

Veggie Box Newsletter

Week 1: June 3rd

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

CBI's Giving Tree Organic Farm

CBI's (Community Based Interventions) Giving Tree Farm is a seven acre, non-profit CSA farm just north of Lansing, MI between Old Town and Dewitt. The farm originally began as a community garden for people with disabilities. As it's volunteer base grew, so did the available programs. The farm has established a heated greenhouse and eight hoop houses for year-round horticultural therapy programs. Monday through Friday, the farm provides vocational training for people who have suffered from traumatic brain injuries, allowing them to organically cultivate the produce provided to provide to the community.

Crop Profile

Kohlrabi

Kohlrabi is a hardy, annual vegetable that is primarily consumed in some European countries, although it has also become a staple vegetable in northern India. The small or large bulbous vegetable is encased in two harder shells of leaves, which typically do not soften when cooked. However, kohlrabi can be eaten raw or cooked and has been a staple of German cuisine for hundreds of years. You can use the kohlrabi root as well as the leaves in your diet. They both have significant amounts of nutrients and minerals like copper, potassium, manganese, iron, and calcium, as well as vitamins, such as vitamin C, B-complex vitamins, vitamin A, and vitamin K. Kohlrabi tastes somewhat like a broccoli stem, although somewhat more palatable, and is often softer, even taking on the consistency of an apple at times. While the roots/stems are often used in salads in a similar way as carrots or broccoli.



What's in the Box?

- Chives**, Hunter Park GardenHouse, Lansing
- Easter Egg Radishes**, Hunter Park GardenHouse, Lansing
- Green Garlic**, Hunter Park GardenHouse, Lansing
- Organic Swiss Chard**, MSU Student Organic Farm, Holt
- Organic Head Lettuce**, CBI's Giving Tree Farm, Lansing
- Organic Hakurei Turnips**, CBI's Giving Tree Farm, Lansing
- Organic Beets**, CBI's Giving Tree Farm, Lansing
- Organic Kohlrabi**, CBI's Giving Tree Farm, Lansing
- Organic Cilantro**, Monroe Family Organics, Alma

Add-Ons

- Eggs**, Grazing Field Cooperative, Charlotte
- Organic Pinto Beans**, Ferris Organic Farms, Eaton Rapids

Recipes and Tips!

Simple Roasted Beets

4-5 Veggie Box beets
3 tablespoons olive oil
Kosher salt

Preheat the oven to 425 degrees and line a baking sheet with parchment paper. Wash the beets and use a vegetable scrubber to wash the outside. Remove the stem and root end with a sharp knife. Use a vegetable peeler or paring knife to peel the beets. Slice the beets into 1/4" thick rounds and place them in a small bowl. Drizzle the olive oil over the sliced beets and then toss to combine. Place the sliced beets in a single layer on your prepared baking sheet and sprinkle with kosher salt. Roast in the hot oven until the beets are fork tender, 10-15 minutes. Enjoy hot with additional salt to taste.

Hakurei Turnip Stir Fry with Lemon

Veggie Box hakurei turnips cut into wedges
Veggie Box turnip greens, roughly chopped
1/2 tablespoon of sesame oil
Veggie Box green garlic, diced (white and light green parts)
Dash of red pepper flakes
splash of lemon juice
Minced Veggie Box chives over top.

Heat sesame oil in pan, and then add the turnips. Cook the turnips, covered, on medium high heat until just starting to brown and soften. Add the soy sauce, lemon juice, red pepper flakes, green garlic, and the greens. Cooking, stirring occasionally until the greens have wilted and it smells fragrant. Serve and add chives on top.



Kohlrabi & Cucumber Salad

Veggie Box kohlrabi, cut into bite sized pieces
1 Cucumber, cubed
4 Veggie Box radishes, ends trimmed, cut into bite sized pieces
2 stalks of Veggie Box green garlic (the white and lightest green portion), minced into a paste
generous pinch of salt
generous pinch of cracked black pepper
1 tablespoon of fresh mint, finely chopped
4 tbsp plain Greek yogurt
2 tbsp Mexican crema, or sour cream
1/2 lemon, juiced
1/2 tbsp olive oil

Mix all ingredients together, cover, and refrigerate for at least two hours before eating!

Veggie Box Tacos

Veggie Box beets, and greens
1 cup of cooked Veggie Box pinto beans
Veggie Box Swiss chard
Veggie Box green garlic
Veggie Box cilantro
1 1/2 teaspoon chile powder
1 1/2 teaspoon paprika
splash of lime juice
salt to taste
Queso Fresco

Preheat oven to 365 degrees F. Trim, peel, and chop the beets into cubes. Put in bowl and toss with 1 Tbsp oil, and sprinkle with 1/4 tsp each salt and pepper. Toss to coat, then bake for 45minutes, or until tender when pricked with a fork, stirring occasionally. Heat a tablespoon of oil in a pan, add beet greens, swiss chard, and green garlic. Cook for a few minutes until wilting, and then add the beets, cooked pinto beans, chile powder, paprika, lime juice, and salt. Season to taste, and serve on a tortilla with queso fresco and diced cilantro

