Veggie Box Kale
1 tbsp of olive oil

Preheat the oven to 275°F. Tear the kale leaves into 1” - 2” pieces, discarding the ribs, and place in a bowl. Drizzle with olive oil and toss with your hands until evenly coated. Arrange the leaves in a single layer (with NO overlap) on ungreased cookie sheets. Sprinkle with salt, and bake for 20 minutes or until leaves are crispy - make sure to check them often to prevent burning!



Fresh Salsa

Veggie Box tomatoes and cherry tomatoes, cut into 1/2 inch pieces
1/4 cup Veggie Box onions, finely chopped
1 tbsp. fresh parsley, chopped
1 tbsp. fresh Veggie Box basil, chopped
1 jalapeno pepper, seeded and minced
1 teaspoon minced garlic
2 teaspoons lime juice
1/2 teaspoon salt
1/4 teaspoon ground pepper
1/2 teaspoon sugar

Combine all ingredients into a bowl. After that, mix them together well and let the combination sit for about ten minutes, so all the flavors meld together. Make sure the onion, garlic and jalapeno pepper are truly chopped fine enough. There are some powerful flavors in those vegetables and the smaller you can make each piece, the better.

Summer Veggie Pasta

1/2 pound uncooked whole-grain linguine
Veggie Box squash
Veggie Box tomatoes and cherry tomatoes, finely chopped
2/3 cup finely chopped Veggie Box onion
Veggie Box pepper, chopped
2 tablespoons extra-virgin olive oil
2 tablespoons champagne or white wine vinegar
1 teaspoon sugar
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
2 garlic cloves, minced
3 tablespoons panko (Japanese breadcrumbs), toasted
1/3 of Veggie Box basil
1 ounce Parmigiano-Reggiano cheese, grated (about 1/4 cup)

Cook pasta according to package directions. Drain. While the pasta cooks, shave zucchini and squash into thin ribbons using a vegetable peeler; place in a large bowl. Add tomatoes and next 7 ingredients (through garlic) to bowl; toss to combine. Let stand 15 minutes, stirring occasionally to coat. Add pasta to vegetables, tossing gently to combine. Top with panko, basil, and cheese. Serve while the pasta is still warm!

