

# Veggie Box Newsletter

Week 10: August 4

ALLEN  
COMMUNITY CENTER

Veggie Box

Food traditions that have been passed through your family are more than just recipes – they’re windows into the culture and history of those who came before you. For most people, there are specific foods and recipes that help to connect us to a culture or history that has been handed down for generations. The intersection of food with culture and history is understood through the study of foodways. Foodways are all of the traditional activities, attitudes, beliefs and behaviors associated with the food in your daily life. Foodways include customs of food production, preservation, preparation, presentation, gathering, marketing (both buying and selling), uses of food products other than for eating and food folklore. Foodways connect people to a geographic region, a climate, a period of time, an ethnic or religious group, and a family. New foodways are being created or revived all the time - for example, there is a renewed interest in canning and preserving as a result of foodways being rediscovered. Considering how foodways are alive in your life can help create an appreciation for the role and importance that food plays in our lives. What role do you think Veggie Box play in foodways? Thank you for supporting local food!

## What's in the Box?

**Cherry Tomatoes**, *Peckham Farms*, Lansing  
**Poblano and Jalapenos**, *Magnolia Farms*, Lansing  
**Cucumbers**, *Peckham Farms*, Lansing  
**Organic Carrots**, *CBI's Giving Tree Farm*, Lansing  
**Sweet Corn**, *Tomac Pumpkin Patch*, Chesaning  
**Organic Summer Squash**, *CBI's Giving Tree Farm*, Lansing  
**Shallots**, *Ten Hens Farm*, Bath

## Producer Spotlight

### *Tomac Pumpkin Patch*

Tomac Pumpkin Farm is a 4-generation family run operation located in Chesaning, Michigan. They started as a 4-H and FFA project selling a few pumpkins, but have grown to primarily raise corn, soybeans, and wheat over the last 30 years. They also now offer almost 100 different pumpkins, gourds and squashes as well as other traditional fall decorations like corn stalks, straw, and Indian corn.

## Crop Profile

### *Sweet Corn*

Corn was domesticated from a grass called teocintle by the peoples of Meso-America approximately 10,000 years ago. The yellow corn commonly found in the United States pales in comparison to the shapes, sizes, and colors of the traditional maize varieties cultivated by the indigenous peoples of Mexico. The ears of corn may range from a couple of inches to a foot long, in colors that include white, red, yellow, blue, and black. Some varieties even have an assortment of colors on one ear. Sweet corn is a variety of maize with a high sugar content, and was grown by a number of indigenous tribes. Corn is also one of the three sisters in Iroquois agriculture and tradition, along with beans and winter squash. In a technique known as companion planting the three crops are planted close together. The maize provides a structure for the beans to climb, eliminating the need for poles. The beans provide the nitrogen to the soil that the other plants use, and the squash spreads along the ground, blocking the sunlight, helping prevent the establishment of weeds.

# Recipes and Tips!

## Elote: Mexican Street Corn

Veggie Box Sweet Corn  
Mexican Crema  
Cotija cheese  
Chili powder or smoked paprika  
Limes  
Cilantro

**The husks will keep the corn safe from the direct heat on the grill so make sure you leave them on. To prepare the corn, just strip the husks back, remove the silk and then fold the husks back up. The real secret to grilling corn on the cob starts before it ever hits the grill. You need to fill your sink with cold water and 1-2 tablespoons of kosher salt. Drop the silk-free corn in the water and let it soak for a good 10-15 minutes. Soaking the corn will allow the corn to stay moist, plus the husks won't burn off to ash and the corn will be more flavorful thanks to the salt brine. You'll grill the corn first in the husks, then strip them back and turn the grill up, rotating the corn as soon as grill marks appear. Grilled corn on the cob in the husks won't dry out as easily and will make for juicier corn. As soon as you pull the corn off the grill, spread the Mexican crema all over each corn on the cob. If you can't find Mexican crema, you can use mayonnaise as a substitute. Sprinkle the cotija all over the corn that has been lathered in crema (can use feta in place of the cotija). The classic seasoning for elote is chili powder, but can also use smoked paprika. So maybe do a few cobs with each and see which one you prefer. You can sprinkle them on the corn with the cotija cheese and then squeeze fresh lime juice all over each corn on the cob. Top off each cob with some chopped fresh cilantro.**



## Roasted Sweet Corn Salsa

1/2 cup diced Veggie Box shallots  
1 TBS Red Wine Vinegar  
4 ears Veggie Box corn – husk and silk removed  
Veggie Box Poblano Pepper  
1 Veggie Box Jalapeno Pepper  
3 TBS Unsalted Butter, melted  
1/2 tsp EACH: Chili Powder & Ground Cumin Kosher Salt & Ground Black Pepper, to taste  
Veggie Box cherry tomatoes, diced  
1/4 Cup Fresh Cilantro Leaves – chopped  
3 TBS Lime Juice  
1 tsp Granulated Sugar

**Preheat oven to 400 degrees F. Line a large baking sheet with aluminum foil for easy clean up. Marinate onions: In a bowl, combine the red onions with red wine vinegar. Set aside and let marinate. Prepare corn and peppers: Place corn on baking sheet and spray on all sides with cooking spray (or brush with melted butter). Season with chili powder, cumin, 1/2 teaspoon salt and 1/8 teaspoon pepper. Add the peppers to the baking sheet and spray the tops with cooking spray (or butter). Roast in the oven for 10 minutes. Turn the corn and flip the peppers over. Continue to roast an additional 10 minutes. Remove the peppers from the oven. Turn the corn and continue to roast an additional 10-15 minutes or until kernels are slightly charred. Remove corn from oven and set aside until cool enough to handle. Once cool, cut the kernels from the cob. MEANWHILE, transfer the peppers to a bowl. Cover the bowl tightly with plastic wrap. Let stand for 15 minutes. Peel the skin from the peppers and discard. Finely chop the peppers. Chop tomatoes. Mix the salsa: Drain the onions and transfer to a large mixing bowl. Add the corn, tomatoes, peppers, cilantro, lime juice and sugar. Season generously with salt and pepper. Stir well to thoroughly combine. RECOMMENDED - Cover the bowl and place in the refrigerator for at least 30 minutes to allow the flavors to develop. Taste and adjust for seasoning before serving. Enjoy!**

