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 be 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 hint 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.
Recipes and Tips!

Lemon Garlic Sautéed Greens

Chop kale and komatsuna into smaller pieces. Heat oil in a skillet, and add garlic scapes, pepper flakes, onions, 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.

Garlic Scape Pesto

Place the garlic scapes in a food processor and pulse for 30 seconds. Add the sunflower seeds and pulse for 30 seconds. Scrape down the sides of the bowl. Add the olive oil and process on high for 15 seconds. Add the Parmesan cheese and pulse until the ingredients are combined. Add the basil and lemon juice, and process until reaching the desired consistency. Add salt to taste and serve immediately.

Hakurei Turnip Farro Salad

Separate greens and turnips. Wash turnips, and cut into one inch cubes. Wash turnip greens and cut into bite size pieces. Heat 2 tablespoons of olive oil in a large sauté pan over medium heat. Add turnips, thyme, and a pinch of salt. Cook, stirring occasionally for about ten minutes until turnips start to brown. Add turnip greens, another pinch of salt and some pepper. Cook, stirring frequently until greens wilt. Cover pan and cook for an additional 5 minutes until greens are tender. Stir in the vinegar and parsley. Place farro in a large bowl. Add turnips and greens, leaving any excess liquid behind in the pan. Add remaining olive oil and dijon mustard. Taste and adjust salt and pepper if necessary.