

Veggie Box Newsletter

Week 11: August 12

ALLEN
COMMUNITY CENTER

Veggie Box

What are the differences between big agribusinesses and small farms? The truth is, they both have their pros and cons. Large farms can sometimes be more efficient than small farms, since they can afford all the fancy machinery and they use mono-cropping (growing the same crop each year) which can yield greater profits. For this reason, large agribusinesses are able to sell their products at relatively low prices, which attracts many consumers. Despite efficiency, large farms tend to rely on chemical fertilizers and pesticides to restore their soil, since mono-cropping depletes the soil of its nutrients. These chemicals are often not handled responsibly and cause pollution- in fact, agriculture is the largest source of pollution of lakes and rivers. Additionally, large farms contribute to air pollution due to the miles of travel from farms to grocery stores across the country. Small local farms are better for the environment, as they require less travel, packaging, refrigeration, and usually less chemicals. Small farms also benefit their communities by maintaining open land and reminding neighbors where their food comes from. Thank you for helping the environment and our community as you support our local farms.

Producer Spotlight

Magnolia Farms

Magnolia Farms is a small family owned operation located in Lansing Eastside's Urandale neighborhood. This urban farm also serves as an incubator farm that provides up-and-coming farmers an experience to serve as the farm manager and coordinate its operation without having to start from scratch! Magnolia Farms grows a diverse range of fruits, vegetables, herbs, and more!

Crop Profile

Sweet Cherries

With 3 grams of fiber per cup, these little fruits are a yummy way to get closer to your recommended fiber goal of 25-30 grams a day. According to the National Sleep Foundation, they also happen to be an excellent choice for a bedtime snack. They are a natural source of the hormone melatonin, which helps control your body's internal clock and promote healthy sleep patterns. For the biggest benefits, try eating sweet cherries shortly before turning in for the night. Another less known benefit of sweet cherries is they can be a source of pain relief. They're rich in anthocyanins, a group of polyphenols that fights tissue inflammation the same way that meds like ibuprofen do. The anthocyanins may also be good for your heart, by reducing inflammation and promoting healthy artery function.

What's in the Box?

Organic Cherry Tomatoes, *Lake Divide Farm*, Stockbridge

Organic Potatoes, *Lake Divide Farm*, Stockbridge

Blueberries, *Felzke Farms*, Dewitt

Sweet Cherries, *Felzke Farms*, Dewitt

Green Beans, *Felzke Farms*, Dewitt

Sweet Corn, *Tomac Pumpkin Patch*, Chesaning

Kale, *Magnolia Farms*, Lansing

Add-Ons

Organic Beans, *Ferris Organic Farms*, Eaton Rapids

Eggs, *Grazing Fields Cooperative*, Charlotte

Recipes and Tips!

Blueberry and Cherry Pie

2 cups Veggie Box pitted sweet cherries
Veggie Box blueberries, rinsed and drained
1/2 cup white sugar
1/4 cup all-purpose flour
1/2 teaspoon lemon juice
1/2 teaspoon vanilla
1 tablespoon ground cinnamon
1 tablespoon butter
1 9-inch pie crust

Mix sugar, flour, and cinnamon in large bowl. Add fruit. Add lemon juice and vanilla and stir well. Pour into a 9 inch unbaked pie shell. Dot with the butter or margarine. Cover with top crust and flute edges. Cut small slits in the top. Bake at 375 degrees F for 1 hour. Put a baking sheet underneath to catch any liquid that might bubble over.

Potato Corn Chowder

1 tablespoon butter
1 small onion minced
4 cups Vegetable Broth
2 cups Veggie Box corn kernels
2 cups Veggie Box potatoes cut into 1 inch cubes
1 teaspoon white vinegar
1 teaspoon salt
1 sprig fresh thyme or 1/2 teaspoon dried thyme
1 cup milk
2 tablespoons flour

Over medium heat, melt butter and saute onions for 3 minutes. Add corn, potatoes, stock, thyme, vinegar, and salt. Bring to a simmer over medium heat and then reduce the heat to medium-low. Cover the pan with a tight-fitting lid and simmer for 20 minutes. Stir the chowder and test to see if potatoes are fork-tender. Once they are, remove the sprig of thyme. Whisk together the milk and flour. Remove soup from heat and whisk in milk mixture. Return to heat, turn heat to high, whisk, and cook for about 3-5 minutes or until creamy and bubbly.



Cherry Chutney

Veggie Box cherries, pitted and diced
1/3 cup minced onion
1/4 cup apple cider vinegar
1 teaspoon freshly grated ginger
1 1/2 teaspoon mustard seed
A dash of cinnamon and nutmeg
Diced hot pepper to taste (or red pepper flakes)
pinch of salt

In a medium sauce pan, heat olive oil over medium-high heat. Saute onion and pepper until onion is translucent, about 5 minutes. Stir in ginger and saute until fragrant, about 1 minute. Add cherries, cider vinegar, cinnamon, nutmeg, and salt. Bring to a boil; lower heat to a rapid simmer and cook until sauce thickens, about 30-40 minutes. Transfer to a bowl or serving dish and set aside to cool. Chutney will continue to gel and thicken as it cools. Serve room temperature or store in fridge and serve cold. Goes great with chicken, pork, or tofu, but also with cheese and crackers, and flatbread!

