

Veggie Box Newsletter

Week 1: March 5

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 Veggie Box is tied to the land and the environment, we think it's important to acknowledge the history of the relationships that indigenous folks had (and continue to have) with the land, plants and animals, and how these relationships sustained communities for generations. Over the next twelve weeks, we ask that you continue to remind yourself of indigenous presence and land rights in our community. What might our local food system look like if it were to have a deeper respect and understanding of indigenous cultures? In what ways has colonialism disrupted indigenous foodways? How can this be combated? Thank you for supporting local food!

Producer Spotlight

Hunter Park GardenHouse

The Hunter Park GardenHouse, a project of Allen Neighborhood Center, is a hub for year-round farm & garden education, where neighbors volunteer to grow food, flowers, and community, and youth develop job and life skills in service to the neighborhood. Since 2008, the Hunter Park GardenHouse has empowered neighbors to grow, prepare, and eat healthy food to better their health and become better connected with the community. The GardenHouse offers: a workshop series, an annual plant sale, Edible Park, a designated portion of the park free for the community to harvest, and the Urban Gardener Certification Program.

Crop Profile

Microgreens

This week's microgreens are a spicy micro mix - a colorful blend of red and green mustards! Microgreens are essentially seedlings of edible vegetables and herbs, and though miniscule in size, concentrated in nutrients. Studies have shown that microgreens are loaded with nutrients - up to 40 time more than the mature leaves of the same plants. Microgreens are great on salads, sandwiches, and in smoothies!



What's in the Box?

Microgreens, *Hunter Park GardenHouse*, Lansing
Organic Spinach, *Monroe Family Organics*, Alma
Organic Salad Mix, *CBI's Giving Tree Farm*, Lansing
Cilantro, *Hunter Park GardenHouse*, Lansing
Organic Baby Cabbage, *MSU Student Organic Farm*, Holt
Potatoes, *Titus Farms*, Leslie
Organic Beets, *MSU Student Organic Farm*, Holt

Add-Ons

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

Recipes and Tips!

Veggie Box Hash

Veggie Box beets
1 tablespoon olive oil + more for roasting
Veggie Box potatoes, cubed
Veggie Box cabbage, thinly sliced
1 small onion, diced
Veggie Box microgreens
Veggie Box eggs (optional)
1/4 cup vegetable stock
1 tablespoon chopped Veggie Box dill
Salt & pepper to taste

Preheat the oven to 375 degrees. Scrub the beets under cold water to remove any excess dirt. Peel the beets, and cube. Drizzle with olive oil. Roast in the oven for approximately 30 minutes (stir at least once while roasting). Remove from the oven and allow to cool. Heat the olive oil in a large skillet, set over medium heat. Add the potatoes, and cook, for approximately 5 minutes. Add the vegetable stock to the skillet, and cover. Cook for an additional 5 minutes. Remove the cover from the pan and stir in the chopped beets, cabbage, onions, and dill. Cook for approximately 10 minutes, until the cabbage is wilted and the potatoes are tender. Add salt & pepper to taste. Top with microgreens, and fried Grazing Fields eggs!

Roasted Beet and Apple Salad

Salad:

Veggie Box beets
1 tbsp fresh rosemary, chopped
2 tbspp extra virgin olive oil
salt and pepper to taste
1 apple cut into matchsticks
Veggie Box spinach
2 tbsp salted pistachios, chopped
Veggie Box microgreens.

Dressing:

3 tbsp extra virgin olive oil
1 tbsp apple cider vinegar
1 tbsp honey
1 tbsp dijon mustard

Preheat oven to 375 and grease a baking dish. Wash and peel the beets, and cube. Toss the beets with olive oil, rosemary, salt & pepper. Transfer to the baking dish and roast for about 30 minutes. Remove beets from the oven and let cool. Mix the beets with the apples and spinach in a bowl. Whisk together the dressing ingredients and then pour over the salad and toss to combine. Plate the salad and top with pistachios and microgreens.

Crispy Potatoes with Lemon Dill Tahini Dressing

Veggie Box potatoes
1/4 tsp salt
2 Tbsp cooking oil
1/4 tsp garlic powder
1/4 tsp onion powder
1 tbsp. Veggie Box dill
1/2 tsp dried parsley
1/4 tsp salt freshly cracked pepper
1/4 cup tahini
1/4 cup water
3 Tbsp lemon juice
2 green onions

Place the potatoes in a pot and add 1/4 tsp salt and enough water to cover the potatoes by one inch. Boil the potatoes for 8-10 minutes, or until they are fork tender. While the potatoes are boiling, prepare the Lemon Dill Tahini Dressing. Add the garlic powder, onion powder, dill, parsley, salt, some freshly cracked pepper, tahini, water, and lemon juice to a bowl. Stir or whisk until smooth. Let the potatoes cool, and then once slightly cooled, slice into 1 inch cubes. Add 2 Tbsp cooking oil to a non-stick skillet (cast iron is best for this recipe). Heat the oil over medium-high. Once hot, add the potatoes. Let the potatoes cook, stirring only occasionally, until they are browned and crispy on the outside (about 10 minutes total). While the potatoes are frying in the skillet, slice the green onions. Remove the skillet from the heat and either transfer the potatoes to a serving dish or use the skillet as the serving dish. Drizzle a generous amount of the lemon dill tahini dressing over top, then add the green onions. Serve immediately.

