

# Veggie Box Newsletter

Week 1: September 19

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?

- Rutabaga**, Titus Farms, Leslie
- Garlic**, Green Eagle Farm, Onondaga
- Salad Mix**, Hunter Park GardenHouse, Lansing
- Organic Cherry Tomatoes**, Owosso Organics, Owosso
- Organic Bok Choi**, MSU Student Organic Farm, Holt
- Kale**, Hillcrest Farms, Eaton Rapids
- Carmen Pepper**, Ten Hens Farm, Bath
- Organic Cucumber**, Owosso Organics, Owosso
- Organic Pears**, MSU Student Organic Farm, Holt

## 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.**

## Rutabaga Fries

1 rutabaga cut into spears  
2 tablespoons olive oil  
2 teaspoons paprika  
1 teaspoon garlic powder  
Salt & pepper to taste

**Preheat oven to 425 degrees F. Combine rutabaga spears with oil and spices, and toss until evenly coated. Lay rutabaga spears onto a baking sheet, leaving space between. Bake for 30 minutes, flipping halfway through; they should be cooked through and crisped on the outside.**



## Dutch Baby Pancake with Caramelized Pears and Toasted Almonds

2 tablespoons sliced almonds  
3 tablespoons unsalted butter  
2 large eggs, at room temperature  
1/2 cup whole milk, at room temperature  
1/2 cup all-purpose flour  
2 tablespoons granulated sugar  
1 teaspoon vanilla extract  
1/2 teaspoon ground cinnamon, divided  
1/8 teaspoon kosher salt  
1/8 teaspoon ground nutmeg  
2 Veggie Box pears, peeled, cored and sliced 1/4 inch thick  
2 tablespoons light brown sugar  
Confectioners' sugar, for dusting  
Lemon wedges, for serving

**Position the rack in center of the oven and preheat it to 350°. Place the almonds on a foiled-lined baking sheet and bake until golden brown, 8 to 10 minutes. Set aside. Increase the oven to 450°. Place 2 tablespoons butter in a 10-inch cast-iron skillet and place in the oven until the butter is melted and the skillet is very hot, 2 to 3 minutes. In a blender, mix together the eggs, milk, flour, sugar, vanilla, 1/2 of the cinnamon, salt and nutmeg until smooth. Carefully pour the batter into the preheated skillet and place it in the oven. Bake until the edges of the pancake are golden brown and have puffed up, 12 to 15 minutes. Meanwhile, in a medium skillet over medium heat, melt the remaining butter. When the butter begins to foam, add the pears, brown sugar and remaining cinnamon, and cook until the pears are caramelized and just tender, 4 to 6 minutes. Gently nestle the caramelized pears into the Dutch baby. Top with toasted almonds and confectioners' sugar, and serve with lemon wedges.**

