

Veggie Box Newsletter

Week 11: August 13

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?

Green Tomatoes, Magnolia Farms, Lansing
Parsley, Magnolia Farms, Lansing
Salad Mix, Hunter Park Gardenhouse, Lansing
Organic Cherry Tomatoes, Monroe Family Organics, Alma
Organic Potatoes, Monroe Family Organics, Alma
Organic Onions, Monroe Family Organics, Alma
Summer Squash, Felzke Farms, Dewitt
Sweet Cherries, Felzke Farms, Dewitt
Slicer Tomato, Hunter Park GardenHouse, Lansing
Organic Hot Peppers, MSU Student Organic Farm, Holt and CBI's Giving Tree Farm, Lansing

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!

Spanish Rice

Veggie Box tomatoes (cherry and slicer)
1 Veggie Box onion, peeled and quartered
1/3 cup vegetable oil
2 cups long-grain or basmati white rice
4 cloves garlic (from last week's box!) minced
1 to 2 Veggie Box hot peppers, finely chopped (to tolerance)
2 cups vegetable stock
1 tablespoon tomato paste
Salt and freshly ground black pepper
1/2 cup Veggie Box parsley, minced
Lime wedges for serving

Adjust an oven rack to the middle position and preheat oven to 350°F. In a food processor or blender, puree the tomatoes and onions until smooth. Measure 2 cups of puree, pouring off and discarding any excess. Heat the oil in a large Dutch oven or a 3-quart saucepan until shimmering. Add the rice and sauté, stirring frequently, until light golden in color, about 10 to 15 minutes. Add garlic and hot peppers and stir until fragrant, about 15 seconds. Stir in tomato mixture, broth, tomato paste, and 1 1/2 tsp. salt. Bring to a boil. Cover and bake until the rice is tender and the liquid is absorbed, about 30 minutes. Stir halfway through baking time. Fluff rice with a fork. Fold in parsley and season to taste with salt and pepper. Serve with lime wedges.

Green Tomato & Hot Pepper Jam

1 or 2 Veggie Box hot pepper (depending on tolerance)
1/4 cup Veggie Box parsley, chopped
4 cloves garlic (chopped)
1 inch piece ginger (chopped)
1/2 cup cider vinegar
2 tablespoons soy sauce
3 cups sugar
Veggie Box green tomatoes, chopped.

Puree the pepper(s), parsley, garlic, ginger, vinegar, and soy sauce in a food processor. Place the mixture into a sauce pan and add the tomatoes and sugar. Bring to a boil and simmer until it thickens, about 45 minutes.



Cherry Chutney

Veggie Box cherries, pitted and diced
1/4 cup minced Veggie Box onion
1/4 cups light brown sugar
3 tablespoons apple cider vinegar
1/2 tablespoon of lemon juice
1 teaspoon freshly grated ginger
1 1/2 teaspoon mustard seed
Diced Veggie Box hot pepper to taste.
pinch of salt

In a medium sauce pan, heat olive oil over medium-high heat. Saute onion and pepper until onion is translucent, about 5 minutes. Stir in ginger and saute until fragrant, about 1 minute. Add cherries, sugar, cider vinegar, lemon juice, and salt. Bring to a boil; lower heat to a rapid simmer and cook until sauce thickens, about 30-40 minutes. Transfer to a bowl or serving dish and set aside to cool. Chutney will continue to gel and thicken as it cools. Serve room temperature or store in fridge and serve cold. Goes great with chicken, pork, or tofu, but also with cheese and crackers, and flatbread!



Herbed Summer Squash and Potato Torte with Parmesan

1 Veggie Box onion, thinly sliced
1 cup grated Parmesan cheese
2 tablespoons all purpose flour
1 tablespoon chopped fresh Veggie Box parsley
1 teaspoon salt
3/4 teaspoon ground black pepper
Veggie Box potatoes cut into 1/8-inch-thick rounds
1 Veggie Box summer squash, cut into 1/8-inch-thick rounds
6 teaspoons olive oil

Preheat oven to 375°F. Butter an 8-inch-diameter cake pan. Toss onions, cheese, flour, parsley, salt and pepper in medium bowl to blend. Layer potatoes in circular pattern in bottom of pan, overlapping slightly. Layer squash in a circular pattern atop potatoes. Drizzle with 1 teaspoon oil. Sprinkle with cheese mixture. Repeat two more times, and press firmly to flatten. Cover pan with foil. Bake until potatoes are almost tender, about 40 minutes. Remove foil; bake uncovered until tortes begin to brown and potatoes are tender, about 25 minutes longer. (Can be made 6 hours ahead. Cool. Cover with foil and chill. Rewarm, covered with foil, in 350°F oven until heated through, about 30 minutes.) Cut each torte into wedges.