

Veggie Box Newsletter

Week 1, September 15

We're on native land. Specifically, Allen Neighborhood Center is on land belonging to the Anishinaabe (Ojawa, Ojibwe, and Potawatomi people) & Haudenosaunee Confederacy, which today is called Lansing, Michigan. Lansing was originally called "Nkwejong," meaning "where the rivers meet," and Michigan comes from the Ojibwe word "mishigamaa," meaning "large lake." The purpose of this statement is to show respect for indigenous peoples, and recognize their enduring relationship to the land. Practicing acknowledgment can also raise awareness about histories that are often suppressed or forgotten. Given how closely Veggie Box is tied to the land and the environment, we think it's important to acknowledge the history of the relationships that indigenous folks had (and continue to have) with the land, plants and animals, and how these relationships sustained communities for generations. Over the next fourteen weeks, we ask that you continue to remind yourself of indigenous presence and land rights in our community. What might our local food system look like if it were to have a deeper respect and understanding of indigenous cultures? In what ways has colonialism disrupted indigenous foodways? How can this be combated? Thank you for supporting local food!

Producer Spotlight

Hunter Park GardenHouse

The Hunter Park GardenHouse, a project of Allen Neighborhood Center, is a hub for year-round farm & garden education, where neighbors volunteer to grow food, flowers, and community, and youth develop job and life skills in service to the neighborhood. Since 2008, the Hunter Park GardenHouse has empowered neighbors to grow, prepare, and eat healthy food to better their health and become better connected with the community.

Crop Profile

Mizuna

Mizuna is also known as water greens, qian jing shui cai, kyona, Japanese mustard greens, or spider mustard. A cross between arugula and mustard, mizuna also has a mild peppery taste. They have feathery serrated edges and have a glossy surface that make the green wonderfully decorative. The plant is most popular in Japan. In fact, it's a "Kyo yasai," which means it's an heirloom vegetable from the Kyoto region. Carrying a special role in Japanese culture and history, mizuna is used in many Japanese dishes. You'll often find the stalks pickled and served as an appetizer or with beer. Thanks to its lush green color and the chlorophyll that comes with it, Mizuna is rich in vitamins A, C, and K, as well as beta carotene. The mizuna in this week's share is baby mizuna, meaning its best in salads, but can also be steamed or stir-fried.

ALLEN
NEIGHBORHOOD CENTER

Veggie Box

What's in the Box?

Mixed Onions, *Hunter Park GardenHouse*, Lansing

Mizuna, *Ten Hens Farm*, Bath

Organic Potatoes, *Monroe Family Organics*, Alma

Corn, *Tomac Pumpkin Patch*, Chesaning

Festival Squash, *Tomac Pumpkin Patch*, Chesaning

Tomatoes, *Hunter Park GardenHouse*, Lansing

Jalapeños, *Hillcrest Farms*, Eaton Rapids

Organic Celery, *CBI's Giving Tree Farm*, Lansing

Add-Ons

Bread, *Stone Circle Bakehouse*, Holt

Eggs, *Grazing Fields Cooperative*, Charlotte

Meat Variety, *Heffron Farms Market*, Belding

Kombucha, *Apple Blossom Kombucha*, Lansing

Cheese, *Hickory Knoll Farms Creamery*, Onondaga

Chevre, *Hickory Knoll Farms Creamery*, Onondaga

Organic Navy Beans, *Ferris Organic Farm*, Eaton Rapids

Chicken, *Trillium Wood Farm*, Williamston

Pork, *Grazing Fields Cooperative*, Charlotte

Beef, *Heffron Farms Market*, Belding

Recipes and Tips!

Roasted Corn Pudding in Festival Squash

1 tsp oil
Veggie Box festival squash, cut in half lengthwise and seeded
1 tablespoon olive oil
1 cup milk
1 egg plus 2 egg whites
1/2 cup fresh Veggie Box corn
1/3 cup chopped Veggie Box onions
1/2 of a Veggie Box jalapeno, seeded and finely diced (optional)
pinch of nutmeg
1/4 teaspoon salt
1/3 cup shredded white cheddar (or other favorite cheese)

Preheat oven at 375 degrees. Rub the orange flesh of the squash with the olive oil. Place cut side up on a baking sheet. You will want it to sit flat (and not tip), if you are having trouble just level out the bottom using a knife. If the squash is tilting on the pan, the filling will run out - bad news. Cover the squash with foil and bake for 40 minutes or until the squash starts to get tender. In a bowl combine milk, corn, jalapeno, eggs, nutmeg, salt and onions. Fill the squash 3/4 of the way with the corn mixture and carefully place back into the oven, uncovered. Continue baking for 30 minutes or until squash is tender and pudding is set. Once baked, sprinkle inner cavity with cheddar and switch the oven to broil. Watch it carefully so the cheese only melts and does not burn.



Risotto with Tomatoes, Corn, and Mizuna

2 ears Veggie Box corn
7 cups well-seasoned vegetable stock
2 tablespoons extra virgin olive oil
1/2 cup minced Veggie Box onion
Salt and pepper to taste
2 garlic cloves, minced
1 1/2 cups arborio rice
Veggie Box tomatoes, grated or peeled, seeded and diced
Pinch of sugar
1/2 cup dry white wine, such as pinot grigio or sauvignon blanc
1/4 to 1/2 cup freshly grated Parmesan cheese (1 to 2 ounces)
Veggie Box mizuna

Remove corn kernels from cobs and set aside the kernels. Simmer the cobs in stock for 20 to 30 minutes. Remove from stock and discard. Heat olive oil over medium heat in a wide, heavy skillet or a wide, heavy saucepan. Add onion and a generous pinch of salt, and cook gently until tender, about 5 minutes. Add garlic and rice and cook, stirring, until grains of rice are separate and beginning to crackle, a minute or two. Stir in tomatoes, sugar and salt to taste and cook, stirring, until tomatoes have cooked down slightly, 5 to 10 minutes. Add wine and stir until it has evaporated and has been absorbed by the rice. Begin adding simmering stock, a couple of ladlefuls at a time. Stock should just cover the rice and should be bubbling, not too slowly but not too quickly. Cook, stirring often, until it is just about absorbed. Add another ladleful or two of the stock and continue to cook in this fashion, adding more stock and stirring when rice is almost dry. You do not have to stir continually, but stir often and vigorously. After 10 minutes, add corn and continue for another 10 to 15 minutes. When rice is just tender all the way through but still chewy (al dente), in 20 to 25 minutes, it is done. Taste now and adjust seasoning. Add another ladleful of stock to rice. Stir in mizuna and Parmesan and remove from heat. The mix should be creamy (add more stock if it isn't). Serve right away in wide soup bowls or on plates, spreading the risotto in a thin layer rather than a mound.