

# Veggie Box Newsletter

Week 9: April 30

Welcome to week 9 of the Spring Veggie Box! Did you know that the average conventional food product travels about 1,500 miles from farm to consumer? By choosing to eat locally grown foods, you can drastically cut down on these “food miles.” Not only do fewer transport miles mean fewer emissions and larger benefits for local economies, but also results in less food waste. Of all the food grown in the United States, up to 40 percent of it is lost getting it from the farm to our fork, according to research from the Natural Resources Defense Council. Some food waste we can control, some we cannot. We have a nation that demands perfect, soil- and blemish-free food. Many of these not-so-perfect specimens often wind up in the landfill rather than recycled or creatively used. From the “yucky” bits we trim off during our own cooking to the large portions that are discarded at restaurants, we are throwing away 50% more food than we did 40 years ago. Find out how to store fruits and vegetables so they stay fresh longer inside or outside your refrigerator. Freeze, preserve, or can surplus fruits and vegetables - especially abundant seasonal produce. Even vegetable scraps can be frozen to make stock! Meal prepping is another great way to reduce waste and organize what you purchase. What are other ways you can reduce food waste and prioritize sustainability? Thank you for supporting local food!

## Producer Spotlight

### *Lake Divide Farm*

Lake Divide Farm is a family farm located in Stockbridge, MI. Helen and Jim, along with a team of fantastic farmers are dedicated to growing your certified organic vegetables! They believe in Good for the Earth, Good for the Farmers, Good for the People. The Trifecta of sustainability. Good for the earth: Taking care of the natural world is important, after all, it takes care of us; Good for the farmer: They believe farmers should have livable hours and livable wages; Good for the people: They believe in food equality and bringing their produce to market at an affordable price and keeping it accessible.

## Crop Profile

### *Hakurei Turnips*

Like all turnips, the Hakurei, or Tokyo, turnip is a member of the Brassica family. This Japanese variety is sometimes referred to as a salad turnip, due to its crisp, delicious raw flavor. Unlike other turnip varieties, hakurei do not need to be cooked. They have an even-textured density and the flavor pairs well with a variety of different food items. Eat them raw (just whole, or chopped/grated in salads), make a quick pickle, or cook to enhance their natural sweetness.



## What's in the Box?

**Organic Salad Mix**, CBI's Giving Tree Farm, Lansing

**Organic Onions**, MSU Student Organic Farm, Holt

**Chives**, Hunter Park GardenHouse, Lansing

**Organic Red Radishes**, Monroe Family Organics, Alma

**Organic Pea Shoots**, Lake Divide Farm, Stockbridge

**Organic Spinach**, CBI's Giving Tree Farm, Lansing

**Organic Hakurei Turnips**, CBI's Giving Tree Farm, Lansing

**Organic Garlic**, MSU Student Organic Farm, Holt

**Organic Watermelon Radishes**, Lake Divide Farm, Stockbridge

## Add-Ons

**Bread**, Stone Circle Bakehouse, Holt

**Meat Variety**, Heffron Farms, Belding

**Cheese**, Hickory Knoll Farms Creamery, Onondaga

**Chevre**, Hickory Knoll Farms Creamery, Onondaga

**Coffee**, Rust Belt Roastery, Lansing

**Dry Navy Beans**, Ferris Organic Farms, Eaton Rapids

**Kombucha**, Apple Blossom Kombucha, Lansing

**Sweet Treats**, Stone Circle Bakehouse, Holt

**Eggs**, Grazing Fields Cooperative, Charlotte

**Pork**, Grazing Fields Cooperative, Charlotte

**Chicken**, Trillium Wood Farm, Williamston

**Beef**, Heffron Farms, Belding

# Recipes and Tips!

## Roasted Hakurei Turnips with Israeli Couscous Salad

Veggie Box hakurei turnips and greens

1 cup Israeli couscous

1 Veggie Box garlic clove, minced

pinch of red chili flakes

1/4 cup chopped Veggie Box onion

juice from half a lemon

4-5 tablespoons extra-virgin olive oil

salt and pepper to taste

**Preheat oven to 425 degrees. Trim radishes from greens leaving a small stub of the stems attached. Halve each turnip, keeping the long tails intact. Finely chop the greens. Toss the turnips with 1-2 tablespoons of olive oil, pinches of salt and pepper, and the optional chili flakes. Place flat side-down on a roasting pan. Roast for 5-10 minutes, or just until the bottoms are lightly browned. Toss around in the pan with tongs, and continue roasting another 3-5 minutes. Remove from heat and let cool. Meanwhile, bring a pot of 3 cups water to a bowl and add the couscous. Continue to boil for 8-10 minutes until couscous is tender. Drain. Heat 1-2 tablespoons of olive oil over medium-high flame and add the garlic. Once fragrant, toss in the leaves and a pinch of salt and pepper. Saute until just wilted, 1-2 minutes. Transfer to a bowl and let cool. Combine the chopped onion with the cooled couscous and greens. Add fresh lemon juice, an extra tablespoon or so of olive oil, and salt and pepper to taste. Serve with the roasted radishes on top.**

## Roasted Watermelon Radishes

Veggie Box watermelon radishes, cut into wedges

Olive oil

A drizzle of maple syrup to coat

salt

pepper

**Preheat oven to 400 degrees F. Cut your radishes into wedges, six or so per large radish, fewer if smaller, aiming for consistent size. Toss in olive oil, maple syrup, salt and pepper. Spread on a baking pan in a single layer. Cover with foil and put in oven. After about 20 minutes, when they are soft, take the foil off and let them brown a bit before taking out to serve. Taste and add more salt if needed. They're great on their own, or cold on a salad too!**

## Pea Shoot Pasta

Veggie Box pea shoots

2 large Veggie Box garlic cloves

Salt to taste

3 tablespoons butter or olive oil, or a mixture

½ pound bow-tie pasta

4 ounces cremini mushrooms, sliced

3 tablespoons freshly grated Parmesan cheese, plus additional cheese for the table

Freshly ground black pepper

**If the pea shoots have long stems, cut them into pieces. Set aside. Mash the garlic with a pinch of salt to form a paste. Mix with the butter or oil. Heat a large pot of salted water for the pasta. Heat 2 tablespoons of the garlic butter or oil in a large, heavy skillet. Add the mushrooms, and saute over medium heat for a few minutes, until the mushrooms have wilted. When the water has come to a boil, add the pasta and cook about 7 minutes, until al dente. Drain the pasta and add it to the skillet. Return the skillet to the heat. Add the pea shoots to the skillet along with the remaining garlic butter or oil, and cook over medium heat, stirring, for a minute or two, until the pea shoots have just wilted and the ingredients are well mixed. Add the cheese, season with salt and pepper, and serve at once, offering more cheese at the table.**



## Radish Toast

Veggie Box Red Radishes

Veggie Box chives

Sea Salt

Salted Butter

Bread

Slice and toast bread, and spread butter. Place sliced radishes on top, along with a pinch of sea salt and fresh chopped chives!