

# Veggie Box Newsletter

Week 1: June 4th

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

### *Wildflower Eco Farm*

Drawn to farming due to the combination of physical and mental work, Phil Throop achieved his MS in Horticulture from Michigan State University and has continued farming ever since. He established his own 3.5 acre farm in Bath Township, MI, and named it for the wonderful array of wildflowers throughout the property. Wildflower Eco Farm specializes in using sustainable growing practices with over sixty types of fruits and vegetables. They offer their own CSA and are familiar faces at many of the area's Farmer's Markets.

## 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?

**Rhubarb**, *Wildflower Eco Farm*, Bath  
**Asparagus**, *Felzke Farms*, Dewitt  
**Green Garlic**, *Magnolia Farms*, Lansing  
**Head Lettuce**, *Ten Hens Farm*, Bath  
**Organic Chives**, *MSU Student Organic Farm*, Holt  
**Organic Collards**, *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 off 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.**

## Black Bean, Sweet Potato & Kale Tacos

1 teaspoon salt  
Veggie Box kale and collard greens, sliced  
1 sweet potato, peeled, cut in 1/2 in cubes  
1 tablespoon olive oil  
1/2 cup onion, chopped  
1 medium jalapeño, seeded and finely chopped  
Veggie Box green garlic, finely chopped (white and light green part)  
2 teaspoons ground cumin  
1 teaspoon dried oregano leaves  
2 cans of black beans (or 1.5 cups of dried beans)  
Tortillas

**In a sauce pan mix salt with 1 quart water. Bring to a boil. Add kale; cook 1-2 min. or until tender. Remove with slotted spoon to large bowl of ice water to cool. Drain on paper towel and set aside. Add sweet potato to same boiling water. Cook 3-4 min. or until tender, drain well. In pan heat oil over medium heat. Cook onion and jalapeño 3 min. Stir in garlic, cumin, and oregano. Cook 2 min. stirring occasionally. Stir in beans, Cook 5 min or until thoroughly heated, adding cooked sweet potato during last minute of cooking. Serve in tortilla, top with kale.  
**Note: if using dried beans, cook prior to adding to recipe.****