

Veggie Box Newsletter

Week 1: September 17

We're on native land. Specifically, Allen Neighborhood Center is on land belonging to the Anishinaabe (Odawa, Ojibwe, and Potawatomi people) & Haudenosaunee Confederacy, which today is called Lansing, Michigan – Lansing was originally called “Nkwejong,” meaning “where the rivers meet,” and Michigan comes from the Ojibwe word "mishigamaa," meaning "large lake." The purpose of this statement is to show respect for indigenous peoples, and recognize their enduring relationship to the land. Practicing acknowledgment can also raise awareness about histories that are often suppressed or forgotten. Given how closely tied Veggie Box is to the land and the environment, we think it's important to acknowledge the history of the relationships these indigenous folks had (and still have) with the land, plants and animals, and how these relationships sustained communities for generations. Thank you for supporting local food!

Producer Spotlight

Green Eagle Farm

Steve and Chela of Green Eagle Farm are 30 year veteran farmers and stewards of the land. They take great joy in growing a wide variety of crops and experimenting with new and unique products, all while being earth friendly in their practices and their care for the environment. You know they care about what they do when you see the mature lemon and fig trees carefully protected from the Michigan winters in one of their hoop houses. Not long after Steve and Chela met, the two knew that they were destined to be together as life partners and land stewards.

Crop Profile

Bok Choi

A deep green leafy vegetable that resembles romaine lettuce on top and a large celery on the bottom, bok choy is a crucifer more closely related to cabbage. The entire vegetable can be used, and is often added raw to salads for a satisfying crunch. In soups, the leaves and stalks should be chopped and added separately, since the stalks take longer to cook. Cultivated in China for centuries, bok choy has played a large part not only in its cuisine, but in traditional Chinese medicine. Containing a wealth of vitamins C, A, and K, and excellent sources of calcium, magnesium, potassium, manganese, and iron, bok choy is a powerhouse among vegetables.



What's in the Box?

Organic Celery, *CBI's Giving Tree Farm, Lansing*
Tomatoes, *Hunter Park Gardenhouse, Lansing*
Garlic, *Green Eagle Farm, Onondaga*
Organic Potatoes, *Monroe Family Organics, Alma*
Organic Bok Choi, *MSU Student Organic Farm, Holt*
Broccoli, *Titus Farms, Leslie*
Organic Kale, *CBI's Giving Tree Farm, Lansing*
Organic Bullhorn Peppers, *Owosso Organics, Owosso*

Add-Ons

Bread, *Stone Circle Bakehouse, Holt*
Meat Variety, *Heffron Farms Market, Belding*
Chicken, *Trillium Wood Farm, Williamston*
Beef, *Heffron Farms Market, Belding*
Pork, *Grazing Fields Cooperative, Charlotte*
Eggs, *Grazing Fields Cooperative, Charlotte*
Chevre, *Hickory Knoll Farms Creamery, Onondaga*
Cheese, *MSU Dairy Store, Holt*
Coffee, *Rust Belt Roastery, Lansing*
Cold Brew Coffee, *Rust Belt Roastery, Lansing*
Kombucha, *Apple Blossom Kombucha, Lansing*
Organic Navy Beans, *Ferris Organic Farm, Onondaga*
Sweet Treats, *Stone Circle Bakehouse, Holt*

Recipes and Tips!

Lemon Garlic Sautéed Bok Choi

Veggie Box Bok Choi

1 1/2 table spoons of extra virgin olive oil

3 Veggie Box garlic cloves , minced

Pinch crushed red pepper flakes

Sea Salt

Half a lemon, cut into wedges

Place the bok choy into a colander and rinse with cool water, cleaning any grit between the leaves. Trim the ends and slice each bok choy in half lengthwise. Pat dry. Add garlic, pepper flakes, and garlic to a wide room temperature skillet. Place over medium heat and cook, stirring occasionally, until the oil begins to bubble around the garlic, but before it begins to turn light brown. Toss in the bok choy, and sprinkle with 1/4 a teaspoon of salt then cook, without stirring, until bottom starts to turn brown, about 2 minutes. Flip and cook another 2 minutes. Transfer to platter and squeeze 2 lemon wedges on top.

Sautéed Potatoes with Kale

1 bunch Veggie Box kale

2 tablespoons plus 1 teaspoon extra virgin olive oil

Veggie Box potatoes, cut in small dice (about 1/2 inch)

1 medium onion, diced

1 Veggie Box garlic clove, diced

Freshly ground pepper and salt

Blanch kale for 2 to 3 minutes, until just tender. Transfer to a bowl of cold water, drain and squeeze out excess water. Cut squeezed bunches of kale into slivers and set aside. Heat 2 tablespoons olive oil over high heat in a heavy, preferably nonstick, 12-inch skillet and add potatoes. Turn heat down to medium-high and sear without stirring for 5 minutes, then shake and toss in pan for another 5 to 8 minutes, or until just tender and lightly browned. Add salt and continue to toss in pan for another minute or two, until tender. Add remaining teaspoon oil, onions and garlic, and cook, stirring until onions are tender and fragrant, about 3 minutes. Stir in kale and additional salt if desired and cook, stirring or tossing in the pan for another 3 to 5 minutes. Remove from heat, taste and adjust seasonings, and serve.

Celery Stew

4 cups Veggie Box celery in 1/2-inch chunks

1 Veggie Box bullhorn pepper

1 1/2 cups sliced onions

3 Tbs. butter

1 Tbs. olive oil

2 cloves Veggie Box garlic

1/2 tsp. celery salt

Veggie Box tomatoes

1/2 cup chopped Veggie Box celery leaves

1 1/2 cup hot broth

2 cups cooked beans

Salt and freshly ground pepper

Blanch celery for 5 minutes in boiling water; drain. Peel pepper if you wish. Slice pepper and cook along with onions in butter and oil until wilted and lightly browned. Chop garlic, add to pan, and cook for 1 minute. Stir in celery and celery salt; cover and cook over medium-low heat for 20 minutes stirring occasionally. Chop tomatoes and add along with herbs and broth. Cover pan and cook for 10-15 minutes longer or until celery is tender. Stir in beans and cook until heated through. Season to taste and serve hot. Serves 6-8.

Stir-Fry Bok Choi with Pepper and Broccoli

Veggie Box Bok Choi

Veggie Box broccoli

1/2 cup water

Veggie Box pepper cut into short thick strips

2 tablespoons canola oil

2 cloves of Veggie Box garlic, minced

1 tablespoon ginger, grated fine (to a paste consistency)

3 tablespoons soy sauce

Cut bok choy white stems into one-inch pieces. Cut leaves into shreds but keep separate from white stems. Remove stalk from broccoli and peel off outer skin, then cut into slices. Break up broccoli into small florets. Keep florets separate from the stalks. In a wok or large skillet, heat the water to boiling then add the bok choy stems and the broccoli stalks and lower to a simmer covered. Simmer for 4 minutes then add peppers and broccoli florets. Uncover and raise heat to high and cook just until vegetables are tender, about 4 more minutes. Add the bok choy leaves along with oil, garlic and ginger and toss and cook for just a minute. Add soy sauce, toss and serve.