

Veggie Box Newsletter

Week 8, November 3



Welcome to week 8 of the Veggie Box! It is easy to get caught up in the craziness of life and take for granted the wonderful things that are before us. Showing gratitude is an important aspect of maintaining mental health, maintaining social relationships, and fostering a vibrant community. University California Berkeley has conducted many studies on gratitude practices that correlate practices of gratitude with improvements of physical and psychological health and will help shift your mind away from toxic emotions and towards more positive emotions. Gratitude practices have also been shown to improve sleep and to improve self esteem. It can be difficult to know how to begin integrating gratitude practices into your daily life, however a great place to start your gratitude practices is with the food you eat! Try taking 3-5 minutes before you begin eating to reflect on all the factors that brought the food to your table: the farmers, the delivery drivers, the water and sunlight that nourished your food, the soil that gave your food a place to grow, and the thousands of years of knowledge that has been cultivated about agricultural practices. Maybe utilize the time it takes to prepare your food to practice gratitude: say thanks to the electrical company that helps your stove run, your hands that can stir, chop and peel, the technology that allows your food to stay preserved. You can even try to utilize the time it takes to pick up your Veggie Box to practice gratitude! Reflections of gratitude can be kept for you to appreciate or can be shared with others to start building stronger and maintaining relationships. If you want to take your gratitude practices even further, try writing a letter of thanks and send it to the people in your life that you think would appreciate hearing it. Showing appreciation will help spread the love and positivity in the hectic world we all live in and will foster a stronger relationship that contributes to a connected and vibrant community. Thank you for supporting local food!

What's in the Box?

Fuji Apples, *Hillcrest Farms, Eaton Rapids*
Organic Brussels Sprouts, *Monroe Family Organics, Alma*
Tatsoi, *Magnolia Farms, Lansing*
Pea Shoots, *Ten Hens Farm, Bath*
Buttercrunch Lettuce, *Ten Hens Farm, Bath*
Organic Red Onions, *Cinzori Farms, Ceresco*
Organic Rutabaga, *Cinzori Farms, Ceresco*
Organic Collard Greens, *Cinzori Farms, Ceresco*

Add-Ons

Bread, *Stone Circle Bakehouse, Holt*
Meat, *Grazing Fields Cooperative, Charlotte*

Producer Spotlight *Magnolia Farms*

Magnolia Farms is a small family owned operation located in Lansing Eastside's Urbandale neighborhood. This urban farm also serves as an incubator farm that provides up-and-coming farmers an experience to serve as the farm manager and coordinate its operation without having to start from scratch! Magnolia Farms grows a diverse range of fruits, vegetables, herbs, and more!

Crop Profile *Tatsoi*

Tatsoi is an Asian variety of Brassica rapa grown for greens. Also called tat choy, it is closely related to the more familiar Bok Choy. This plant has become popular in North American cuisine as well, and is now grown throughout the world. The name comes from Cantonese "drooping vegetable", often rendered 'tat soi', 'tat choy'. It is also called 'Chinese flat cabbage', 'rosette pakchoi' or 'broadbeaked mustard', 'spoon mustard', or 'spinach mustard'. Tatsoi is used for pesto, salads, stir fries and garnishing soup. Tatsoi is a very versatile green, equally suited to being served raw or lightly cooked. To make it easy, just use tatsoi anywhere you'd use spinach. Lightly steam or sauté it, wilt the leaves with a warm dressing, or add them to a soup at the end of cooking. The leaves are similar to romaine, while the stalks taste a little like cucumber, with a mild bitterness. Leaves and inner stalk are tender; outer stalk is typically discarded. Typical cooking is to stir fry the leaves and the stalks. They also can be pickled.

Recipes and Tips!

Tatsoi and Lemongrass Stir Fry

3 tbsp. peanut oil (or, use a combination of 2 tbsp of another neutral flavored high-heat oil such as canola oil and 1 tbsp. sesame oil)

8 oz. tofu (cut into small cubes, about 3/4-inch thick)

Veggie Box tatsoi, stalks removed and sliced

3/4 cup carrots (thinly sliced)

1 cup broccoli (chopped) 1 bell pepper (red, sliced)

1 onion

2 chiles (or less if you prefer it more mild)

4 cloves garlic (minced)

2 tbsp. lemongrass (fresh, sliced very thin, or mashed with a mortar and pestle)

2 tbsp. lime (juice)

1 dash of salt (to taste)

Saute the tofu in peanut or canola oil until lightly golden, about 5 minutes. Add the onions, carrots, broccoli, red bell pepper and chilies, and stir-fry for a few more minutes, until veggies are cooked. Add the the garlic, tatsoi, and lemongrass and cook for another two or three minutes, stirring well. Once the garlic is well incorporated, add in the lime juice and a dash of salt and remove the pan from heat. Serve over plain white or brown steamed rice if you'd like, and enjoy!

Pea Shoots with Garlic and Ginger

Veggie Box pea shoots

1-2 cloves of garlic minced

1/2 inch slice of ginger peeled and minced

1-2 teaspoon olive oil

Salt to taste

Thoroughly wash pea shoots in cold water several times and trim them into 2-3 inch pieces. Add 1 teaspoon of olive oil to frying pan and sauté ginger and garlic until fragrant. Add pea shoots and sauté for 2-3 minutes.



Roasted Brussels Sprouts with Warm Honey Glaze

1½ lb. brussels sprouts, trimmed, halved

¼ cup extra-virgin olive oil

½ tsp. kosher salt, plus more Freshly ground black pepper

¼ cup honey

⅓ cup sherry vinegar or red wine vinegar

¾ tsp. crushed red pepper flakes (optional)

3 Tbsp. unsalted butter

Place a rimmed baking sheet on bottom rack of oven; preheat to 450°. Toss brussels sprouts and oil in a large bowl; season with salt and black pepper. Carefully remove baking sheet from oven. Using tongs, arrange brussels cut side down on baking sheet. Roast brussels on bottom rack until softened and deeply browned, 20-25 minutes. Meanwhile, bring honey to a simmer in a small saucepan over medium-high heat. Reduce heat to medium-low and cook, stirring often, until honey is a deep amber color but not burnt (it will be foamy, that's okay), 3-4 minutes. Remove from heat and add vinegar and red pepper flakes, if using, and whisk until sauce is smooth (it will bubble up quite aggressively when you add the vinegar before settling). Return saucepan to medium heat, add butter and ½ tsp. salt, and cook, whisking constantly, until glaze is glossy, bubbling, and slightly thickened, 3-4 minutes. Transfer brussels sprouts to a large bowl. Add glaze and scallions and toss to combine. Transfer to a platter and top with lemon zest.



Kitchen Tip!

Save the spare leaves that fall off when you're cleaning and cutting brussels sprouts and fry them in oil then top with salt and pepper or other seasoning of your choice for a crunchy, satisfying snack or salad topper