

# Veggie Box Newsletter

Week 2: June 9th

Food labels provide a common misconception to consumers. For many food labels, it is important to do your own research before hitting the grocery store. For example, there are many different types of labels that you can find on eggs at the grocery store. There are four common labels that can be seen on egg cartons: caged, cage-free, free-range and pasture-raised. Caged is exactly what it sounds like, birds are sometimes confined to spaces smaller than a piece of paper and in battery cages - which are considered the most inhumane living conditions. Cage-free is a step up from this since birds are not confined to a cage. The caveat to this is birds may be kept inside all the time and have no access to the outdoors. Free-Range allows birds to have access to the outdoors but there is not always specific guidelines to this. Birds may go outside but the outside area may have little to no vegetation. Pasture-raised is by far the best option, with birds having a lengthy amount of time outdoors and with a guarantee of outside vegetation present. When looking at the food labels on your egg cartons, you will also want to look for another type of food label such as certified humane, which can guarantee strict guidelines in place to make sure birds are treated with care. Thank you for supporting local food!

## Producer Spotlight

### *Ten Hens*

Adam and Dru Montri have been farming in Bath, Michigan since 2007 with their two daughters and three employees. Their produce is grown on three acres, in six hoopouses totaling over 17,000 sq ft and in one heated greenhouse. Dru and Adam both went to Michigan State and Penn State to study horticulture and worked together on numerous farms before starting Ten Hens Farm. They grow produce for the ANC Veggie Box program, Bath Farmers market, numerous Lansing area restaurants as well as CSA boxes in the greater Flint area. They are proud to have provided produce for the Veggie Box since the program started.

## Crop Profile

### *Kohlrabi*

Kohlrabi is a hardy, annual vegetable that is primarily consumed in some European countries, and has also become a staple vegetable in India. It is actually a cultivar of cabbage and was specifically bred as a hardier version of cruciferous vegetables, which often can't grow in as harsh of conditions. 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. 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, 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?

**Lemon Thyme**, *Hunter Park GardenHouse*, Lansing

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

**Bok Choi**, *Hillcrest Farms*, Eaton Rapids

**Kohlrabi**, *Ten Hens Farm*, Bath

**Head Lettuce**, *Magnolia Farms*, Lansing

**Asparagus**, *Felzke Farms*, Dewitt

## Add-Ons

**Bread**, *Stone Circle Bakehouse*, Holt

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

**Meat Variety**, *Grazing Fields Cooperative*, Charlotte

**Chicken**, *Trillium Wood Farms*, Williamston

# Recipes and Tips!

## Roasted Kohlrabi

Veggie Box kohlrabi  
1 tablespoon olive oil  
1 clove garlic, minced  
salt and pepper to taste  
1/3 cup grated Parmesan cheese

**Preheat an oven to 450 degrees F (230 degrees C). Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet. Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Serve immediately.**

## Lemon Thyme Rice

1 tablespoon butter  
1 cup uncooked white rice  
1 (14.5 ounce) can vegetable stock  
1 tablespoon fresh lemon juice  
1 tablespoon fresh Veggie Box lemon thyme leaves

**Melt butter in a medium saucepan over medium-high heat, and stir in the rice. Cook rice, stirring frequently, until browned, about 5 minutes. Mix vegetable stock, lemon juice and thyme into the rice. Cover, and reduce heat to low. Cook 20 minutes, until liquid has been absorbed. Fluff with a fork before serving.**



## Kohlrabi Fritters

Veggie Box Kohlrabi, including greens, peeled, shredded, and drained  
2 Eggs  
1/3 cup Onion, diced  
1/3 cup Parmesan, shredded  
1/2 small Jalapeno, chopped fine  
1/4 cup Breadcrumbs  
1/2 cup Flour  
1/4 tsp. Pepper  
1/4 tsp. Salt  
1/4 tsp. Onion Powder  
1/4 tsp. Garlic Powder  
1 - 2 Tbsps. Olive Oil for sautéing.

**Mix all ingredients in a large bowl until combined. It will resemble a sticky dough. Using your hands, form mixture into patties. Heat olive oil on a skillet on medium-high heat. Place patties on hot skillet, and sear on one side until brown, approximately three minutes. Flip patties and leave on medium high heat for another two minutes. They should be lightly browned. Reduce heat to low and leave on skillet until patties are cooked through, another 5 to 7 minutes. Remove from skillet and eat warm. You can eat them solo or serve them with a side of sour cream for dipping.**

## Lemon Garlic Sautéed Bok Choi and Asparagus

Veggie Box bok choy  
Veggie Box asparagus  
1 1/2 table spoons of extra virgin olive oil  
3 garlic cloves , minced  
Pinch crushed red pepper flakes  
Sea Salt  
Half a lemon, cut into wedges

**Place the bok choy into a colander and rinse with cool water, cleaning any grit between the leaves. Trim the ends and slice each bok choy in half lengthwise. Pat dry. Add garlic, pepper flakes, and garlic to a wide, room temperature skillet. Place over medium heat and cook, stirring occasionally, until the oil begins to bubble around the garlic, but before it begins to turn light brown. Toss in the Asparagus and cook for a few minutes. Add the bok choy, and sprinkle with 1/4 a teaspoon of salt then cook, without stirring, until bottom starts to turn brown, about 2 minutes. Flip and cook another 2 minutes. Transfer to platter and squeeze 2 lemon wedges on top.**