

Veggie Box Newsletter

Week 3: June 16th

Do you know why local food is better for your family? Local produce often retain more nutrients since it is allowed time to ripen naturally, while food that travels long distances is often picked before it's ripe. When food is picked fresh and in season, the process is more natural. Another thing to account when purchasing local food is that it doesn't have far to travel before being sold. This means less food miles leading to a lower carbon footprint. Choosing fruits and vegetables grown in season and locally is also healthier. When researchers at Montclair State University compared the vitamin C content of broccoli grown in season with broccoli imported out of season, they found the latter had only half the vitamin C. This is because fruits and vegetables begin to lose their nutrients 24 hours after being picked so the fresher, the better! In addition, locally grown produce is safer for consumption. When they are imported and out of season, fruits and vegetables are often chemically ripened. By being a part of the Veggie Box program, you're choosing more nutritious, healthy, and safer food for your family. Thank you for supporting local food!

Producer Spotlight

Green Gardens Community Farm

Since 2008, Trent and Jorah Thompson have been growing naturally grown produce for the community.

Green Gardens is a small vibrant farm located just outside of Marshall in Battle Creek, Michigan. Their mission is to grow quality, fresh food while empowering you and your family to eat better and live better lives. The farmers at Green Gardens follow organic growing practices and believe both the land and the people they serve should be treated with respect and dignity.

Crop Profile

Garlic Scapes

Garlic scapes are the flower bud of the garlic plant. However, the scapes are usually harvested before they flower so the garlic plant can channel all its energy into producing the most flavorful bulbs. The resulting scapes taste mild and sweet, like chives or scallions, but with a hit of unmistakable garlicky flavor that's softer than its bulbous counterpart. Scapes are so easy to use; just like adding garlic to your foods, they provide a strong aromatic flavor. You can use the whole scape, just dice it up and add it to any dish. Garlic scapes can be roasted, pickled, and even added to soups. Not only can they be used in food, they are also a great addition to your flower bouquets! To store garlic scapes, all you have to do is put them in a sealed bag and leave them in your refrigerator up to 2-3 weeks.

ALLEN
COMMUNITY CO-OP

Veggie Box

What's in the Box?

Braising Greens (could also use as mature salad mix), Hunter Park GardenHouse, Lansing
Organic Radishes, MSU Student Organic Farm, Holt
Green Onions, Peckham Farms, Lansing
Garlic Scapes, Ten Hens Farm, Bath
Organic Chard, MSU Student Organic Farm, Holt
Kale, Green Gardens Community Farm, Battle Creek
Strawberries, Felzke Farms, Dewitt

Add-Ons

Eggs, Grazing Fields 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
Meat Variety, Trillium Wood Farm, Williamston
Beef, Heffron Farms Market, Belding
Pork, Grazing Field Cooperative, Charlotte
Chicken, Trillium Wood Farm, Williamston
Sweet Treats, Stone Circle Bakehouse, Holt

Recipes and Tips!

Lemon Garlic Sautéed Greens

Veggie Box kale and braising greens
1 1/2 tablespoons of extra virgin olive oil
Veggie Box garlic scapes, minced
Veggie Box green onions, minced
Pinch crushed red pepper flakes
Sea Salt
Half a lemon, cut into wedges

Chop kale and braising greens into smaller pieces. Heat oil in a skillet, and add garlic scapes, pepper flakes, green onions, and greens, and spread into one layer. Sprinkle with 1/4 teaspoon of salt then cook, without stirring, until the bottom starts to turn brown, about 2 minutes. Flip and cook another 2 minutes. Transfer to platter and squeeze lemon wedges on top.

Pickled Radishes

Veggie Box radishes
3/4 cup white wine vinegar or apple cider vinegar
3/4 cup water
3 tablespoons honey or maple syrup
2 teaspoons salt
1 teaspoon red pepper flakes (this yields very spicy pickles, so use 1/2 teaspoon for medium spicy pickles or none at all)
1/2 teaspoon whole mustard seeds
Optional add-ins: garlic cloves, black peppercorns, fennel seeds, coriander seeds

To prepare the radishes: Slice off the tops and bottoms of the radishes, then use a sharp chef's knife or mandoline to slice the radishes into very thin rounds. Pack the rounds into a pint-sized canning jar. Top the rounds with red pepper flakes and mustard seeds. To prepare the brine: In a small saucepan, combine the vinegar, water, honey or maple syrup and salt. Bring the mixture to a boil, stirring occasionally, then pour the mixture over the radishes. Let the mixture cool to room temperature. You can serve the pickles immediately or cover and refrigerate for later consumption. The pickles will keep well in the refrigerator for several weeks, although they are in their most fresh and crisp state for about 5 days after pickling.

Garlic Scape Dressing

2 Veggie Box garlic scapes (coarsely chopped)
2 Veggie Box green onions (coarsely chopped)
1 teaspoon honey
2 teaspoons Dijon mustard (or similar brown mustard)
4 tablespoons red wine vinegar
1 tablespoon lemon juice
dash salt
1/8 teaspoon black pepper
1/2 cup extra virgin olive oil

Gather the ingredients. In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice, salt, and pepper. Blend until smooth. With blender on low, slowly add the olive oil until well blended. Enjoy!

Creamed Swiss Chard & Spring Onion Pasta

Veggie Box Swiss chard, stems removed and diced, and greens cut into thin ribbons (don't dry)
Veggie Box garlic scapes, diced
Veggie Box green onions, thinly sliced
3 tablespoons butter
3 tablespoons flour
2 cups milk
salt + pepper to taste
1/2 cup finely grated parmesan, plus more for serving
1/2 lb pasta

Cook pasta according to package directions in a large pot of salted water. Drain and reserve. In a pot, melt the butter and sautee the swiss chard stems, covered, for a few minutes. Then add in the onion and swiss chard greens and cook for another minute or two. Finally add the garlic scapes and whisk in flour. Cook roux about 4 minutes, whisking occasionally. Stream in the warm milk, and cook for about 4 more minutes, whisking constantly until sauce is thickened. Mix in parmesan and stir until smooth. Add the cooked pasta and taste and adjust salt and pepper. Serve with extra parmesan.