

# Veggie Box Newsletter

Week 2: June 11th

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

### *Bok Choi*

A deep green leafy vegetable that resembles Romaine lettuce on top and a large celery on the bottom, bok choy is a crucifer more closely related to cabbage. The entire vegetable can be used, and is often added raw to salads for a satisfying crunch. In soups, the leaves and stalks should be chopped and added separately, since the stalks take longer to cook. Cultivated in China for centuries, bok choy has played a large part not only in its cuisine, but in traditional Chinese medicine. Containing a wealth of vitamins C, A, and K, and excellent sources of calcium, magnesium, potassium, manganese, and iron, bok choy deserves its reputation as a powerhouse among vegetables.



## What's in the Box?

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

**Salad Mix**, Hunter Park GardenHouse, Lansing

**Organic Bok Choi**, MSU Student Organic Farm, Holt

**Organic Chard**, MSU Student Organic Farm, Holt

**Scallions**, Ten Hens Farm, Bath

**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!

## Sautéed Scallions, Mushrooms, & Asparagus

Veggie Box asparagus  
1 pound fresh mushrooms  
Salt and pepper to taste  
Veggie Box scallions  
Veggie Box Swiss Chard  
1 teaspoon white-wine vinegar  
1 tablespoons olive oil  
2 stalks of green garlic (using up to the lightest green part of the stalk)

**Thinly slice mushrooms. In a large nonstick skillet, heat oil over high heat. Add mushrooms; cook, tossing often, until browned, about 10 minutes. Meanwhile, bring 3 cups salted water to a boil in a small saucepan; add asparagus. Cook until crisp-tender, 3 to 5 minutes; drain. To mushrooms, add asparagus and scallions; season with salt and pepper. Cook, tossing, until scallions have wilted and pan is dry, about 2 minutes. Stir in vinegar; 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.**



## Stir-fried Bok Choi

Veggie Box bok choy  
2-3 cloves garlic, minced  
1 tablespoon olive oil  
2 tablespoons soy sauce  
Freshly ground black pepper, to taste

**Trim the bottoms of the baby bok choy and rinse thoroughly in cold water to remove any grit that likes to collect down at the base of each bundle. Cut any larger pieces in halves or quarters, if needed. You can leave very small and tender baby bok choy whole, just make sure all of the bok choy is roughly the same size so they cook evenly. Heat a large pan over medium-high heat, then add the oil and swirl to coat the bottom and sides. Add the garlic and stir-fry until fragrant, about 30 seconds, but be sure not to burn. Add the bok choy and stir-fry for 2-4 minutes, until the green leaves are wilted and the stalks are tender-crisp. I find it easiest to use tongs and when working with baby bok choy so I can grab some of the leaves and turn them over or toss them around the pan. Add the soy sauce and season with freshly ground black pepper, then cook for another 30 seconds. Transfer to a serving plate and serve hot.**

## 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.**