

Veggie Box Newsletter

Week 9: July 28th

Wondering what you can do at home with surplus fruits or veggies? Canning is a great way to preserve the nutritional content of vegetables without compromising the quality and enjoy them well into winter. Canning is an important, safe method of food preservation if practiced properly. The canning process involves placing foods in jars and heating them to a temperature that destroys microorganisms that could be a health hazard or cause the food to spoil. Canning also inactivates enzymes that could cause the food to spoil. Air is driven from the jar during heating, and as it cools, a vacuum seal is formed. The vacuum seal prevents air from getting back into the product bringing with it microorganisms to recontaminate the food. Canning was first documented as a method of food preservation in the early 1800's, when a man named Nicholas Appert was the first person to introduce his method of heat-treated produce in sealed glass jars, preventing microbacteria from spoiling the food. Fifty years later, John Mason invented the familiar glass jar with screw on threads that we all know and love today. Thank you for supporting local food!

Producer Spotlight

Owosso Organics

Owosso Organics is a family owned, certified organic vegetable and cut flower farm located four miles west of Owosso. Starting from a small postage stamp garden in 1978, Richard Bowie, Pooh Stevenson and their daughters Cody and Taylor now farm over seven acres of their eighty acre farm, along with eight greenhouses of over 15,000 square feet. They have been certified organic since 1994, and are currently certified with Global Organic Alliance. Their mission is to provide specialty artisan produce and flowers grown with great care and impeccable service available locally to enrich the lives and palates of all people who seek their business assisting in bridging urban and rural communities together.

Crop Profile

Green Beans

Green beans are often called “string beans” for the long fibrous stem that runs along the outside of the bean, or “snap beans” due to the loud SNAP! they make when they are opened. They are actually immature kidney beans harvested young before their pods become too fibrous to eat. Both the pods and the beans inside are edible! Not only are green beans a nice, crunchy, low-calorie food but also they provide many key nutrients. Young, tender green beans are a good source of vitamin C, dietary fiber, folate, vitamin K and silicon. Green beans contain no cholesterol. Although your body needs some cholesterol for healthy cell growth, too much is bad for you. High cholesterol may lead to a build-up of fat deposits in your arteries. This can decrease blood flow to your heart and brain and cause a heart attack or stroke.

ALLEN
COMMUNITY CENTER

Veggie Box

What's in the Box?

Sweet Onions, *Ten Hens Farm*, Bath
Cherry Tomatoes, *Ten Hens Farm*, Bath
Organic Summer Squash, *Owosso Organics*, Owosso
Organic Beets, *MSU Student Organic Farm*, Holt
Green Beans, *Felzke Farms*, Dewitt
Organic Kohlrabi, *CBI Giving Tree Farm*, Lansing
Organic Chard, *Monroe Family Organics*, Alma
Organic Carrots, *Monroe Family Organics*, Alma
Organic Basil, *Lake Divide Farm*, Stockbridge

Add-Ons

Bread, *Stone Circle Bakehouse*, Holt
Cheese, *Hickory Knoll Farms Creamery*, Onondaga
Chevre, *Hickory Knoll Farms Creamery*, Onondaga
Eggs, *Grazing fields Cooperative*, Charlotte
Coffee, *Rust Belt Roastery*, Lansing
Kombucha, *Apple Blossom Kombucha*, Lansing
Sweet Treats, *Stone Circle Bakehouse*, Holt
Organic Beans, *Ferris Organic Farms*, Eaton Rapids

Recipes and Tips!

Green Beans with Tomatoes

Veggie Box green beans
2 tablespoons extra virgin olive oil
1 Veggie Box onion finely chopped
pinch crushed red pepper flakes
2 cloves garlic, minced
Veggie Box tomatoes, crushed
1-2 sprigs of fresh Veggie Box basil, chopped
Salt and pepper to taste

Wash and trim the ends of the green beans. Set aside. In a large skillet, heat the oil over medium heat. Add the chopped onion and sauté for about 4-5 minutes or until the onion is translucent. Make sure to give it a few stirs. Add the red pepper flakes and the minced garlic and sauté for about 1 minute. Add the tomatoes, and crush them as they cook. Bring to a boil and then reduce heat to obtain a vigorous simmer. Simmer for about 10 minutes or until the sauce begins to thicken. In the meanwhile, bring a large pot of salted water to boil. Cook the beans for about 5 minutes. Beans should still be crisp. Drain and add to simmering tomatoes. Simmer, uncovered, until beans become tender but still firm (not mushy). If the sauce appears dry, add some water. Add the herbs during the last few minutes of cooking. Season with salt and pepper and serve.

Kohlrabi Fritters

1 cup packed Veggie Box Kohlrabi, peeled, shredded, and drained (drain by putting in a cheesecloth or thin cloth and wring out)
2 Eggs
1/3 cup Veggie Box Onion, diced
1/3 cup Parmesan, shredded
1/2 small Jalapeno, chopped fine (from last week!)
1/4 cup Breadcrumbs
1/2 cup Flour
1/4 tsp. Pepper
1/4 tsp. Salt
1/4 tsp. Onion Powder
1/4 tsp. Garlic Powder
1 - 2 Tbsps. Olive Oil for sautéing.

Mix all ingredients in a large bowl until combined. It will resemble a sticky dough. Using your hands, form mixture into patties. Heat olive oil on a skillet on medium-high heat. Place patties on hot skillet, and sear on one side until brown, approximately three minutes. Flip patties and leave on medium high heat for another two minutes. They should be lightly browned. Reduce heat to low and leave on skillet until patties are cooked through, another five to seven minutes. Remove from skillet and eat warm. You can eat them solo or serve them with a side of sour cream for dipping.

Simple Lemon Green Beans

Veggie Box green beans, de-stemmed
2 tablespoons extra-virgin olive oil
1 garlic clove, grated or finely minced
juice of ½ lemon plus ½ teaspoon zest
sea salt and freshly ground black pepper.

Bring a large pot of water to a boil. In a small bowl mix together the olive oil, garlic, lemon juice, zest, salt, and pepper. Boil the beans until tender but still vibrant green and a little bit crunchy, about 2 to 4 minutes. The timing will depend on their size. Drain the green beans in a colander, and rinse under cold water. Transfer to a kitchen towel and pat dry. Transfer to a serving dish and toss with the dressing. Season to taste and serve.

Veggie Box Braised Beans

2 tablespoons vegetable oil
1 Veggie Box onion, thinly sliced
6 Veggie Box garlic cloves, 3 minced
1/2 teaspoon sweet paprika
1/8 teaspoon cayenne pepper
Veggie Box green beans
Veggie Box tomatoes, finely diced
Salt and freshly ground black pepper

In a deep skillet, heat the vegetable oil. Add the sliced onion and cook over moderate heat until translucent and softened, about 5 minutes. Add the minced garlic, paprika and cayenne pepper and cook, stirring, until fragrant, about 2 minutes. Add the green beans and 3 whole garlic cloves and cook for about 2 minutes, tossing to coat the beans. Pour the diced tomatoes and their juices into the skillet and bring to a boil. Reduce the heat to low, cover the skillet and simmer, stirring occasionally, until the green beans are very tender, about 30 minutes. Season the braised green beans with salt and pepper. Transfer them to a platter and serve warm.

Tangy Swiss Chard with Slivered Carrots

1 tbsp extra-virgin olive oil
5 Veggie Box carrots, halved lengthwise and thinly sliced on the diagonal
3 cups Veggie Box Swiss chard, stems chopped, leaves cut into 1-inch strips
2 tablespoons rice wine vinegar, salt and ground pepper
1 clove garlic

Heat the olive oil in a skillet. Add the carrots and cook until crisp-tender, about 4 minutes. Add the garlic and chard stems and cook for 1 minute, then stir in the chard leaves and toss until wilted, about 3 minutes. Stir in the rice vinegar, season with salt and pepper and serve.