

Veggie Box Newsletter

Week 3: June 18th

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?

Organic Komatsuna, MSU Student Organic Farm, Holt

Organic Romaine, Monroe Family Organics, Alma
Green Garlic, Ten Hens Farm, Bath

Organic Garlic Scapes, Owosso Organics, Owosso
Kale, Green Gardens Community Farm, Battle Creek

Beets, Magnolia Farms, Lansing

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

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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
Veggie Box komatsuna
1 1/2 tablespoons of extra virgin olive oil
1/2 Veggie Box garlic scapes, minced
1/2 a cup of onions, sliced
Pinch crushed red pepper flakes
Sea Salt
Half a lemon, cut into wedges

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

Veggie Box garlic scapes
1/4 cup raw sunflower seeds
1/2 cup extra virgin olive oil
1/4 cup Parmesan cheese
1/2 cup basil leaves
Juice of one lemon

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.



Garlic Scape Dressing

8 roughly chopped garlic scapes
1/4 tsp sea salt
2 egg yolk
2 Tbsp. lemon juice
1 1/3 cup olive oil

The aioli is best prepared a few hours in advance and left to sit in the fridge, covered, so the flavors can develop. Wash and roughly chop the garlic scapes. In a food processor finely mince the garlic scapes with the salt. Add the egg yolk and lemon juice to the food processor and pulse until fully incorporated. Next, with the food processor running, very, very slowly pour in both of the oils. It's important to add them slowly so that it emulsifies with the egg. Continue to process until the oil is fully incorporated and the aioli is creamy like mayo. Serve immediately or store in the refrigerator for up to one week. This aioli is perfect as a dipping sauce for steamed or roasted new potatoes.

Wild Rice & Roasted Beet Salad

Salad:

1 cup dry wild rice
Veggie Box beets roasted, cooled, and cut into bite sized pieces
Veggie Box beet greens, chopped
Veggie Box kale, chopped.
1 tbsp olive oil
1 Veggie Box carrot grated
1/4 cup chopped walnuts toasted

Dressing:

2 tbsp extra virgin olive oil
2 tbsp. apple cider vinegar
2 tbsp. maple syrup
2 Veggie Box garlic scapes, minced
2 tsp fresh thyme salt and pepper to taste

Cook 1 cup of dry wild rice. Preheat oven to 425 degrees. Trim and peel beets. Cut beets into quarters, and lightly oil them with olive oil. Wrap beets loosely in foil, & put the foil package on a baking sheet. Roast 40-50 minutes, or until beets are fork tender. Remove from foil and allow to cool. Toast walnuts in a non stick pan over low heat while the beets and rice are cooking. Toss them every few minutes and remove from heat after about 15 minutes. Allow beets and rice to cool. In a large bowl, toss all ingredients together with dressing. Serve immediately, or chill in fridge for later.