

Veggie Box Newsletter

Week 12, August 19

ALLEN
COMMUNITY COLLEGE

Veggie Box

Welcome to week 12 of the Summer 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.

What's in the Box?

Organic Cucumber, CBI's Giving Tree Farm, Lansing

Organic Carrots, CBI's Giving Tree Farm, Lansing

Organic Tomatoes, Owosso Organics, Owosso

Onions, Ten Hens Farm, Bath

Organic Peppers, Lake Divide Farm, Stockbridge

Organic Summer Squash, Owosso Organics, Owosso

Swiss Chard, Magnolia Farms, Lansing

Organic Garlic, Lake Divide Farm, Stockbridge

Producer Spotlight

Grazing Fields Cooperative

Grazing Fields Cooperative is a Michigan, multi-farm cooperative and wholesaler of natural free-range brown eggs. They have been delivering great products to mid and southeast Michigan grocery stores and restaurants every week since 1997. Grazing Fields supports small and medium size farms throughout the region. When you purchase Grazing Fields eggs you purchase the assurance that your Michigan natural brown eggs are delivered fresh to your door each week by cage-free chickens and people who care.

Crop Profile

Swiss Chard

Native to the Mediterranean region, Swiss chard is one of the most nutritious vegetables around, ranking second only to spinach in many studies of nutrient richness. Containing at least 13 different antioxidants, eating Swiss chard can help your body regulate blood sugar and reduce inflammation. Aside from multiple health benefits, Swiss chard is simply delicious! When boiled, braised, juiced, steamed, or sautéed, chard leaves have a wonderfully rich flavor while the stems may be slightly sweeter. The plant is a derivative of the beet, so you may find it tastes similar to beet greens or spinach.

Recipes and Tips!

Swiss Chard Steamed with Tomatoes, Garlic and Olive Oil

Veggie Box Swiss Chard
3 Veggie Box garlic cloves - sliced
2 tbsp. extra virgin olive oil
1/4 tsp. crushed red pepper flakes
2 ripe Veggie Box tomatoes- chopped
1/8 tsp. dried oregano
salt

Chop Swiss chard (about 1-inch thick) and rinse, submerging under cold running water in a large pot. Drain in a colander. Place the pot on the stove. And on medium heat, add olive oil, red pepper flakes, and garlic. Saute garlic for 1 minute, to fragrant the olive oil, Do not brown the garlic. TURN off the heat! (Have the lid to the pot nearby).Toss in the wet chard, chopped tomatoes, oregano, and salt. Cover with the lid.Turn on the heat again to medium-low heat. Cook the Swiss chard covered for 10 minutes, stirring occasionally. The chard will shrink down as it cooks.Then uncover, and lower the heat to simmer the chard for a few minutes more, and to allow some of the liquid to evaporate. Taste and adjust the salt, if needed.Turn off heat and cover, let the chard stand and steam for 2 minutes more. Stems should be tender to the bite.Remove and transfer to a serving bowl or platter. Serve warm.



Tomato Cucumber Salad

2 Veggie Box tomatoes - diced
1 Veggie Box cucumber - sliced
1/2 a Veggie Box onion - thinly sliced

1/2 cup olive oil
1/4 cup balsamic vinegar
1 tablespoon lemon juice
1 teaspoon sugar
1 teaspoon Italian seasoning
1 tablespoon minced Veggie Box garlic
1 teaspoon salt
1/2 teaspoon cracked pepper

Place tomatoes, cucumbers and tomatoes in a large bowl, set aside.In a mixing cup or small bowl, add olive oil, balsamic vinegar, lemon juice, sugar, Italian seasoning, garlic, salt and pepper. Using a whisk, blend until well mixed. Pour dressing over tomatoes, cucumbers and onions. Toss salad. Can be served immediately or stored in the fridge, covered for up to 2 days.

Carrot, Potato, and Swiss Chard Dal

2 tablespoons canola or coconut oil
3 cloves Veggie Box garlic, minced
2 inches fresh ginger, peeled and minced or grated
2 teaspoons ground cumin
1 teaspoon paprika
1 teaspoon ground turmeric
1 teaspoon salt
1/4 teaspoon black pepper
1 Veggie Box onion, sliced thinly
3 large Veggie Box carrots, chopped
1 bunch Veggie Box Swiss chard, stems removed and torn roughly
2 large red potatoes, diced
1/2 cup red lentils
2 1/2 cups water or vegetable stock

Add oil to a large, deep skillet over medium heat. Add garlic, ginger, cumin, paprika, turmeric, salt, and pepper. Cook while stirring constantly until spices are fragrant, about 30-60 seconds. Add sliced onions and cook until soft and translucent, about 3-5 minutes, stirring occasionally.Add carrots and cook until starting to brown, about 5-7 minutes, stirring occasionally.Add Swiss chard and cook until wilted, about 2 minutes, stirring occasionally. Add potatoes, red lentils, and water or stock. Stir to combine. Bring to a boil, then stir constantly for 1 minute while continuing to cook. Reduce heat to medium-low and simmer for 20-25 minutes, or until potatoes are cooked through and lentils are very tender. Enjoy immediately.