

# Veggie Box Newsletter

Week 5: October 17

Welcome to the fifth week of the Fall Veggie Box! ANC has officially opened registration for the Spring Veggie Box! For the 2020 Spring Veggie Box, there will be two different distribution days: for those who would like to pick up their box from the Allen Market Place, their distribution day is Tuesday; for those who would like their box delivered to their workplace, their box will be delivered on Thursdays. The Spring Season of Allen Neighborhood Center's Veggie Box program runs for 12 weeks, from March until May, with registration closing on February 21st. A subscription to our 12-week, multi-farm CSA is \$270, with add-on items available for an additional cost. The Spring Veggie Box includes a seasonal assortment of fresh, locally grown vegetables & fruits. Projected items include: asparagus, cooking greens, lettuce, peas, radish, herbs, beets, carrots, onions, winter squash, potatoes, garlic, rhubarb, strawberries, & more. To register or find out more information, visit [bit.ly/springveggiebox2020](http://bit.ly/springveggiebox2020). Spots are filling up fast so sign up soon! Thank you for supporting local food!

## Producer Spotlight

### *Half Barn Farm*

Ben Linsemier founded Half Barn Farm in 2012 on Lansing's Eastside when a large plot of scrubby land on the 600 block of South Clemens became available through the Ingham County Land Bank's Garden Program. On nearly an acre of land, and with a hoop house on-site, Ben grows a variety of local produce. Half Barn Farm wants to help nourish a vibrant healthy community and local food system while being a good steward of the land for those that follow.

## Crop Profile

### *Italiko Red Dandelion*

This Italian dandelion is actually a variety of chicory! While chicory is known as a bitter green, the bitterness of chicory can be ameliorated somewhat by blanching. Of course, you can also add sugar and/or salt. Those things might make chicory seem less bitter, but bitterness and amazing health benefits is what chicory brings to the table. This dandelion carries numerous medicinally important compounds such as inulin, sesquiterpene lactones, alkaloids, coumarins (vitamin K), vitamins, minerals and plant sterols. Research studies suggest that high inulin and fiber content in chicory help reduce blood glucose and cholesterol!



## What's in the Box?

**Organic Garlic**, *Owosso Organics, Owosso*  
**Organic Carrots**, *MSU Student Organic Farm, Holt*  
**Organic Watermelon Radishes**, *MSU Student Organic Farms, Lansing*  
**Italiko Red Dandelion**, *Hunter Park GardenHouse, Lansing*  
**Sweet Pepper**, *Half Barn Farm, Lansing*  
**Cabbage**, *Titus Farms, Leslie*  
**Organic Swiss Chard**, *MSU Student Organic Farms, Lansing*  
**Rosemary**, *Hunter Park GardenHouse, Lansing*  
**Beets**, *Titus Farms, Leslie*

## Add-Ons

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

# Recipes and Tips!

## Sauteed Italiko Red Dandelion

Veggie Box Italiko Red Dandelion  
2 tbsp olive oil  
2 cloves of Veggie Box garlic (minced)  
1/4 teaspoon salt  
1/4 red chili flakes  
A few squirts of fresh lemon juice

**To prepare the dish, boil the cicoria for 10 minutes; this will take a great deal of the natural bitterness out of the leaves and make the stalks much softer. Once the leaves have softened like spinach would on boiling, strain and leave it drain for a few minutes while you prepare the dressing. In a pan combine the oil, minced garlic, salt and chili flakes and sautee on medium until the garlic begins to turn golden. Be careful not to over-sautee the garlic! Drop the drained cicoria in the pan and toss it in the sauce gently on low for a few minutes. This is often served over pureed fava beans as a traditional Italian dish!**

## Wild Rice & Roasted Beet Salad

### Salad:

1 cup dry wild rice  
Veggie Box beets roasted, cooled, and cut into bite sized pieces  
1 tbsp olive oil  
1 Veggie Box carrot grated  
1 cup Veggie Box swiss chard, chopped  
1/4 cup chopped walnuts toasted  
1/2 cup chopped fresh parsley

### Dressing:

2 tbsp extra virgin olive oil  
2 tbsp. apple cider vinegar  
2 tbsp. maple syrup  
1 Veggie Box garlic clove minced  
2 tsp fresh thyme  
salt and pepper to taste

**Cook 1 cup of dry wild rice. Preheat oven to 425 degrees. Trim and peel beets. Cut beets into into quarters, and lightly oil them with olive oil. Wrap beets loosely in foil, & put the foil package on a baking sheet. Roast 40-50 minutes, or until beets are fork tender. Remove from foil and allow to cool. Toast walnuts in a non stick pan over low heat while the beets and rice are cooking. Toss them every few minutes and remove from heat after about 15 minutes. Allow beets and rice to cool. In a large bowl, toss all ingredients together with dressing. Serve immediately, or chill in fridge for later.**

## Watermelon Radish, Orange & Goat Cheese Salad

1 shallot or half of a small red onion  
2 to 3 tablespoons white balsamic vinegar  
kosher salt  
Veggie Box watermelon radishes  
2 to 3 oranges, clementines, grapefruit, etc.  
a handful of walnuts, toasted and chopped  
goat cheese to taste  
chives, minced,  
olive oil to taste

**Mince shallot. Place in small bowl. Cover with 2 to 3 tablespoons of the vinegar depending on how big of a salad you are making. Add a pinch of salt. Set aside. Cut off one end of the radish. Leave the other intact so you have a handle when you run the radish down your mandoline. Peel the radishes if you wish, though it is by no means necessary. Thinly slice on a mandoline. Arrange radish slices on a platter. Season all over with salt. Cut off each end of each clementine. Squeeze each end over the radishes, then discard. Use a sharp knife to remove the skin from the clementine. Cut in between membranes to remove each slice. Squeeze remaining membrane all over the radishes to extract any juice. Scatter clementines over the radishes. Scatter walnuts and goat cheese to taste over the radishes and oranges. Pour shallots and vinegar over top. Drizzle olive oil to taste (one to two tablespoons) over top. Scatter chives over top if using. Let sit a few minutes (or longer — it benefits from a brief rest) before serving.**

