

Veggie Box Newsletter

Week 1: June 2nd

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 fourteen 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

Hillcrest Farms

Hillcrest Farms is a four season farm in Eaton Rapids that offers an extensive selection of fresh produce. Owner, Mark Kastner, started farming in 2008 gaining inspiration from his grandmother, a fantastic chef and farmer with whom he spent summers with as a child. Now he is known around town for his deliciously unique spinach and salad mix, as well as for the impeccable quality of the rest of his produce. His sustainable farming practices assure customers that products are safely produced with regards to environment and human health.

Crop Profile

Rhubarb

Rhubarb belongs to the Polygonaceae vegetable family, like Buckwheat, and contains many beneficial compounds for your health. Rhubarb is extensively used in China for medicinal purposes, and was frequently traded in the era of the Silk Road. Like celery, rhubarb has a crisp, red stalk that is sweet and contains a strong tart flavor. In a lot of ways, because of its unique taste and the fact that it is used in desserts, some people consider rhubarb to be a fruit! There are many fun ways to prepare and cook rhubarb - Check out this weeks recipes to learn a few ways to use this summer vegetable!



What's in the Box?

Chives, Hunter Park GardenHouse, Lansing
Microgreens, Hunter Park GardenHouse, Lansing
Salad Mix, Hunter Park GardenHouse, Lansing
Rhubarb, Pear Tree Farm, Haslett
Asparagus, Hillcrest Farms, Eaton Rapids
Green Garlic, Ten Hens Farm, Bath
Organic Swiss Chard, MSU Student Organic Farm, Holt
Organic Kale, Lake Divide Farm, Stockbridge

Add-Ons

Eggs, Grazing Field Cooperative, Charlotte
Bread, Stone Circle Bakehouse, Holt
Coffee, Rust Belt Roastery, Lansing
Kombucha, Apple Blossom Kombucha, Lansing
Chevre, Hickory Knoll Farms Creamery, Onondaga
Cheese, Hickory Knoll Farms Creamery, Onondaga
Organic Black Turtle Beans, Ferris Organic Farms, Eaton Rapids
Meat Variety, Heffron Farms Market, Belding
Beef, Heffron Farms Market, Belding
Pork, Grazing Field Cooperative, Charlotte
Sweet Treats, Stone Circle Bakehouse, Holt

Recipes and Tips!

Easy Apple Rhubarb Jam

2 cups of Veggie Box rhubarb
2 cups of diced peeled apples
1.5 cups of white sugar
1/2 cup water
1 tablespoon ground cinnamon
1/2 squeezed lemon (or 1 package of dry pectin)

In a large saucepan mix together the rhubarb, apples, sugar, water and cinnamon. Bring to a boil, then cook over medium heat for 20 minutes or until the fruit is soft. Stir in the pectin and boil for 5 minutes.

Cook's Note: To make strawberry-rhubarb jam, replace the apples with three cups of strawberries and the pectin with one 6-ounce box of strawberry gelatin.

Chives & Eggs Stir Fry

5 Large Eggs
1/8 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon ground white pepper
1/4 teaspoon sesame oil
4 teaspoons water
Veggie Box chives
Veggie Box green garlic (the white & light green part)
4 tablespoons vegetable oil
optional: rice cooking wine

Crack the eggs into a large bowl, and add the sugar, salt, rice cooking wine (optional), white pepper, sesame oil and water. Beat the eggs for a good 30 seconds until you see a layer of small bubbles floating on the surface of the beaten eggs. Mix in the chives, green garlic and eggs until combined. Now you are ready to cook. Heat until it just starts to smoke, and then turn the heat down to medium low. Wait 10 seconds, and then add the oil. Coat with oil using your spatula to swirl it around. The oil should be hot but not smoking when you add the egg mixture. Once you pour the eggs in, flip and stir them slowly with a spatula, being careful not to let the eggs brown or firm up too much. Serve up with a side of rice or your choosing!

Rhubarb Muffins

1 cup Veggie Box rhubarb
1 3/4 cups flour
1/2 cup sugar
2 teaspoons baking powder
1/4 teaspoon salt
1 egg
3/4 cup milk
1/5 cup vegetable oil
1 teaspoon vanilla

Preheat oven to 400°. Grease twelve muffin wells or line paper liners. Toss rhubarb with 1 tablespoon flour and set aside. Combine flour, sugar, baking powder and salt in a large bowl with a whisk. In a small bowl, whisk egg, milk, vanilla and oil. Make a well in the dry ingredients and add the wet ingredients. Stir just until moistened. Shake of excess flour from rhubarb and fold into batter. Do not overmix. Fill each muffin well 2/3 full. Top with streusel topping below if using. Bake for 18 to 20 minutes or until a toothpick comes out clean. Remove from muffin pan and cool completely.

Simple Swiss Chard Pasta

6 ounces pasta
1 teaspoon extra-virgin olive oil
Veggie Box Swiss chard, stems diced, leaves coarsely chopped
1/2 teaspoon balsamic vinegar
1 cup canned fire roasted diced tomatoes
Veggie Box green garlic, minced
1/2 cup cooked white beans, drained and rinsed
Shaved parmesan cheese
1/4 cup pine nuts (optional)
Sea salt & fresh black pepper

In a large pot of salted boiling water, cook pasta until al dente. Meanwhile, in a large skillet, heat oil over medium heat. Add chard stems and a pinch of salt. Give them a stir, then add the chard leaves and gently toss until they begin to wilt. Add the balsamic, tomatoes, garlic, white beans, freshly ground pepper, and toss. Once the chard is cooked down, add pasta and remove from heat. Serve with shaved pecorino cheese and pine nuts on top.