

Veggie Box Newsletter

Week 5: April 2

Welcome to week 5 of the Spring Veggie Box! Are you looking for things you can do to improve your garden this season or ways to live a more sustainable lifestyle? Composting can meet both of those goals. Homemade compost builds the health and disease resistance of the plants in your garden while diverting organics from the landfill which reduces methane emissions. Composting requires 3 basic ingredients: browns, greens and water. Your compost pile should have an equal amount of browns and greens. Browns consist of dead leaves, branches, and twigs. Greens consist of grass clippings, vegetable waste, fruit scraps, and coffee grounds. Water provides moisture to help break down the organic matter. Adding compost to your garden soil will improve its fertility, consistency, drainage and health. It builds up the beneficial microorganisms in the soil leading to healthier garden overall. Composting also helps stop soil loss and helps save water. Organic material retains at least 18 times its weight in water. There are multiple ways that you can compost outside and indoors. Visit <https://www.epa.gov/recycle/composting-home> to get more information on the various methods of composting. You can find a method that can work with the space you have at home. Thank you for supporting local food!

Producer Spotlight

Monroe Family Organics

Monroe Family Organics is very much the fruition of a dream set in motion almost 20 years ago, & finally realized in 2011. After having a stall at the local Alma farmers market the summer he was 16, Fred Monroe was hooked on organic vegetable production. So off he went to Michigan State to earn his bachelor's degree in horticulture & agribusiness. During this time he worked at MSUSOF and interned at Angelic Organics, a very large CSA farm south of Chicago (where he met his wife Michele). In 2010, Fred & Michele set to work acquiring land, buying a house, & rounding up equipment for the first farm season. Over the next few years, they continued to add more crops, more animals, more CSA drop-offs, more delivery options, and more local mid-Michigan store and restaurant partners. 2019 marks Monroe Family Organics' ninth season.

Crop Profile

Miner's Lettuce

Miner's lettuce is a small, herbaceous, slightly succulent annual plant. This sought after wild green is a plant that not only tastes good but contains lots of nutrients. According to a study in the Journal of the American Dietetic Association, 100 grams of miner's lettuce contains a third of your daily requirement of vitamin C, 22 percent of vitamin A, and 10 percent of iron. During the gold rush, miners ate them to prevent scurvy, giving the species its common name. This plant is a native winter annual broadleaf plant in the Montiaceae family, and is also commonly referred to as winter purslane.



What's in the Box?

Organic Carrots, *Monroe Family Organics*, Alma
Organic Onions, *MSU Student Organic Farm*, Holt
Rosemary, *Hunter Park GardenHouse*, Lansing
Organic Potatoes, *Cinzori Farms*, Ceresco
Swiss Chard, *Ten Hens Farm*, Bath
Spinach, *Magnolia Farms*, Lansing
Organic Miner's Lettuce, *CBI's Giving Tree Farm*, Lansing

Add-Ons

Bread, *Stone Circle Bakehouse*, Holt
Meat Variety, *Overland Lamb and Wool*, Jonesville
Sweet Treats, *Stone Circle Bakehouse*, Holt
Cheese, *Hickory Knoll Farms Creamery*, Onondaga
Chevre, *Hickory Knoll Farms Creamery*, Onondaga
Eggs, *Grazing Fields Cooperative*, Charlotte
Organic Black Turtle Beans, *Ferris Organic Farm*, Eaton Rapids
Coffee, *Rust Belt Roastery*, Lansing
Kombucha, *Apple Blossom Kombucha*, Lansing
Pork, *Grazing Fields Cooperative*, Charlotte
Chicken, *Trillium Wood Farm*, Williamston
Beef, *Heffron Farms*, Belding
Cold Brew Coffee, *Rust Belt Roastery*, Lansing

Recipes and Tips!

Miner's Lettuce Salad

Veggie Box Miner's Lettuce
3 Tablespoons Apple Cider Vinegar
3 Tablespoons Extra Virgin Olive Oil
Lemon Zest
Fine sea salt and freshly-ground pepper, to taste
Optional: bleu cheese, walnuts, and cranberries

Whisk together the vinegar, olive oil, lemon zest and salt and pepper. Drizzle over miner's lettuce, and top with bleu cheese, walnuts, and cranberries

Rosemary Garlic Roasted Potatoes

Veggie Box potatoes, cut into 1-inch-thick wedges
2 tablespoons olive oil
2 tablespoons of Veggie Box rosemary, minced
1 garlic clove, smashed & peeled
1 teaspoon salt
1/2 teaspoon pepper

Preheat the oven to 400 degrees F. Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, garlic and rosemary; toss until the potatoes are well coated. Dump the potatoes on a baking sheet and spread out into 1 layer; roast in the oven for at least 1 hour, or until browned and crisp. Flip twice with a spatula during cooking to ensure even browning. Remove the potatoes from the oven, season to taste, and serve.



Veggie Box Frittata

Veggie Box chard
Veggie Box spinach
2 Tbs. canola oil
1 tsp. finely chopped Veggie Box rosemary
Veggie Box potatoes, grated
1/2 cup of Veggie Box onion, finely chopped
Kosher salt and freshly ground black pepper
1 medium clove garlic, finely chopped
1/4 tsp. crushed red pepper flakes
10 large eggs
A splash of milk
6 oz. grated aged Gouda (about 2 cups)

Position a rack in the center of the oven and heat the oven to 400°F. Separate the chard stems from the leaves and slice each 1/4 inch thick. Heat the oil in a 12-inch oven-safe nonstick skillet over medium-high heat. Add the rosemary and cook, stirring, until aromatic, about 10 seconds. Add the chard stems, potatoes, onion, 3/4 tsp. salt, and 1/4 tsp. pepper and cook, stirring only occasionally, until browned in spots, about 7 minutes. Remove from the heat, stir in the garlic and red pepper flakes, and spread evenly in the skillet. Lightly beat the eggs and milk in a medium bowl. Mix in the chard leaves, spinach, and cheese, and evenly pour over the potatoes. Transfer the skillet to the oven and bake until the frittata is set, 15 to 20 minutes. Let cool slightly before serving.

