

# Veggie Box Newsletter

Week 1, September 17

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

### *Bok Choi*

A deep green leafy vegetable that resembles romaine lettuce on top and a large celery on the bottom, bok choy is a crucifer more closely related to cabbage. The entire vegetable can be used, and is often added raw to salads for a satisfying crunch. In soups, the leaves and stalks should be chopped and added separately, since the stalks take longer to cook. Cultivated in China for centuries, bok choy has played a large part not only in its cuisine, but in traditional Chinese medicine. Containing a wealth of vitamins C, A, and K, and excellent sources of calcium, magnesium, potassium, manganese, and iron, bok choy deserves its reputation as a powerhouse among vegetables.



## What's in the Box?

- Mixed Onions**, *Hunter Park GardenHouse*, Lansing
- Organic Bok Choi**, *MSU Student Organic Farm*, Holt
- Corn**, *Felzke Farms*, Dewitt
- Festival Squash**, *Tomac Pumpkin Patch*, Chesaning
- Tomatoes**, *Hunter Park GardenHouse*, Lansing
- Salad Mix**, *Hunter Park GardenHouse*, Lansing
- Jalapeños**, *Hillcrest Farms*, Eaton Rapids
- Green Beans**, *Yoder Family Cooperative*, Leslie
- Strawberries**, *Peckham Farms*, 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
- Cold Brew Coffee**, *Rust Belt Roastery*, Lansing
- Coffee**, *Rust Belt Roastery*, Lansing
- 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.**



## Stir Fried Bok Choi and Green Beans with Peanut Sauce

### For the peanut sauce

1/2 cup smooth, natural peanut butter  
1/2 cup water  
3 tablespoons rice vinegar  
1 tablespoon brown sugar  
1/2 teaspoon of salt  
1 teaspoon of curry powder  
2-3 shakes red pepper flakes (or a Veggie Box jalapeno!)

### For the Stir Fry

1 pound of tofu or chicken  
2 tablespoons soy sauce, divided  
2 tablespoons canola oil  
1/2 cup Veggie Box onions  
Veggie Box bok choy cut into 1 inch pieces  
1/2 of Veggie Box green beans  
1/4 cup water  
3 tablespoons rice vinegar  
Cooked rice or some other grain to serve with stir-fry

**To make the peanut sauce: Place all of the ingredients in a blender or food processor. Blend until smooth. To make the stir-fry: Toss the cut up tofu or chicken with 1 tablespoon of the soy sauce. Meanwhile, heat the oil in a large deep skillet or wok over medium-high heat. Cook the tofu, turning occasionally, until browning and cooked through, about 10 minutes. Transfer to a plate. Add the onions and green beans to the skillet and cook for a few minutes, until softened. Add the bok choy and water, stir and cover. Let cook for 8-10 minutes, until bok choy is wilted, stirring every so often. Stir in the vinegar and the remaining 1 tablespoon soy sauce. Add the tofu back in and stir well to coat it. Let the mixture cook for another few minutes to heat the tofu and make sure everything melds together. Serve the stir-fry immediately with rice (or whatever you like) and drizzle with the peanut sauce.**