

Veggie Box Newsletter

Week 2: June 10th

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

MSU Student Organic Farm

The MSU Student Organic Farm is a 15 acre year-round educational, organic farm located in Holt, MI about 3 miles south of the Michigan State University campus. Started in 1999 by students who desired a more hands-on learning experience, the farm now offers a nearly year-long intensive program for those interested in learning everything they can about organic farming. Not only do the students tend to the fields, but the program also involves caring for the farm's livestock. MSU's multiple cafeterias source as much produce as they can from the MSUSOF and they also offer a weekly farm stand in the middle of campus for students and public alike.

Crop Profile

Sorrel

Sorrel is a perennial herb of the Polygonaceae family. It is primarily native to Europe and its history can go back as far as the 1700s in Jamaican literature but is known nationally around North America today. It can be known as a problematic invader in lawns and gardens. It has tart-tasting slender triangular leaves with yellow or red flowers. This plant even grows in three variations including French, red-veined, and broad leaf - all of which can have a unique appearance. Sorrel is packed with vitamins A and C, and potassium also! This versatile vegetable goes great with seafood, mild flavored meats or even add a burst of flavor to smoothies and salads.



What's in the Box?

Asparagus, Felzke Farms, Dewitt

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

Organic Radishes, CBI's Giving Tree Farm, Lansing

Organic Kohlrabi, CBI's Giving Tree Farm, Lansing

Organic Sorrel, CBI's Giving Tree Farm, Lansing

Lemon Thyme, Hunter Park GardenHouse, Lansing

Organic Arugula, MSU Student Organic Farm, Holt

Organic Dill, MSU Student Organic Farm, Holt

Recipes and Tips!

Sorrel Bean Soup

About 1 lb. dry beans (like last week's pinto beans!)
Veggie Box sorrel leaves, stems discarded
Salt and pepper
Olive oil
Half an onion, chopped
2 cloves garlic

Sweat onion and garlic in a couple tablespoons of olive oil until translucent but not brown. Add shelling beans and several cups of water, and boil til almost soft enough. Add salt and pepper to taste. Add chopped sorrel leaves and boil 3 more minutes. Taste the broth, not the beans, for seasoning: add more salt, pepper, or a squeeze of lemon juice or white wine if necessary. Serve hot.

Roasted Kohlrabi

Veggie Box kohlrabi
1 1/2 tablespoon olive oil
Pinch of cayenne
1/2 teaspoon of salt
1 clove garlic, minced salt and pepper to taste
3 tablespoons grated Parmesan cheese

Peel kohlrabi and cut into 1-inch wedges; toss with olive oil, kosher salt and a pinch of cayenne on a rimmed baking sheet. Roast at 450 degrees F, stirring every 10 minutes, until tender and golden, about 30 minutes. Toss with 3 tablespoons parmesan.



Roasted Kohlrabi

2 cups rice
Kosher salt
1 cup (lightly packed) Veggie Box sorrel
¼ cup olive oil
Freshly ground black pepper
1 tablespoon distilled white vinegar
4 large eggs
2 Veggie Box radishes, very thinly sliced
2 tablespoons fresh lemon juice, divided
½ preserved lemon, flesh removed, peel finely chopped
1 tablespoon chopped Veggie Box dill, plus more for serving
2 oz. feta, crumbled
Hot sauce
Flaky sea salt (such as Maldon)

Cook rice. Spread out on a baking sheet and let cool completely. Purée sorrel, oil, and 1 Tbsp. water in a food processor until smooth; season with kosher salt and pepper. Meanwhile, bring 2" water to a boil in a large saucepan; reduce heat so water is at a gentle simmer and add vinegar. Crack an egg into a small bowl, then gently slide egg into water. Repeat with remaining eggs, waiting until whites are opaque before adding the next (about 30 seconds apart). Poach until whites are set and yolks are still runny, about 3 minutes. Using a slotted spoon, transfer eggs to paper towels as they are done. Toss radish with 1 Tbsp. lemon juice in a small bowl; season with kosher salt. Toss rice, preserved lemon, 1 Tbsp. dill, remaining 1 Tbsp. lemon juice, and ¼ cup sorrel purée in a medium bowl; season with kosher salt and pepper and mix in more sorrel purée, if desired. Serve sorrel rice topped with poached eggs, radish, feta, hot sauce, more dill, and sea salt.

