

# Veggie Box Newsletter

Week 4: March 24

Have you ever thought about the impact that climate change can have on local farming? Two years ago we saw one of the driest summers that Mid-Michigan, and even the country, had seen in some time. Our farmers had to adapt, working even longer and harder than normal to deal with droughts. After the brutal polar vortex last winter, farmers then faced a cooler and wetter spring than normal, which set back their crop plans, which had devastating impacts for the remainder of the year. What could this year bring? Ultimately, agriculture is directly affected by all indications and consequences of climate change, such as droughts and floods, storms and tornadoes, rising sea levels, salinization of groundwater, more frequent and extreme weather events, increasing species extinction and the spread of old and new diseases. So how can farmers combat climate change? As a rule of thumb, diversification will reduce vulnerability to extreme conditions and increase resilience. Monoculture regions, or the cultivation of a single crop in an area, are obviously more exposed and vulnerable to many of the described challenges than systems which grow a wide variety of crops and can still produce sufficient yields even if one crop suffers or fails. Here in Michigan, many larger farms grow subsidy crops, or crops that have a government incentive attached to them: corn and soybeans are some of the largest. However, the small-scale farms who provide to the Veggie Box grow a large variety of produce, and do so in hoopouses and greenhouses, which can help control the climate. Which model seems more sustainable given the threat of climate change? Thank you for supporting local food!

## Producer Spotlight

### *Ten Hens Farm*

Adam and Dru Montri have been farming in Bath, Michigan since 2007 with their two daughters and three employees. Their produce is grown on three acres, in six hoopouses totaling over 17,000 sq ft and in one heated greenhouse. Dru and Adam both went to Michigan State and Penn State to study horticulture and worked together on numerous farms before starting Ten Hens Farm. They grow produce for the ANC Veggie Box program, Bath Farmers market, numerous Lansing area restaurants as well as CSA boxes in the greater Flint area. They are proud to have provided produce for the Veggie Box since the program started.

## Crop Profile

### *Collard Greens*

Collards are members of the cabbage family (*Brassica oleracea*), and a staple side dish in Southern cooking. They feature dark green leaves and tough stems that need to be removed before eating. The flavor of collards is a cross between cabbage and hearty kale, similar to Swiss chard. They are commonly used in Southern braises and stews, as the hearty leaves can hold up to longer cooking times. More recently, collard greens have become increasingly popular to use as wraps in plant-based diets. Collard greens offer a high fiber content, and are a good source of vitamins A, C, E, and K, which fortifies bones. It is also rich in iron, calcium, magnesium, and potassium.



## What's in the Box?

- Organic Carrots**, *Monroe Family Organics*, Alma
- Organic Daikon Radishes**, *MSU Student Organic Farm*, Holt
- Microgreens**, *Hunter Park GardenHouse*, Lansing
- Organic Scallions**, *MSU Student Organic Farm*, Holt
- Collards**, *Ten Hens Farm*, Bath
- Baby Bok Choi**, *Hunter Park GardenHouse*, Lansing
- Organic Spinach**, *CBI's Giving Tree Farm*, Lansing

## Add-Ons

- Bread**, *Stone Circle Bakehouse*, Holt
- Meat Variety**, *Heffron Farms Market*, Belding
- Sweet Treats**, *Stone Circle Bakehouse*, Holt

# Recipes and Tips!

## Miso Udon Noodle Soup

4 Eggs  
1 lb fresh Udon Noodles  
3 Veggie Box Carrots  
2 cloves Garlic  
3 Veggie Box Scallions  
1 Veggie Box Daikon Radish  
Veggie Box Baby Bok Choi  
2 Tbsps Hoisin Sauce  
2 Tbsps Sesame Oil  
2 Tbsps Soy Sauce  
1 1-Inch Piece Ginger  
splash of lime juice  
1/3 cup Roasted Cashews  
1/4 cup Miso Paste

**Heat a small pot of water to boiling on high. Peel and finely chop the garlic and ginger. Thinly slice scallions, separating the white bottoms and green tops. Thinly slice carrots into rounds. Thinly slice the bok choi stems and roughly chop the leaves. Roughly chop the cashews. Halve the radish lengthwise, then thinly slice crosswise. Place the radish in a bowl with the sesame oil; season with salt and pepper. Carefully add the eggs to the pot of boiling water. Cook for exactly 7 minutes. Drain and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. When cool enough to handle, carefully peel the cooked eggs and set aside in a warm place. While the eggs cook, in a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the garlic, ginger and white bottoms of the scallions; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened and fragrant. Add the carrots; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly softened. Add the miso paste, hoisin sauce, lime juice and 5 cups of water to the pot. Heat to boiling on high. Once boiling, reduce the heat to medium and cook, stirring occasionally, 7 to 9 minutes, or until reduced in volume by about 1/4. Add the bok choi stems and leaves. Season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until the stems have softened and leaves have wilted. Add the noodles and soy sauce to the pot. Cook, stirring occasionally, 2 to 4 minutes, or until thoroughly combined and heated through. Turn off the heat. Season with salt and pepper to taste. Cut the eggs in half and season with salt and pepper. Top the soup with the seasoned eggs. Garnish with the green tops of the scallions, cashews and marinated radish (including the marinating liquid). Enjoy!**

## Short-Cut Collard Greens

Veggie Box collard greens  
1 tablespoon olive oil  
Veggie Box scallions, diced  
1 tablespoon cider vinegar  
1 tablespoon maple syrup  
1/4 teaspoon hot red pepper flakes  
3/4 cup vegetable broth

**Cut the collard greens into 1/2-inch strips. Place the greens into a large, microwave-safe bowl with the water and cover tightly. Microwave on high for 5 minutes. In the meantime, heat the oil and add the collard greens and stir in the vinegar, maple syrup, red pepper flakes, scallions and broth. Bring to a simmer and cook, covered, for 30 minutes. Season with salt.**

## What to do with Greens?

**Pasta:** Sauté chopped greens in olive oil or butter, and add to any pasta dish.

**Soup:** Toss washed and chopped greens into any soup, homemade or store bought.

**Eggs:** Add greens into scrambled eggs or make a frittata.

**Freeze:** To freeze greens for later use, remove stems, clean and chop greens. Bring a large pot of salted water to boil. Blanch greens by cooking for one minute, then use tongs or a slotted spoon to transfer to a bowl of ice water. Freeze cooled greens in one and two cup containers to use later in the week. Thaw and use in soups, stews, and sautés.

Really, try them in just about anything - Quesadillas, Burritos, Curries, Stir-Fry, Pizza and Smoothies.

## CORONAVIRUS PREVENTION



**CHECK OUT TIPS FROM THE CDC**