

# Veggie Box Newsletter

Week 5, October 15

Welcome to week 5 of the Fall Veggie Box. Food traditions that have been passed through your family are more than just recipes – they're windows into the culture and history of those who came before you. For most people, there are specific foods and recipes that help to connect us to a culture or history that has been handed down for generations. The intersection of food with culture and history is understood through the study of foodways. Foodways are all of the traditional activities, attitudes, beliefs and behaviors associated with the food in your daily life. Foodways include customs of food production, preservation, preparation, presentation, gathering, marketing (both buying and selling), uses of food products other than for eating and food folklore. Foodways connect people to a geographic region, a climate, a period of time, an ethnic or religious group, and a family. New foodways are being created or revived all the time - for example, there is a renewed interest in canning and preserving as a result of foodways being rediscovered. The first week of the season we asked in what ways has colonialism disrupted indigenous foodways. Removed from their lands and forced to assimilate into the so-called "mainstream" culture, many Native people no longer live in their traditional territories, nor do they eat their traditional foods. Today, many traditional foods are on the verge of extinction. Others are more abundant, but due to tremendous land loss are inaccessible to Native communities. Other foods may be available; however the traditional knowledge of how to utilize and prepare them has been severely diminished. Despite these setbacks, Indigenous people around the world are finding unique and innovative ways to adapt and revitalize their foodways on reservations, on public land, in rural parks, and in urban gardens. Have you heard of any of these initiatives? Thank you for supporting local food!

## Producer Spotlight *MSU Student Organic Farm*

The MSU Student Organic Farm is a 15 acre year-round educational, organic farm located in Holt, MI about 3 miles south of the Michigan State University campus. Started in 1999 by students who desired a more hands-on learning experience, the farm now offers a nearly year-long intensive program for those interested in learning everything they can about organic farming. Not only do the students tend to the fields, but the program also involves caring for the farm's livestock. MSU's multiple cafeterias source as much produce as they can from the MSUSOF and they also offer a weekly farm stand in the middle of campus for students and public alike.

## Crop Profile *Organic Popcorn*

Corn was domesticated about 10,000 years ago in what is now Mexico. Archaeologists discovered that people have known about popcorn for thousands of years. The popcorn variety of maize was domesticated by indigenous peoples of Mexico by 5000 B.C.E. It is a small and harder form of flint corn, most commonly found in white or yellow kernels. The stalks produce several ears at a time, though they are smaller and yield less corn than other maize varieties. The pop is not limited exclusively to this type of maize, but the flake of other types is smaller by comparison.



## What's in the Box?

**Romaine Lettuce**, *Ten Hens Farm, Bath*  
**Buttercup Squash**, *Tomac Pumpkin Patch, Chesaning*  
**Sweet Peppers**, *MSU Student Organic Farms, Lansing*  
**Organic Popcorn**, *Ferris Organic Farm, Eaton Rapids*  
**Organic Garlic**, *MSU Student Organic Farm, Holt*  
**Mustard Greens**, *Magnolia Farms, Lansing*  
**Organic Sweet Potatoes**, *Monroe Family Organics, Alma*

## Add-Ons

**Eggs**, *Grazing Fields Cooperative, Charlotte*  
**Bread**, *Stone Circle Bakehouse, Holt*  
**Coffee**, *Rust Belt Roastery, Lansing*  
**Cold Brew**, *Rust Belt Roastery, Lansing*  
**Kombucha**, *Apple Blossom Kombucha,*  
**Cheese**, *Hickory Knoll Farms Creamery, Onondaga*  
**Chevre**, *Hickory Knoll Farms Creamery, Onondaga*  
**Meat**, *Grazing Fields Cooperative, Charlotte*  
**Chicken**, *Trillum Wood Farm, Williamston*  
**Beef**, *Heffron Farms Markets, Belding*  
**Pork**, *Grazing Fields Cooperative, Charlotte*  
**Honey**, *Beebehavior Ranch, Ovid*

# Recipes and Tips!

## Buttercup Squash Curry

2 tablespoons coconut oil  
1/2 medium yellow onion, diced into 1/4-inch pieces  
3 cloves Veggie Box garlic, minced  
2 tablespoons minced ginger  
2 teaspoons yellow curry powder (mild spice)  
1 teaspoon ground coriander  
1/4-3/4 teaspoon red pepper flakes, depending on desired spice level  
Diced Veggie Box buttercup squash (1/2-inch dice)  
14-ounce can fire-roasted crushed tomatoes  
2/3 cup full-fat coconut milk  
3/4 cup water  
1 teaspoon kosher salt  
2-3 cups Veggie Box mustard greens

**Heat a pot over medium-high heat. Add the coconut oil, and then add the onions. Cook the onions for about 2 minutes, until they start to soften. Add the garlic and ginger and cook another minute. Next, add the curry powder, coriander, and red pepper flakes, and stir to coat the onions with the spices. Add the diced butternut squash, crushed tomatoes, coconut milk, water, and salt. Cover the pot with the lid and bring everything to a boil. Reduce the heat to medium and let the squash simmer for 15 minutes. Remember to stir the pot every 5 minutes or so to prevent the curry from burning on the bottom. After 15 minutes, pierce a piece of butternut squash with a fork to see if the squash is tender. If the squash is still very firm, keep cooking the curry for another 3 to 5 minutes. Add the mustard greens and cook the curry until the greens start to wilt. Serve the curry in bowls with a side of brown rice or your favorite grain. Top with chopped peanuts, if desired.**



## Popcorn Two Ways

### Nacho Popcorn

3 cups popped popcorn  
1/2 cup corn chips  
2 Tbsp unsalted butter  
1/2 teaspoon hot sauce  
1/2 tablespoon taco seasoning  
1/3 c. shredded cheese (such as mexican blend, mozzarella, pepperjack, etc)  
Zest of 1 lime

**Preheat the oven to 400 degrees F. Combine the popcorn and corn chips in a large bowl. Place a small pot over low heat. Heat the butter until melted, about 1 minute. Add the hot sauce, taco seasoning and lime zest and whisk to combine. Drizzle the butter mixture over the popcorn. Toss to combine, then toss in cheese. Spread on a foil lined baking sheet and bake until cheese is melted. Serve immediately.**

### Caramel Salted Almond Popcorn

3 c. popped popcorn  
1/2 stick butter  
1/2 c. light brown sugar  
2 Tbsp. maple syrup  
1/8 tsp. baking soda  
3/4 tsp. salt  
1 c. toasted almonds

**Preheat oven to 250 degrees F. Line a rimmed baking sheet with aluminum foil. Pour popped popcorn and almonds into a large bowl and set aside. Melt butter in a large pot over medium-high heat. Add the brown sugar and maple syrup and bring mixture to a boil, stirring constantly so that it doesn't burn. Reduce the heat to low and simmer for 5 minutes. Whisk in salt, baking soda and vanilla. Pour caramel sauce over the popcorn and toss until it is evenly coated with the caramel. Spread the mixture onto the prepared baking sheet or pan in an even layer. Sprinkle with flaky sea salt. Bake for about 1 hour, stirring to toss every 15 minutes, until the popcorn is a deep golden color. (Baking is key to crunchy caramel corn.) Remove the pan from the oven and let cool to room temperature. Break up the caramel corn with your hands or a wooden spoon. Store in an airtight container for up to a week.**