

Veggie Box Newsletter

Week 8: July 21st

The South is distinctive in its customs, dialect, and cuisine. It's made up of many different people who came to the region, each contributing to what is now called Southern cuisine. For example, indigenous peoples had a strong influence in the early beginnings of Southern food: crops like corn, and techniques like frying and barbecuing. However, Spanish explorers in the 1500s brought pigs with them, introducing pork to the region. West Africans carried some of their traditional foods with them, such as watermelon, eggplant, collard greens, and okra, when they were brought by force as slaves beginning in the 1600s. Creoles, known for their unique use of spices, are descended from French and Haitian immigrants who later mingled with Spanish settlers in the New Orleans area. "Cajuns," also recognized for their unique style of cooking, were originally Acadians, French settlers in Nova Scotia who were driven out by the British in the 1700s and made their way to New Orleans. However, African slaves have had the largest impact on this cuisine by far: the intersections of African food preparations, class status, laws that prevented equal access and innovative survival prevailed and mixed with other cultures to create what we consider Southern Cuisine. Another interesting fact - much of the distinct nature and flavors of Southern foods come from preservation methods. Using salt and frying foods were used to make food last longer without refrigeration, as was drying meats to make jerky. Thank you for supporting local food!

Producer Spotlight

Lake Divide Farm

Helen and Jim, the owners of Lake Divide Farm, farmed in New Jersey for four years on leased land before deciding to buy a farm in Michigan. In 2016, they found a farm in Jackson County and began the arduous process of moving everything and making the house livable while maintaining the farm in New Jersey. They are also a first generation family farm. They fell in love with growing food because of the satisfaction of an honest days work and the joy of doing something constructive and tangible for our community and the environment. They believe in food equality, that farming is an essential profession, and that producing food doesn't have to abuse the natural world. They plan on forging a business that affords the farmers, and those who work with them, a living wage, while making nutrient dense, fresh food available to all members of our community.restaurant partners.

Crop Profile

Green Tomatoes

The first person brave enough to taste a green tomato deserves props since they don't taste anything like the sweet, juicy specimens they ripen into. Even though they don't taste like ripe tomatoes, however, green tomatoes have their own delicious merits that deserve just as much attention as their red counterparts. What Are Green Tomatoes? Green tomatoes aren't a specific variety of tomato — any tomato that hasn't ripened can be a green tomato.Green tomatoes can be left in a paper bag to ripen, or simply eaten as is. Green tomatoes can be used in salsas and chutneys, but perhaps the most popular way to prepare them is breaded and fried. Fried green tomatoes are commonly eaten in the Southern U.S., and we have a great recipe on the back for you to check out!

What's in the Box?

Organic Cucumber, MSU Student Organic Farm, Holt

Green Tomatoes, Ten Hens Farm, Bath

Blueberries, Felzke Farms, Dewitt

Red Tomato, Hunter Park Garden House, Lansing

Winter Savory, Hunter Park Garden House, Lansing

Organic Bell Pepper, Lake Divide Farm, Stockbridge

Organic Garlic, Lake Divide Farm, Stockbridge

Organic Carrots, Lake Divide Farm, Stockbridge

Jalapeños, Hillcrest Farms, Eaton Rapids

Add-Ons

Bread, Stone Circle Bakehouse, Holt

Meat Variety, Grazing Fields Cooperative, Charlotte

Sweet Treats, Stone Circle Bakehouse, Holt

Recipes and Tips!

Fried Green Tomatoes

Veggie Box green tomatoes
1 egg mixed with a splash of buttermilk (or regular milk)
A shallow bowl of flour
A shallow bowl of cornmeal
Paprika, salt, and pepper to taste

lice the tomato into 1/4 inch slices, and sprinkle with salt, pepper, and paprika on both sides. Next, dredge the tomato slices in flour, then the egg/milk mixture, and finally the cornmeal. Heat oil 1/4 - 1/2 an inch of oil in a cast iron skillet until hot, and then fry each side until golden brown. Commonly, fried green tomatoes are served with a mayonnaise/ ketchup dipping sauce (flavored with cayenne or paprika and garlic powder). Enjoy!



Blueberry Compote

Veggie Box blueberries
3 tablespoons water
1/4 cup sugar
2 teaspoons lemon juice

Combine 1 cup of the blueberries, water, sugar and lemon juice in a small saucepan. Cook over medium heat for about 10 minutes. Add the rest of the blueberries and cook for 8 minutes more, stirring frequently. Serve warm on pancakes, or over ice cream!



Red & Green Tomato Salsa

1 Veggie Box green tomato, finely chopped
1 Veggie box red tomato, finely chopped
1/4 cup finely chopped onion
2 cloves Veggie Box Garlic, minced
1 Veggie Box Jalapeno, chopped
1 Veggie Box bell pepper, chopped
1 tablespoon fresh lime juice
2 teaspoons salt
Dash of sugar

Mix together all ingredients in a bowl. Let salsa stand at room temperature 30 minutes. Salsa may be made 4 hours ahead and chilled, covered.

Black Bean Soup with Cumin and Jalapeño

2 tablespoons olive oil
1 onion, chopped
3 Veggie Box carrots, chopped
4 Veggie Box garlic cloves, chopped
2 teaspoons ground cumin
2 teaspoons chilli powder
2 teaspoons paprika
1 1/2 teaspoons of lime juice
1 Veggie Box jalapeño, minced
2 15- to 16-ounce cans black beans, undrained
Veggie Box tomato, and 1 green tomato, diced.
1 1/2 cups vegetable broth
Chopped fresh cilantro
Chopped green onions
Crumbled feta cheese

Heat oil in heavy large pot over medium-high heat. Add onion, carrot, and garlic; sauté until vegetables begin to soften, about 6 minutes. Mix in cumin, paprika, chili powder, lime juice, and the jalapeño. Add beans, tomatoes with juice, and broth; bring soup to boil. Reduce heat to medium, cover, and cook until carrots are tender, about 15 minutes. Transfer 3 cups of soup to blender and puree until smooth. Return puree to pot. Simmer soup until slightly thickened, about 15 minutes. Season to taste with salt and pepper. Ladle soup into bowls. Pass cilantro, green onions, and feta cheese separately.