

Veggie Box Newsletter

Week 4, October 8

Welcome to week 4 of the Fall Veggie Box. The Veggie Box provides you with a box of fresh, nutritious, and safe food every single week. But what about those who don't have enough money to buy healthy food, if any food at all? What about those who don't have sufficient means or knowledge about how to store and prepare foods? These questions center around the concept of food security: "Food security, as defined by the United Nations' Committee on World Food Security, means that all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life." In 2017, an estimated 1 in 8 Americans were food insecure, equating to more than 40 million Americans - including more than 12 million children. In fact, Lansing's Eastside (ANC's neighborhood) has a food insecurity rate of 29% - more than double the national average. Food insecurity is more complex than the simple notion of hunger, it deals with food access as it relates to socioeconomic status, education, and even location.

This brings up the concept of food deserts as well: parts of the country void of fresh fruit, vegetables, and other healthy whole foods, and are usually found in impoverished areas. This is largely due to a lack of grocery stores, farmers markets, and healthy food providers. ANC offers our Veggie Box program, weekly Allen Farmers Market (every Wednesday!), free BreadBasket Food Pantry, Hunter Park GardenHouse, gardening workshops, and both adult and youth programs that focus on cooking and nutrition education. Would you be willing to donate to offer a low-cost subsidized Veggie Box for low-income families in our neighborhood who deal with food insecurity? Let us know, and thank you for supporting local food!

Producer Spotlight

Peckham Farms

Peckham, Inc., a nonprofit vocational rehabilitation organization, provides job training opportunities for persons with significant disabilities and other barriers to employment. Peckham Farms' operation consists of about 15 acres of field production that uses sustainable practices to grow a diverse selection of fruits, vegetables, herbs and flowers. Peckham employees are given the opportunity to gain new skills and experiences in all aspects of growing and producing food. This includes planting, maintenance, and harvesting of crops, set up of greenhouse systems, tool and machine operation and maintenance, and customer service.

Crop Profile

Hakurei Turnips

Like all turnips, the Hakurei, or Tokyo, turnip is a member of the Brassica family. This Japanese variety is sometimes referred to as a salad turnip, due to its crisp, delicious raw flavor. Unlike other turnip varieties, hakurei do not need to be cooked. They have an even-textured density and the flavor pairs well with a variety of different food items. Eat them raw (just whole, or chopped/grated in salads), make a quick pickle, or cook to enhance their natural sweetness.

What's in the Box?

Hakurei Turnips, *Ten Hens Farm, Bath*

Potatoes, *Hunter Park GardenHouse, Lansing*

Organic Arugula, *Monroe Family Organics, Alma*

Organic Hot Pepper Mix, *Owosso Organics, Owosso*

Cherry Tomatoes, *Peckham Farms, Lansing*

Baby Bok Choi, *Ten Hens Farm, Bath*

Organic Napa Cabbage, *MSU Student Organic Farm, Holt*

Add-Ons

Bread, *Stone Circle Bakehouse, Holt*

Meat, *Heffron Farms Market, Belding*

Cheese, *Hickory Knoll Farms Creamery, Onondaga*

Chevre, *Hickory Knoll Farms Creamery, Onondaga*

Recipes and Tips!

Pan Roasted Hakurei Turnips

Veggie Box Hakurei turnips, halved lengthwise
2 tsp. vegetable oil
Salt and pepper
1/2 tablespoon honey
Pinch of cayenne
1/2 tablespoon water

Toss turnips with 1 tsp. oil, salt and pepper in a medium bowl. Combine honey, cayenne and water in a small bowl. Heat a small skillet over medium-high heat. Add remaining tsp. oil. Add turnips. Sauté for about 10 minutes, turning turnips frequently, until they are golden brown. Add honey mixture to turnips and toss them for a few minutes until glazed and tender. Add additional salt and pepper to taste.

Veggie Box Stir Fry

Veggie Box napa cabbage, sliced
Veggie Box bok choy
2 cloves of garlic, minced
1 onion, sliced
Veggie Box hakurei turnips (and greens), sliced
1 tablespoon of lemon juice
pinch of salt
2 tablespoons of soy sauce
2 tablespoons of sesame oil
1 package (14oz) cooked udon noodles
sriracha sauce (to taste)
Veggie Box hot peppers (to taste)

Add sesame oil to a wok and add sliced onion. Cook for two minutes, and then add turnip bulbs and garlic. Cook for a few minutes longer before adding napa cabbage, bok choy, and the chopped turnip greens. Add hot peppers (optional). Add the udon noodles, lemon juice, salt, sriracha, and soy sauce, and cover. Cook for 3-5 minutes longer, stirring occasionally. Serve and enjoy!



Farro Arugula Salad

1 c. whole-grain farro
2 c. low-sodium vegetable broth
1 1/2 tsp. kosher salt
1 Bay leaf
1 large shallot, very thinly sliced
1/3 c. extra virgin olive oil
3 tbsp. apple cider vinegar
1 tbsp. dijon mustard
2 tsp. honey
Freshly ground black pepper
Veggie Box arugula
1 apple, chopped
1/2 c. shaved parmesan cheese
1/8 c. freshly chopped parsley
1/4 c. toasted pecans, roughly chopped

In a medium saucepan, combine farro, vegetable broth, salt, and bay leaf. Bring to a boil, then reduce to a simmer and let cook, stirring occasionally, until farro is tender and no broth remains, about 30 minutes. When farro is cooked, transfer to a large bowl to cool. In the meantime, make fried shallots: in a small saucepan over medium heat, combine oil and shallots. When the shallots begin to bubble, reduce heat to medium-low and cook, stirring occasionally, until shallots are golden and crisp, 15 to 20 minutes. Remove shallots from oil with a slotted spoon and place on a paper-towel lined plate and season with salt. Let oil cool. Make dressing: in a medium bowl, combine the cooled olive oil with vinegar, mustard, and honey and season with salt and pepper. Assemble salad: combine cooked farro, crispy shallots, arugula, apple, parmesan, basil, parsley, and pecans. Drizzle dressing over salad and toss to coat.

