

Veggie Box Newsletter

Week 4: June 24

Now that you have all this fresh produce, you may be left wondering how to properly store it all. We are here to help with some tips and tricks! Most fruits and veggies can be stored in the refrigerator. A crisper drawer will help protect your produce and keep the moisture in to maintain freshness for longer. Plastic bags with tiny vents help keep produce fresh longer by releasing moisture. Asparagus should be stored in the refrigerator, wrapped with a moist paper towel or you can stand them up in a glass of cold water wrapped with a damp paper towel. Store carrots in the fridge and peel them when you're ready to use them (if you feel they need to be peeled). Fresh heads of lettuce should be washed really well with water before refrigerating. Dry the leaves and store them in a clean plastic bag with a few paper towels. Rhubarb should be wrapped in plastic and stored in the fridge, but it also freezes well. Freezing most vegetables at home is a fast, convenient way to preserve produce at their peak maturity and nutritional quality, but some things you will need to blanch first! Garlic and onions should be kept at room temperature (or cooler) in a well-ventilated area. Tomatoes should be stored at room temperature and washed just before using. What are other types of produce you have questions about how to store? Thank you for supporting local food!

Producer Spotlight

Hunter Park GardenHouse

The Hunter Park GardenHouse, a project of Allen Neighborhood Center, is a hub for year-round farm & garden education, where neighbors volunteer to grow food, flowers, and community, and youth develop job and life skills in service to the neighborhood. Since 2008, the Hunter Park GardenHouse has empowered neighbors to grow, prepare, and eat healthy food to better their health and become better connected with the community.

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?

Chive Plant, *Hunter Park GardenHouse*, Lansing
Organic Bok Choi, *MSU Student Organic Farm*, Holt

Organic Arugula, *MSU Student Organic Farm*, Holt

Salad Mix, *Ten Hens Farm*, Bath

Red Basil, *Ten Hens Farm*, Bath

Scallions, *Ten Hens Farm*, Bath

Strawberries, *Felzke Farms*, Dewitt

Recipes and Tips!

Bok Choi Vegetable Stir Fry

Sauce:

- 2 tablespoon Honey or maple syrup
- 1/2 teaspoon freshly grated ginger, or 1/8 tsp dried
- 2 cloves Garlic, minced
- 1 tablespoon Rice Wine Vinegar
- 2 tablespoons Soy Sauce



Stir Fry:

- 1 teaspoon light sesame oil
- Veggie Box bok choy, washed and cut into 1 inch strips
- 2 large carrots peeled in strips or 1/2 cup matchstick carrots
- Veggie box scallions, diced
- 1 tablespoon sesame seeds 1/4 cup chopped cilantro if desired



Stir together all the ingredients for the sauce and set aside. Heat sesame oil in a large wok or skillet over medium-high heat. Add in bok choy, carrots, scallions and sesame seeds. Stir continuously for 3 minutes and then add in sauce. Cook until sauce has coated the vegetables and heated through. Serve with a sprinkle of cilantro if desired.

Suggestion: Add 1 package of extra firm tofu for some protein!

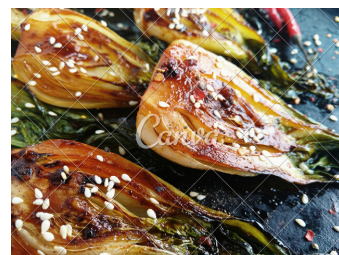


Lemon Garlic Sautéed Bok Choi

Veggie Box Bok Choi

- 1 1/2 table spoons of extra virgin olive oil
- Veggie Box green garlic (white and light green part), 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 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 bok choy and spread into one layer. 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.



Strawberry Rhubarb Jam

- 1 bunch rhubarb, chopped
- Veggie Box strawberries, diced
- 2 cups white sugar
- 2 teaspoons grated orange zest
- 1/3 cup orange juice
- 1/2 cup water

In a saucepan, combine the rhubarb, strawberries, sugar, orange zest, orange juice and water. Bring to a boil, then cook over medium-low heat for 45 minutes, stirring occasionally, or until thick. It will thicken more as it cools. Ladle into hot sterile jars, and seal with lids and rings. Let jars cool, before storing in the refrigerator.

